

MARCH 2017

DELIVERED MONTHLY TO 3,000 HOUSEHOLDS

# your **SUNALTA** sass

THE OFFICIAL SUNALTA COMMUNITY NEWSLETTER



**SENIORS' TEA**

**SATURDAY, APRIL 8**

**2:30-5PM**





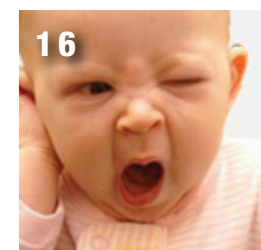
**September 8 – 10, 2017**  
**3 Unbelievable Days • 100 KM**  
**From K-Country to Calgary**

Each day 15 Canadians get the devastating news that their kidneys have failed.  
Join us in a movement that is changing the face of kidney disease.

Come to our Expo April 23  
**[kidneymarch.ca](http://kidneymarch.ca)**  
**1.866.956.2724**

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SUNALTA COMMUNITY ASSOCIATION

1627-10 Ave SW  
Calgary, AB – T3C 0J7  
Phone: 403.244.2608 | sunaltaca@gmail.com |  
www.sunalta.net/Home

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All advertisements must be submitted by the 1st of the month for the following month's publication.

Published by Great News Publishing  
Serving Calgary communities for 28 years  
91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE  
Calgary, AB  
T2C 2K2

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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 Weather Information	511
Gamblers Anonymous	403-237-0654



Sunalta Community Association  
Annual General Meeting

March 13 at 7 pm at Sunalta Hall

7:30 pm Sunalta Community Hall corner of 16 Street and 10 Ave SW

Doors will open at 6:30 for those who need to renew their memberships. (Cash only)

Come for the meeting, stay for the refreshments and conversation!

- At the AGM, we will:
- Review the work of the board in the past year (quick Power Point)
  - Elect a new Board of Directors that will guide the SCA through the next year.
  - Have refreshments and time to meet and chat with you after the meeting!

Help Sunalta by Joining the Board

We will be looking for new members for the coming year. We can't be an effective Board without committed volunteers and we are looking forward to having new people with new ideas that will help us become even better. All volunteer positions do take some time and we know you all have many things going on in your life, so we do try to keep the time commitments reasonable. Many positions can be shared amongst 2 people, so the workload can be divided. Please consider joining the Board and making a difference in our community.

Please consider joining the Board and making a difference in our community.

Email keeley@sunalta.net with any questions.



Chocolatey No-Bake Power Balls

Total time: 10 minutes

Did you know that every March is Nutrition Month? This year's campaign is on *Taking the Fight Out of Food*. Here's a chocolaty recipe to help you make eating well simple and fun J

Bite into a burst of deliciousness with these super easy and nutrient-packed power balls! Loaded with heart healthy fats, 5 grams of protein and 5 grams of fibre, these are oh-so-yummy and so good for you! The best thing about these balls? You can dress it up however you want! From cocoa, cinnamon to coconut, there are countless flavours you can incorporate for every craving. No wonder I am always asked for this recipe every time I make them!

Ingredients:

- 1 cup large flake oats
- 1/2 cup semi-sweet chocolate chips
- 1/2 cup natural peanut butter
- 1/2 cup ground flaxseed
- 1/4 cup chia seeds
- 1/4 cup maple syrup
- 1 tsp vanilla extract

**Instructions:** Mix everything together, shape into balls and freeze. These taste best if you eat them straight out of the freezer! **Nutrition Facts:** 166 Calories, 8g Total Fat, 2g Saturated Fat, 18g Carb, 5g Fiber, 7g Sugars, 5g Protein

Evelyn Cheng, Dietitian



# Sunalta Community Association



How to contact us:

[www.sunalta.net](http://www.sunalta.net)

"Like" us on Facebook:

Sunalta Community Association  
403-244-2608 to leave a message  
[SunaltaCA@gmail.com](mailto:SunaltaCA@gmail.com)

## Officers and Directors List:

Tom Naested	President
Nick Twyman	Past President
Walter Ichikawa-Doyle	Vice President
Simon Shakibaei	Secretary
Craig Milligan	Treasurer
Wylie Spicer	Director-at-large
Keeley Vickerson	Director-at-large
Courtney Clarke	Director-at-large
Kevin Richot	Director-at-large
Mohamed Abazinab	Director-at-large

## Sunalta CA Board meetings

Board meetings at the Sunalta Community Hall are held the second Monday of every month at 7:30 p.m. All are welcome to attend.

# SCHOOLS

## REGULAR PROGRAM

Sunalta	K-6
Mount Royal	7-9
Western Canada	10-12

## TLC

Glamorgan	K-8
Henry Wise Wood	9-12

## MONTESSORI

Killarney	K-6
-----------	-----

## FRENCH IMMERSION & SPANISH BILINGUAL

Westgate	K-4 (FR & SP)
Bishop Pinkham	5-6 (FR & SP)
	7-9

Western Canada	10-12 (FR)
Robert Warren	8-9 (SP)
William Aberhart	10-12 (SP)

## CATHOLIC SCHOOL DISTRICT

Sacred Heart	Elementary
St. Monica	Junior High
St. Mary's	Senior High
Holy Name	Elementary (FR)
St. Michael	Junior High (FR)

# HALL RENTAL

Need a place for up to 150 people for your event?

Sunalta Hall has two great rooms and a fully stocked kitchen for your event. We are now booking for the summer and fall and there are still a lot of great evenings available.

## Thanks to all our local businesses

for supporting the community association

- The Copy Cellar
- One Way Foods
- The Cellar Wine Store
- Parry Bros. Lock & Safe
- Zoe's Thrift Store
- Levis Fine Art Auctions & Appraisals
- Lux Laundromat
- The Sentry Box
- Mikey's Juke Joint



# CALGARY SAINTS RUGBY CLUB

## Pre-Season Senior Sessions

### Women

Sat Feb 25	12-1 pm	Smash Conditioning contact session
Mon Feb 27	6:30 pm	Sunalta
Wed Mar 1	6:30 pm	Janet Johnstone
Mon Mar 6	6:30 pm	Monsignor JJ O'Brien
Wed Mar 8	6:30 pm	Robert Warren
Mon Mar 13	6:30 pm	Monsignor JJ O'Brien
Wed Mar 15	8:15 pm	Our Lady of Evergreen
Mon Mar 20	6:30 pm	Monsignor JJ O'Brien
Wed Mar 22	8:15 pm	Our Lady of Evergreen

### Men

Sat Feb 25	1-2 pm	Smash Conditioning contact session
Mon Feb 27	8 pm	Sunalta
Wed Mar 1	7:30 pm	Janet Johnstone
Mon Mar 6	8 pm	Monsignor JJ O'Brien
Wed Mar 8	7:30 pm	Robert Warren
Mon Mar 13	8 pm	Monsignor JJ O'Brien
Wed Mar 15	9:15 pm	Our Lady of Evergreen
Mon Mar 20	8 pm	Monsignor JJ O'Brien
Wed Mar 22	9:15 pm	Our Lady of Evergreen

[WWW.SAINTSRUGBY.COM](http://WWW.SAINTSRUGBY.COM)



Contact Info  
[vpwomen@saintsrugby.com](mailto:vpwomen@saintsrugby.com)  
[vpmen@saintsrugby.com](mailto:vpmen@saintsrugby.com)  
Coaches contact  
403-618-3089

**ALL AGES WELCOME**

## FREE INDOOR RUGBY SESSIONS

**Smash Conditioning**  
2950 Hochwald Ave SW  
Calgary, AB T3E 7M6

**Sunalta School**  
536 Sonora Ave SW  
Calgary, AB T3C 2J9

**Monsignor JJ O'Brien**  
99 Bridlewood Rd SW  
Calgary, AB T2Y 4J5

**Robert Warren School**  
12424 Elbow Dr SW  
Calgary, AB T2W 1H2

**Our Lady of Evergreen**  
322 Everridge Dr SW  
Calgary, AB T2Y 0L5

**Janet Johnstone School**  
224 Shawnessy Dr SW  
Calgary, AB T2Y 1M1



# Lead Sunalta's Jane's Walk

Sunalta Community Association is looking for someone who would be interested in attending the following workshop in order to lead a walk in Sunalta.

**Leading a Jane's Walk in Calgary - A "How To" Workshop**  
 Date: Wednesday, March 15th  
 Time: 7:00–9:00pm  
 (light supper provided at 6:30pm)  
 Location: St. Louis Hotel, 430 – 8th Ave SE, Calgary

Jane's Walk is a weekend of free neighbourhood walking tours held in cities around the world each May. If you're curious about leading a Jane's Walk, The Calgary Foundation and The City of Calgary invite you to attend a "how-to" session where you will receive step-by-step instructions on how to bring your ideas and neighbourhood to life through a walking tour. This event is free and light dinner will be provided at 6:30pm. For more information or to register go to: <https://2017calgaryjanewalk.eventbrite.ca> or contact [keeley@sunalta.net](mailto:keeley@sunalta.net)

A mini Jane's walk will also take place during the workshop in and around the historic St. Louis hotel. This is Calgary's 10th year of Jane's Walk and a very special year to get involved.

# Scarboro Outdoor Soccer

Register online at [www.scarborocommunity.com](http://www.scarborocommunity.com) from March 1 -12, 2017



# FREE: Attention all Sunalta residents 55+!

Please join us for an afternoon of conversation and connection at our annual **SENIORS' TEA**. We welcome all past and present Sunaltans, or any senior with ties to Sunalta. In addition to the great atmosphere, you don't want to miss out on our FAMOUS Afternoon Tea Service (which means lots of good stuff!).

**Saturday April 8th 2017**  
**2:30pm to 5pm**  
 Sunalta Hall 1627 10th Ave SW

Please RSVP to Riki at [hall@sunalta.net](mailto:hall@sunalta.net) or 403-589-7707

Transportation is available - please mention if this is something you require.

# Ward 8 Traffic Study Meeting

We invite Sunalta Residents to attend along with Councillor Woolley and the Calgary Police Services, will be hosting a Ward 8 community Traffic Safety Meeting on Thursday March 9th at 7pm. This meeting will be taking place at the Good Companion 50 Plus Club house in Killarney, 2609 – 19th Ave S.W. The goal of this meeting is to discuss traffic safety and have in-depth conversations about the concerns for each of the neighbourhoods in Ward 8.



We hope you are having a great early spring. At Calgary Humane Society our dogs are enjoying the first few sprigs of green in our dog park (though our volunteers are less enthused about the early spring mud!). Spring also means that Easter is just around the corner and our school field trips have been asking some great questions about rabbits! Today, we wanted to share 5 of the best questions we've heard!

- 1. How much work is a rabbit?** Like all pets, rabbits take a lot of time and attention. Rabbits need regular feeding, cleaning, grooming, playtime, vet care and attention to be happy and healthy. Some people think that rabbits are OK to be left alone at home for a weekend, but this is not true, they need care every day.
- 2. How long can rabbits live?** Rabbits come in many breeds and different breeds have different lifespans (just like dogs!). An average rabbit lifespan is 8-12 years, but at the shelter we have met people with rabbits who are more than 16 years old!
- 3. What should rabbits eat?** Rabbits have a food pyramid just like people! Rabbits should have access to fresh hay all of the time. In addition to hay, rabbits at the shelter eat rabbit pellets every day and get vegetables as a treat from our awesome bunny huggers. Your rabbit's vet is the best person to tell you how much a rabbit should eat.
- 4. Do rabbits need to go to the vet?** Absolutely! Rabbits should have regular check-ups. To get your rabbit a check-up you will need to find an "exotics" veterinarian – they have special training about how to look after rabbits!
- 5. Are rabbits a good pet?** For some people rabbits are a great pet, but just like any animal they are not the best choice for everyone. If your family is looking for a pet our adoption counselors would love to help you find the perfect new friend!

A big thanks to all of the classrooms that have visited the shelter and asked us such good questions! If you or your family is interested in learning more about rabbits and other pets, we would love to meet you! We have just finished renovating our rabbit room at the shelter and our adorable bunnies cannot wait to show off their new home. You can visit any time during our opening hours which are available at [www.calgaryhumane.ca](http://www.calgaryhumane.ca).

Happy spring everyone!



Name	Age	Contact	Course
Alisha	22	587-434-8205	No
Becky	26	403-710-0970	Yes
Marise	48	403-399-8430	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).



**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."

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[safetysync.com](http://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.



# Ask Charles

**I heard that if someone calls themselves a “con-tractor,” they don’t need to have a licence to provide property management services. Is that true?**

No, that’s not true. The truth is it doesn’t matter what a person calls themselves. If they are providing property management services and they are not the owner of the property or an employee of the owner, they require a licence from the Real Estate Council of Alberta (RECA).

The *Real Estate Act*, which RECA administers, defines property management as:

1. leasing, negotiating, approving or offering to lease, negotiate or approve a lease or rental of real estate;
2. collecting or offering or attempting to collect money payable for the use of real estate;
3. holding money received in connection with a lease or rental of real estate; and
4. advertising, negotiating or any other act, directly or indirectly for the purpose of furthering the activities described in items 1-3.

Licensed property managers can find suitable tenants, deal with nuisance tenants, draft lease agreements, and regularly inspect and maintain property on behalf of a property owner. It is up to property managers and the property owners to negotiate the specific tasks the property manager will provide, but ultimately, before providing property management services, the property manager needs a licence.

Property manager licensing provides vital protection for property owners. Individuals must complete comprehensive education before becoming licensed as a property manager, they must also provide a Certified Criminal Record Check to RECA prior to receiving a licence, and there are ongoing education requirements.

If a property owner is working with a licensed property manager, they have the added protection of the Consumer Compensation Fund. The Fund compensates

consumers who suffer a financial loss as a result of fraud, breach of trust, or a failure to disburse or account for money held in trust by an industry member in connection with a real estate trade, mortgage deal, or property management services.

If you work with an unlicensed property manager, and the property manager disappears and takes rental payments or damage deposits with them, your only recourse is through the courts.

As a property owner, you’re not required to hire someone to manage your rental or investment property, but if you do, take steps to protect yourself. Ensure that the company and individual you hire are licensed to provide property management services in Alberta. You can check if someone is licensed through RECA’s website at [www.reca.ca](http://www.reca.ca).

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

## “Sun-Tots”

Sunalta Toddlers, Parents and Caregivers, you are invited to meet neighbours as you socialize with your babies, toddlers and preschoolers, up to 5 years of age, right in the community!

Tuesdays, 10 am - 12 pm  
Sunalta Community Hall  
(1627 - 10th Ave. SW)  
Coffee and healthy snacks provided!

For more information contact: [info@sunalta.net](mailto:info@sunalta.net).

## IN & AROUND CALGARY

### EMS – Burns and Scalds

Alberta Health Services, EMS continue to respond to emergencies each year where a young child has sustained severe burns or scalds. These incidents often occur inside the child’s own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stoves), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

#### Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

#### First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

#### Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1

## BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

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

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

**YARD BUSTERS LANDSCAPING:** Weekly lawn mowing \$36, power-rake \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors’ discount. Phone: 403-265-4769. [yardbusterslandscaping.com](http://yardbusterslandscaping.com).

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





# CONDO Network Café

by Elizabeth Walsh, Licensed Property Manager  
Real Estate Council of Alberta

## Evolving Condominium Management

Condominium management is about to undergo a change in the near future as new regulations come into place requiring specific licensing and training, but is your Board or Property Manager forward focused? Are they evolving with these changes? These new regulations of mandatory licensing, the implementation of educational standards and the development of new higher educational opportunities, the Condominium Management profession is coming of age.

Those companies currently managing condominium properties will need to reach these higher professional standards and become compliant with mandatory licensing requirements, in order to provide best service within the condominium industry, for condominium homeowners, board members and their tenants.

Condominium owners and board members need relevant, practical and timely advice so it's important your Property Manager has a strategy to embrace these upcoming changes. Seek partnerships with a property management firm that provides the knowledge you will need to successfully transition through the change. Follow the Property Manager who embraces and incorporates change strategies into a property management plan that launches your condominium and its board forward.

The New Year is already underway! Get started by asking your condo board members and Property Manager what their forward-focused plan has in store for 2017!



Sunalta Community Association  
1627-10 Ave SW, Calgary, AB – T3C 0J7  
Phone: 403.244.2608, sunaltaca@gmail.com

## Last 12 Months Sunalta MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2017	\$599,900.00	\$545,000.00
December 2016	\$779,900.00	\$780,000.00
November 2016	\$600,000.00	\$599,900.00
October 2016	\$0.00	\$0.00
September 2016	\$699,900.00	\$699,900.00
August 2016	\$632,000.00	\$607,500.00
July 2016	\$729,900.00	\$690,000.00
June 2016	\$0.00	\$0.00
May 2016	\$0.00	\$0.00
April 2016	\$749,900.00	\$735,000.00
March 2016	\$579,000.00	\$567,500.00
February 2016	\$429,900.00	\$440,500.00

## Last 12 Months Sunalta MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2017	1	1
December 2016	0	1
November 2016	2	1
October 2016	3	0
September 2016	0	1
August 2016	1	4
July 2016	2	1
June 2016	0	0
May 2016	2	0
April 2016	1	1
March 2016	0	1
February 2016	2	1

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

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## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 14



"If one cannot enjoy reading a book  
over and over again, there is no use  
in reading it at all."

- Oscar Wilde

Community Arts & Activities Centre  
Fun stuff for the whole family!  
Check out what's on at:

[ecspaces.com](http://ecspaces.com)  
Mayland Heights  
1709 8th Ave NE  
403-228-1384

evergreen  
community  
**SPACES**  
arts, activities & events



**MP Calgary Centre**  
**Hon. Kent Hehr**  
 950 6 Ave Sw  
 kent.hehr@parl.gc.ca  
 403-244-1880  
 www.KentHehrMP.ca

**Budget 2017**

Budget 2017 (budget.gc.ca) is about investing in the middle class and working towards a more innovative economy. By directly investing in Canadians and families we are putting our country in better stead with firmer foot forward into the future.

At the tail end of 2016 our government approved two major pipelines after consulting with Canadians, building up an environmental consensus with the carbon price, and creating the balance between the environment and industry. By doing this work we are building the framework to create long term prosperity of Alberta and all of Canada.

On the subject of building up long term prosperity for our country – my colleague in cabinet and fellow Alberta Liberal Member of Parliament, Infrastructure Minister Amarjeet Sohi, is continuing his work to invest in projects like the Green Line LRT, flood mitigation projects, and more for our city. Since the 2015 election our government has invested some \$3 billion into Albertan infrastructure: more than the last five years of the previous government combined. This work continues in Budget 2017.

Looking back at Budget 2016 we went forward with three of our main platform planks. First amongst them was the Canada Child Benefit which gave simpler, tax-free, and more generous and better targeted help to families. 9 out of 10 Canadians families benefit from higher payments under our newly implemented system – and is now on the way to lifting hundreds of thousands of children out of poverty.

Our second commitment was a middle class tax cut. As one of our first acts as a government was to cut taxes for nearly 9 million Canadians by reducing the second personal income tax rate, and delivering tax relief to Albertans.

Thirdly – we created a \$2.7 billion reform package of Employment Insurance to support Albertans and Canadians during the commodity price downturn. By reducing wait-times (from two weeks to one week), and specifically work with Albertans on accessing more benefits, these changes would support those impacted by the decrease in oil prices. Some of these benefits we extended up to 50 weeks for hurting Albertans, with long-tenured workers able to receive an additional 20 weeks up to a maximum of 70 weeks. Further to this – we doubled the maximum of the work-sharing agreements to 76 weeks.

Budget 2017 is a continuation of our work as a government. It is actively seized with supporting the middle class and working towards a better future for all. For more details please visit our website at budget.gc.ca.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online and sign up for my e-newsletter at www.KentHehrMP.ca.

BRAIN GAMES

SUDOKU

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



**Councillor, Ward 8**  
**Evan Woolley**  
 P.O. Box 2100, Station M  
 Calgary, AB, Canada T2P 2M5  
 Phone: 403-268-2430

**Dollars and Sense**

As we find ourselves settling into 2017, there's no denying that Calgary has experienced a dramatic shift. In less than two years, we've gone from the fastest growing city in North America, with a projected growth of 40,000 people per year, to experiencing a significant economic downturn with massive layoffs, a 40% downtown office vacancy and almost no growth. The ripple effects of this significant downturn have been felt by every industry and community in Calgary. My office and I have been hearing from concerned residents who have been asking important questions on subjects like taxes, infrastructure, spending and the economy. These conversations have led my office to propose business tax relief, continued investment in infrastructure for neighbourhoods that have been and continue to take on density and to host a summit on innovative solutions for our downtown office vacancies. While our city's economic landscape may have shifted, Calgarian's spirit for innovation, exploration and prosperity has always remained.

In January, as property assessments were mailed out, hundreds of businesses in Ward 8 found themselves saddled with a drastic increase in their property value. The drop in downtown office vacancy meant that the City saw a loss of nearly \$2 Billion in assessed value and that tax base had to then be dispersed to non-residential properties city-wide. Thankfully, as a result of my 2016 Business Tax Relief notice of motion Council and Administration were able to bring forth a successful \$45 Million Municipal Non-Residential Phased Tax Program (PTP) to help ease the burden. This means that nearly 6,000 businesses – many of which reside in The Beltline, will see their non-residential property taxes capped at an increase of 5%. To learn more or to see if you qualify, visit [www.calgary.ca/assessment](http://www.calgary.ca/assessment).

While the PTP is only valid for 2017, I'm working closely with the Chamber of Commerce and Calgary Economic Development to continue to explore ways to diversify our economy. In partnership with Councillor Druh Farrell, our Downtown Economic Summit in February

helped to illuminate new possibilities and opportunities for our downtown core. In terms of diversification, the City and Calgary Economic Development are actively seeking global businesses to establish head quarters in Calgary and to capitalize on the ever growing technology focused start-up industry.

I've always said and will continue to say to anyone who asks: Calgary is an incredible city to live in. Every month I'm blown away by community members volunteering their time to keep making their neighbourhoods even better, by the steady stream of new local businesses taking the leap and opening their doors and by a city filled with people who are here to support them. If you ever have any questions, concerns or ideas my office is here to help. You can reach us by email at [ward08@calgary.ca](mailto:ward08@calgary.ca) or by phone at 403-268-2431.

**STRONG NEIGHBOURHOODS INITIATIVE**

Got a great idea for a project that strengthen connections between SUNALTA residents and makes the neighbourhood an even better place to live for 2017? **Grants of up to \$600 are available for your idea via the Strong Neighbourhood Initiative (SNI) funds.** The grants support and encourage community resident-led activities that bring people together to build a stronger sense of community and build leadership. Examples of successful grant ideas and projects submitted for 2016 include: Senior's Tea, Neighbourhood Day Celebration, Wildflower Garden-Stepping Stones Project, Sun-Tot's (Parent and Toddler program) and Regional Community Garden Workshops.

**Sunalta residents:** If you would like to get more information on the grant or would be interested to volunteer to be part of the **Sunalta Neighbourhood Grant Committee**, please contact **Silvia Ross at [silvia.ross@calgary.ca](mailto:silvia.ross@calgary.ca) or 403-540-0160.**





# Is Our Investment in Daylight a Rip-off?

by Vanessa Gillard

Daylight saving time is a bit of a contentious topic in some circles. It is always a bit of a pain to reset the stove or coffee maker and if you have kids it's a new bedtime routine struggle all over again, twice a year. Likely no one has avoided a schedule mix-up or a tardy appearance due to this bi-annual occurrence, but the advent of the smart phone and other smart home technologies, which change the hour difference automatically, has perhaps alleviated many of those spring and autumn woes for the most part.

On its face the purpose of daylight saving time (DST) is to give us more light and time in the day to get things done; human beings tend to operate better during daylight hours and certainly many appreciate the opportunity to take in a little more vitamin D, particularly during our long Canadian winters. But the origins of DST are actually a little more pragmatic than simply avoiding seasonal affective disorder.

Benjamin Franklin first suggested the concept in 1748 and found it was met with little enthusiasm at the time, but a couple hundred years later, during WWI, the con-

cept was popularized among Germans to save precious coal during that age of austerity. The concept quickly caught on and made it to some Canadian cities as early as 1916, though there has never been a consensus on whether the practice is useful or not, and Saskatchewan has never been on board.

The ever-efficient Germans introduced DST to reduce fuel cost. The gain or loss, respectively, of that hour was intended to lower use of artificial lighting and heating in the evening, but it's debatable how much was saved, as more was often needed in the morning anyway. A little over a century later the reports of heart attacks, road related accidents, and even spikes in suicide rates following DST have not made much of an argument for the century-old tradition, and the amount of light many Canadians see the next day can be negligible.

It would seem there is little in the way of reason to explain this circadian rhythm disruptor to the average person in 2017, but most Canadians will dutifully set their clocks forward on March 12<sup>th</sup> this month, like it or not.



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This March will mark the legislature's longest scheduled sitting since 2009, and I am excited by our continued efforts to focus on the needs of Albertans. Budget 2017 will be debated this session, and it couldn't have been prepared without your help. Thank you to every one of you who completed the online budget survey that was created with the help of Generation Forum and sought to engage those under 35. Many had great ideas such as mental health initiatives, reconciliation with First Nations people, and building energy efficiency into our infrastructure that I shared with Finance Minister Joe Ceci.

I will also be working with those in the disability community and self-advocates about the possibility of introducing Henson Trust legislation here in Alberta. Originally established in Ontario in the 1980s, the Henson Trust ensures that persons with disabilities, who inherit assets like a family home, cannot have their government benefits terminated. Alberta is the only province in Canada that does not protect persons with disabilities from losing their disability benefits should they inherit assets. If you or anyone you know has been impacted by this, please contact my office.

In January, your government also unveiled new energy efficiency programs for your business, non-profit, or home. If you want to learn more about how to install Solar on Your Home, the Solar Energy Society of Alberta is hosting a FREE workshop on Tuesday, March 28 from 7 to 9PM at SAIT. Having changed legislation in 2016, the time has now arrived for sunny Alberta to harness another of its energy resources.

Significant improvements to four social and seniors housing units in Calgary Currie are set to begin following an investment of \$18 million in joint funding from the Governments of Canada and Alberta. This year will see repairs and renovations at Bankview House, Horizon Housing Society, Shalem Manor, and St. Marks Manor, ensuring that seniors and low-income families and individuals have safe and efficient places to call home.

2017 is also the year that Canada celebrates its 150 Birthday. Non-profit community groups in Alberta are

eligible for \$2 million in grant funding to commemorate the anniversary of Confederation. Non-profit organizations may apply for up to \$25,000 through the Community Initiatives Program to support community-based projects. Applications are accepted with a deadline of the fifteenth of each month. The final deadline for applications is Oct. 15, 2017.

While I will spend much of March in Edmonton at the Legislature, I will be back in our riding every weekend attending events and meeting with you on your doorsteps. If you have any additional questions, concerns, or would like me to attend an event in your community please do not hesitate to contact my office. While there will be a Constituency Week from March 27 to March 31, I always keep Fridays open for appointments and caffeine.

RBC Dominion Securities Inc.



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**Beltline Aquatic & Fitness Centre**  
**221 12 Ave SW**

**Drop-In Playschool**  
**ACTIVE PLAY**

Ages Walking to 5 years + Adult

Bring your energy and imagination to our indoor play space. Roll, jump, throw, and more while being creative with various active play equipment. Adult supervision is required.

Mondays & Fridays  
 November 21 to December 23, 2016  
 January 2 to June 30, 2017  
 8:30 - 10:30 a.m.  
 \$1.50 / preschooler (\$1.55 - 2017 fee)

**NEW Family Swim**

Fridays beginning January 6, 2017  
 10:30 - 11:30 a.m.  
 Regular admission applies.

For more information, please call 3-1-1 or [calgary.ca/recreation](http://calgary.ca/recreation)



**Do you love taking photos around the community?**  
**If so, we'd love to hear from you!**

**Who:** Sunalta residents  
**What:** The Sunalta Sass is looking for local photographers who would like to see their work published as the cover art of our community newsletter. Photo resolution should be no less than 5 megapixels or a resolution of 2560 x 1920.  
**When:** Submissions are due the 15th of each month  
**Where:** Send your photos (a maximum of two submissions, per person, each month) to [keeley@sunalta.net](mailto:keeley@sunalta.net). Please include your full name and contact information.



Is your Condominium:

**Large, Medium, Small, or Self-Managed ???**

We would like to help on any matters of concern.

Contact us at:  
**Ph. 587 475 8800**  
**Email: [Info@LenyxCorp.ca](mailto:Info@LenyxCorp.ca)**  
 Visit us at: [www.LenyxCorp.ca](http://www.LenyxCorp.ca).

**Are you a Condominium Board Member?**  
**Are you looking for Management Alternatives?**

**Lenyx Corp** is a Condominium Management & Consulting company offering full and customized services to fit the Corporation and building requirements:

Our Commitment is: We will:

- go regularly to the property, a minimum of **once a week**
- maintain the property in the best possible condition
- give recommendations to the Board on improvements
- prepare a program on maintenance & special repairs / upgrades
- inform in detail all income & expenses on a monthly basis
- immediately show any accounting details on request from the Board
- make the best effort to save on costs
- look after the property issues on site consistently
- immediately respond to an Emergency 24/7.

On initiation of an agreement with the Board, we will:

- Assess Building Conditions,
- Assess Financial Conditions,
- Get Board requirements and prioritize items / issues,
- Will set up a 5 year Action Plan.

**CLIMB FOR WILDERNESS**

**SATURDAY, APRIL 22, 2017**  
**THE BOW BUILDING**

**CLIMB 1188 STAIRS**

SUPPORTING THE  
**ALBERTA WILDERNESS ASSOCIATION**

[climbforwilderness.ca](http://climbforwilderness.ca)

Name	Age	Contact	Course
Alisha	22	587-434-8205	No
Becky	26	403-710-0970	Yes
Marise	48	403-399-8430	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).



# Pipelines Approved.

Get the full update at [www.KentHehrMP.ca/pipelines](http://www.KentHehrMP.ca/pipelines)



“ This is how we build pipelines. After pounding the pavement in the election, earning the trust of Calgary Centre, and taking the movement to Ottawa, we pounded the table for a better way forward.

Calgarians and Albertans alike have been waiting for this announcement for a long time. After a decade of inaction, we are finally seeing progress on this file thanks to the leadership of our Prime Minister and my cabinet colleagues. **We are moving forward** on Canada's energy future.

- Kent Hehr, MP  
Calgary Centre

Below is what we are doing to make sure we bring both the environment and our economy together.

Read more about Canada's Pipeline Plan at [www.KentHehrMP.ca/pipelines](http://www.KentHehrMP.ca/pipelines).

> Investing \$1.5 Billion into a world-leading **Oceans Protection Plan** to protect our coasts, rather than cut ocean science and monitoring programs like the previous government.

> **Reforming the NEB** to ensure that it reflects regional views and has sufficient expertise in relevant fields like environmental sciences, community development, and traditional Indigenous knowledge.

> Implementing a price on **carbon pollution** — like the one supported by Preston Manning and others — to not only create a vibrant innovation economy but to reduce harmful carbon pollution.



An update from Kent Hehr, your Member of Parliament for Calgary Centre  
[www.KentHehrMP.ca](http://www.KentHehrMP.ca) | 403.244.1880 | [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca)  
950 6th Avenue SW, Calgary, Alberta. T2P 1E4

Get the full update at [www.KentHehrMP.ca/pipelines](http://www.KentHehrMP.ca/pipelines)