

MARCH 2018

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THE OFFICIAL SUNALTA COMMUNITY NEWSLETTER



SARAH SCOTT

RE/MAX Realty Professionals

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Sunalta Real Estate Update

Last 12 Months Sunalta
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
January 2018	\$0	\$0
December 2017	\$559,500	\$542,500
November 2017	\$799,000	\$760,000
October 2017	\$699,900	\$700,800
September 2017	\$550,000	\$497,500
August 2017	\$539,000	\$530,000
July 2017	\$1,087,000	\$971,500
June 2017	\$550,000	\$528,500
May 2017	\$0	\$0
April 2017	\$649,900	\$627,000
March 2017	\$565,000	\$570,412
February 2017	\$798,000	\$777,000

Last 12 Months Sunalta
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
January 2018	0	0
December 2017	1	2
November 2017	2	1
October 2017	2	1
September 2017	0	1
August 2017	1	1
July 2017	2	2
June 2017	5	3
May 2017	1	0
April 2017	1	1
March 2017	2	1
February 2017	1	1

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

STRENGTH IN ABILITIES WHO ARE YOU RUNNING FOR?



JUNE 24, 2018 | vecova.ca

Join Vecova on June 24, 2018 to run, walk or roll 2K, 5K or 10K in support of our programs and services for persons with disabilities.

Visit vecova.ca/get-involved/ to learn more.



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Expires April 30, 2018
Valid towards any service of \$25 or more.

DIVA SALONspa

Sunalta ANNUAL GENERAL



Monday, March 12th 2018 at 7:30pm in the Sunalta Community Hall Club Room.



SUNALTA COMMUNITY ASSOCIATION

1627-10 Ave SW
 Calgary, AB – T3C 0J7
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www.sunalta.net/Home

Delivered monthly to 3,000 households and businesses for 5 years!

Editorial Submissions

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 All editorial content must be submitted by the 15th of the month for the following month's publication.

Advertising Opportunities

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

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www.great-news.ca



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

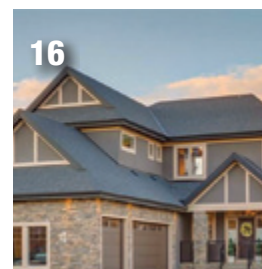
Great News Publishing and Sunalta Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre		403-253-5250
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
Road Conditions – Calgary		
Weather Information		511
Gamblers Anonymous		1-855-222-5542

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Sunalta Community Association



How to contact us:

www.sunalta.net

“Like” us on Facebook:

Sunalta Community Association
403-823-0322 to leave a message
info@sunalta.net

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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
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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

SCHOOL SHOUT-OUTS

Queen Elizabeth High School

The second semester is in full swing at Queen E! We have lots of exciting events happening in the school!

The Grade 8 Environmental and Outdoor Education students are heading to the mountains! They are on a ski trip to Norquay early in March and a snowshoe trip to Chester Lake later on in March.

The Jr. High Basketball Semi Finals - Division 2 games will be held from March 12th to March 15th (please check the school website for dates/times):

- Sr. Girls play at F.E. Osborne
- Jr. Girls play at Sen. Pat Burns
- Sr. Boys play at West Ridge
- Jr. Boys play at H. D. Cartwright

The following week, QE High School will be hosting the Jr. High Boys and Girls Division 2 Basketball Championship games, in the Sr. Gym, on Monday, March 19th, and Tuesday, March 20th.

The Shaganappi Group Basketball Championship will be held the 19th, from 4:30 to 9:30, and the Crowchild Group Basketball Championship, on the 20th, from 4:30 to 9:30. Winners will receive awards and certificates at the Athletics Awards Ceremony in June, in the Sr. Gym.

March is the beginning of Senior Boys soccer season for our defending City Champions. As always, each Queen E athlete would love to have fans on the sidelines! Please see the Queen E website for game notifications once the season begins.

The Junior High Debate season is almost over and the QEHS team brought that old *razzle dazzle* magic to each

competition. They laid down the chills, thrills, and argumentative skills and verbally decimated the competition at nine tournaments, picking up a plethora of gold, silver, and bronze medals. Could Provincials follow? Go, Knights, go!

The Queen Elizabeth High School Band will be spending part of their spring break in California! Highlights of the trip include a Disney film and recording workshop, a performance of Aladdin, a concert by the LA Philharmonic and the Jazz at Lincoln Center Orchestra, a workshop with Dr. Glen Price from CalTech and several performances in the Anaheim area. Please wish us a safe and fun journey!

The Cinderella Gown Project provides the opportunity for young grade 12 women in our school to be treated to a Cinderella experience of choosing a beautiful gown and accessories for their graduation ceremony. This project started within the Calgary Board of Education many years ago. The Cinderella Project was created to allow students in financial need to be able to experience their graduation banquet with style and dignity where they would be otherwise unable to do so.

If you would like to donate dresses, shoes, jewellery, and so on you are most welcome to. Please drop off items to the Main Office at Queen Elizabeth High School.



Got a headache? Try this old remedy—place sliced, raw potatoes on your forehead.

Christian Science Reading Room & First Church of Christ, Scientist Calgary presents:

“Love without Limit, Life without Fear”

A public presentation by Fujiko Signs, CSB from Japan, at the **Calgary Wellness Expo**, Friday March 9 and Saturday March 10, 2018. For more information, call 403-209-0012.

Get your complimentary passes, while they last!



TOOL SHED BREWERY TOUR & TASTING - TOOL SHED BREWING CO., APRIL 7

Join the Tool Shed staff for a backstage tour and see where their delicious beer is born! This 90-minute brewery tour includes a sampling of all of our beers, as well as a guided tour around the brewery. We will show you the entire process from grain to glass! Once the tour is complete you can enjoy fresh beer in our taproom, and we will give you a 10% off in our retail store. Special notes: minors must be accompanied by parent or guardian, closed-toe shoes are mandatory. More info: toolshedbrewing.com.



SUPERTRAIN MODEL TRAIN SHOW - GENESIS CENTRE, APRIL 15

Canada's biggest and best annual model train show; free parking at Genesis Centre and McKnight-Westwinds C-Train Station with free shuttle. Over 70,000 sq. ft. of operating layouts, exhibits and displays, railroad artists, hobby shops, model manufacturers, demonstrations, clinics, museums and railroad historical associations, Lego and Thomas play area, garden railways, ride-on trains, and much more. More info: supertrain.ca.



ACADIA VINTAGE RETRO & ANTIQUES SHOW - ACADIA RECREATION COMPLEX, APRIL 28 - 29

Get your antiques fix. An eclectic array for some serious rummaging! An antique identification clinic will run throughout the shows hours. Find out more about your own heirlooms. The identification clinic will feature Gale Pirie C.P.P.A. a well-known CBC Antiques Road Show appraiser, fees: \$15 per item/3 for \$40. Show information Dennis 604-316-1933 or Lorne 403-816-9938, more info: antiquesbydesignshows.com.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Wrought—Rachid Ouramdane (France) - Theatre Junction Grand, April 11 - 14

Wrought is an intimate story that feels like both spoken poetry and personal testimony. Each woman's unique way of dance tells us who they are and most of all shows us how movement reveals someone. More info: theatrejunction.com.

Tech Talk intro for adults - Okotoks Public Library, Thursdays - April 12 through May 3

A great introductory class on the use of popular current technology that looks at building everyday technology skills. We supply laptops, but feel free to bring your own as well as tablets and smart phones. The group will explore a variety of topics in a relaxed open environment where participants share and learn from others through conversations. Free program. Register: litforlife.com or call 403-652-5090.

The Secret Garden - Theatre Calgary, April 17 - May 19

This beloved classic children's book comes beautifully to life in this stunning Broadway musical. A young orphan girl is sent to live with her reclusive uncle on his dark and depressing estate. When she discovers the key to a neglected garden, she reawakens the magic locked inside the garden walls and her family's heart. More info: theatrecalgary.com.

Steve Miller Band with Peter Frampton - Scotia Bank Saddle Dome, April 20

Rock n' Roll Hall-of-Famer Steve Miller is excited to announce his Spring 2018 tour of Canada. Joining Miller and his band on this tour will be special guest Peter Frampton. "The band and production crew are working on creating an even better concert experience for 2018 and plan on wading even deeper into the musical waters." More info: ticketmaster.com.

Clue: An Improvised Murder Mystery presented by the Kinkonauts - Alexandra Centre Society, April 28

The classic board game comes to life in an improvised murder mystery other shows can't hold a candlestick to. Six colourful characters with suspect motives, all gunning for the true killer's confession. You could cut the tension with a knife. Pipe up with clues to help solve the crime. You'll get so roped in you can't wrench out of your seat.

CALGARY PUBLIC LIBRARY



School's Out! Fun Activities at Your Library

Kids ages six to 12 can drop in to the Library anytime on PD Days for games, crafts, and other fun activities. No registration is required. Learn where and when this program is offered by searching "School's Out All Day" at calgarylibrary.ca/programs or downloading or picking up a copy of our program guide *Library Connect*.

Read Hundreds of Magazines for Free

Did you know you can read hundreds of magazines for free with your Calgary Public Library card? Use RBdigital Magazines to read digital magazines on your computer or download them to your mobile device. Browse more than 300 titles, including *Canadian Living*, *The Economist*, *Esquire*, *National Geographic*, *The New Yorker*, *Reader's Digest* and *WIRED*. Plus, there's no checkout periods or limits on the number of magazines you can download. Access RBdigital, and view all our eResources, at calgarylibrary.ca/E-Library.

Spotlight on Member Benefits: Changes to Unpaid Fines

To ensure the people who need the Library the most have access to as many services as possible, Calgary Public Library recently changed its policy related to unpaid fines. Previously, anyone with more than \$10 in unpaid fines was blocked from many Library services and resources. Those barriers have been removed; now, regardless of your fine amount, you'll still be able to book rooms, access the E-Library, register for programs, and use Wi-Fi, Chromebooks, and printers. Learn about more membership benefits at calgarylibrary.ca/membership-benefits.

CBE BOARD OF TRUSTEES

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

The CBE receives more than \$1.4 billion every year from the provincial government to educate our students. Every student in our system is important, and each year we must make decisions to balance our many priorities with the funding we receive.

Our objective is to steward our resources wisely, dedicating the maximum possible resources to student learning. Our budget decisions are shaped by our shared values: students come first, learning is our central purpose and public education serves the common good.

As we begin our budget work, we encourage our community to provide input on educational spending. Our finance team reads each comment we receive, and all input will be considered when making decisions on our budget. More information about our budget process and decisions, as well as a budget feedback form, can be found at cbe.ab.ca/budget.

Our system serves a diverse population of students and we want each child to be a successful learner. We are proud to offer a variety of programs to suit the learning needs and interests of every student; providing additional choices for students and their families. We also offer specialized classes and unique school settings to meet the needs of some students including those with autism, cognitive/developmental disabilities, and social/emotional/behavioural challenges.

Our budget must stretch to meet the learning needs of each student, clean and maintain our 245 schools, transport students to and from school each day and cover additional supports and resources such as speech pathologists, cultural and linguistic support, psychologists and other learning specialists.

We look forward to reading your comments and thank you for your interest in public education.

Little-Known Piece of Hisssstory

St. Patrick is known for his driving the snakes out of Ireland. However, scientific and archaeological evidence show that there were never snakes in post-glacial Ireland to begin with. Of the many feats St. Patrick accomplished during his life, it seems reptile pest control was not one of them.





Celebrate with your Neighbours – Neighbour Day 2018

Held annually on the third Saturday of June, Neighbour Day is an opportunity to get together with your neighbours and celebrate our strong community spirit in Calgary. This year Neighbour Day will be held on Saturday, June 16.

Neighbour Day originated in 2014 to celebrate the incredible outpouring of support and generosity neighbours demonstrated after the 2013 floods. Now it has evolved into an annual celebration of what makes Calgary such a great city—namely our strong and caring communities.

Neighbour Day continues to grow each year. Last year, The City saw a large increase in the number of permitted events from the previous year.

This year, The City is once again waiving its fees for block party permits and greenspace bookings for approved Neighbour Day events that take place on June 16.

The City wants all Calgarians to celebrate and are encouraging as many people as possible to host a local community event.

Visit calgary.ca/NeighbourDay for more information.

Eating Disorders are Common but Complex

Eating disorders are common and take many forms, such as anorexia, bulimia, or binge eating.

Experts believe that a number of physical, psychological, cultural, and social factors contribute to the development of an eating disorder. Eating disorders are more common in teenage girls and young women, but they can occur at any age and in both sexes.

Eating disorders increase a person's risk of other health problems related to a poor diet. These can include dehydration, malnutrition, menstrual period changes, thinning of the bones (osteoporosis) and, in severe cases, heart and other organ problems.

It can be frightening to realize that someone you care about has an eating disorder. If you think a friend or loved one has an eating disorder, you can:

- Talk to your friend or loved one. Tell the person that you care and why you are worried.
- Urge them to talk to someone who can help, like a doctor or counsellor. Offer to go along.
- Tell someone who can make a difference, like a parent, teacher, counsellor, or doctor.

The sooner your friend or loved one gets help, the sooner they will be healthy again.

Help is available if you or someone you know is struggling with an eating disorder. You can get more information by calling Health Link at 811 or the Mental Health Helpline at 1-877-303-2642.

Are you between the ages of 17 to 35?
YOU HAVE THE POTENTIAL TO SAVE A LIFE!



**ALL IN FOR
ALEX**
BONE MARROW DRIVE

Alex is a 12-year-old girl living in St. Albert, Alberta who is fighting for her life. Alex has been in the children's hospital in Edmonton all but a few days since June 2017 when she was diagnosed with *Aplastic Anemia with PNH Clone*. It is very rare disease with only 2 or 3 per million that are inflicted. Bone Marrow makes 200+ billion new cells each day. Alex's marrow is basically empty. She is surviving on blood and platelet transfusions. CTV, CBC and Global have all told her story. Global Edmonton Health Matters: Oct 25.

Thankfully a donor was found for Alex and she is starting her treatment.

**Donors are wanted
for the 800 other Canadians in need.**

It is quick and easy to register. There is a health questionnaire to fill out and then a simple cheek swab. Thank you.

Register to be a donor at Canadian Blood Services
www.OneMatch.ca

YOU could be a hero and save a life.



A Tale of Two Celts

The ancient religion of the Celts featured two horse goddesses, Macha and Epona. Macha in Ireland and Epona in Gaul. Epona eventually became adopted as far as Rome as a deity and her name is still recognizable today as the name given to the hero's horse in video game series *The Legend of Zelda*.

Help Put an End to Bullying

Bullying is acting in ways that scare or harm another person. Bullying can be a one-time event, but more often occurs over time. Bullying usually starts in elementary school, becomes most common in middle school, and is less common by high school.

Bullying can take many forms, including:

- Physical harm, such as hitting, shoving, or tripping.
- Emotional harm, such as making fun of the way a person acts, looks, or talks. Writing mean things about someone in emails or online journals (blogs) is also bullying.

Girls who bully are more likely to do so in emotional ways. Boys who bully often do so in both physical and emotional ways. For example:

- A girl may form a group and exclude another girl or gossip about her.
- A boy may shove another boy and call him names.

Both boys and girls take part in "cyberbullying." This means using high-tech devices to spread rumours or to send hurtful messages or pictures. The damaging effects of emotional bullying is real.

If you think your child is being bullied or is bullying someone else take action to stop the abuse.

Why is it important to stop bullying?

Bullying is a serious problem for all children involved. Children who are bullied are more likely to feel bad about themselves and be depressed. They may fear or lose interest in going to school and withdraw from other social activities.

Children who bully others are more likely to drop out of school, have drug and alcohol problems, and break the law.

What can children do if they are bullied?

Children are often scared and angry when they are bullied. They may not know what to do. Teach them to:

- Respond assertively. Say, "Leave me alone," or "You don't scare me." Have your child practice saying this in a calm, strong voice.



- Walk away. Don't run, even if you are afraid.
- Tell an adult. A parent, teacher or coach can then take steps to stop the bullying.

What can you do to stop bullying?

Bullying can be prevented if people pay attention and take action.

If bullying is happening at your child's school, talk to the principal or vice principal. Urge the school to adopt a no-bullying policy. All children should know that those who bully will be disciplined. Children who are bullied should be supported and protected.

As a parent, you can help your child get involved in new hobbies or groups, such as school clubs or church youth groups. Being part of a group can help reduce bullying. Having friends can help a child have a better self-image.

Children can help keep other kids from being bullied. If you are a child, don't let yourself be part of the problem.

- Speak up when you see someone else being picked on. It can help to say something like, "Cut it out. That's not funny." If this is too hard or scary to do, walk away and tell an adult.
- If someone sends you a mean email about another person, don't forward it to others. Print it out and show it to an adult.

CCSD BOARD OF TRUSTEES

Website: www.ccsd.ab.ca/board-of-trustees • Email: trustees@ccsd.ab.ca

Faith is the foundation of who we are. It helps us to find purpose and hope, to serve others and to better ourselves and the communities in which we live and work. Its teachings are also the foundation of the excellent Catholic education we provide.

The Board of Trustees works with partners in education to ensure that our children are being set up for success. From those conversations stem core priorities that guide the district to develop children's minds, bodies and spirits.

Faith permeates all aspects of a child's school life. They experience faith formation through religious education classes, social justice activities, school-wide prayer and liturgy, and participation in sacraments. And when they do, incredible things happen.

Children learn to be a part of something bigger than themselves. They develop a sense of compassion. They learn how to be like Christ. They experience schools where they feel like they belong. And they grow up in Catholic Communities of Caring, united by the values of faith, care, respect, responsibility, trust, and family.

Our leaders and staff also have opportunities to form their faith, including: support in teaching religious education programs, district faith events, prayer and liturgy, retreats, pilgrimages and further understanding our Catholic teachings.

The benefits of Catholic education also extend beyond children's and staff's lives. They are felt in the communities in which we build our schools and by the people who work together to bring Catholic education alive.

Attendance continues to grow as Albertans choose Catholic schools. To accommodate this growth, we have five new schools in varying stages of development.

At CCSD, we are very proud to provide students an excellent Catholic education where they can live and learn in their faith.

Volunteering
is good for the soul



Community Preparedness

As Calgarians we know that emergencies can affect our communities at any point. Many emergencies may not be preventable, but we can minimize the risk by being prepared. Here is a list of ways you and your neighbours can be prepared.

• Know your neighbours

If an emergency does arise, if you know your neighbours you can readily identify neighbours who may have special needs, mobility or those who need additional assistance in an event of emergency.

• Know the potential risks and hazards in your community

The more residents are aware of areas in their community that are potential risks, the better prepared a community can be. Be proactive!

• Know the evacuation routes

Knowing how to get of your neighbourhood can reduce traffic congestion and allow for emergency personal easy access.

Emergency numbers, Calgary and area:

Ambulance, Fire, Police, 9-1-1
 Hazardous Materials Spills 403-245-7222
 Gas Emergency – ATCO Gas 403-514-6100
 Electrical Emergency - ENMAX Power 1-800-332-1414
 All other City services 3-1-1
 Poison & Drug Information Service 1-800-332-1414
 Calgary Emergency Management Agency 3-1-1
 or calgary.ca/cema

For more resources, check out the Building Safe Communities tab at calgarycommunities.com





Where Do They Go? Ruby-Throated Hummingbird

The Ruby-throated hummingbird is a small, brilliantly iridescent bird that weighs less than a nickel! Despite their small size, the males of this species are fierce, aggressively defending their territories with impressive aerial feats.

Ruby-throated hummingbirds spend their winters in Central America and cross the Gulf of Mexico to get there. Crossing the Gulf is an incredible non-stop journey of over 1000 km that can take up to 20 hours. Ruby-throated hummingbirds are the only hummingbirds that are normally seen outside of the mountain regions in Alberta. Look for these beauties at your backyard feeder between May and August.

Fun Facts:

- Ruby-throated hummingbirds beat their wings 53 times a second
- Their resting heartrate is 250 beats/min; when active it can rise up to 1200 beats/min

- Hummingbird eggs are smaller than a jellybean
- Hummingbirds must consume approximately half their weight in sugar daily
- Hummingbirds can hover

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.



Pet Insurance is for Everyone, Including Vets

Jennifer L. Scott B.Sc., D.V.M.
www.sundanceanimalhospital.com

Thirty years ago, as a new graduate, I saw the pet insurance industry emerge. Premiums seemed high, and I believed a little money put aside each month it would cover most emergencies. Veterinary medicine made massive advances, my opinion rapidly reversed. I believe every pet owner should carry pet insurance. Pet insurance companies have plans to meet everyone's needs; plans to cover only emergencies with high deductibles and low premiums; to plans that offer complete wellness programs for pets.

Today if you adopt a new pet at most shelters, rescue organizations, and pet stores, you may be offered free trial insurance for a short period of time. The Canadian Kennel Club offers trial insurance through breeders to anyone acquiring a purebred registered puppy. In my clinic, we give out brochures for pet insurance to new patients and some companies even offer trial insurance to new patients coming to the hospital. Some specific breeds and older pets are assessed on an individual basis, and companies always require a client release their pet's medical records to assess the pet for pre-existing or genetic conditions. A client once expressed an intention to get insurance on a pet with severe chronic skin disease; it is unlikely any company will take this pet on without an exclusion for the pre-existing condition. This is not unlike what we might encounter acquiring our own private health insurance. My experience has been that most companies will look at something like a mild ear infection and remove an exclusion if the pet has remained clear of a further ear infection for six months. The peace of mind that comes with knowing a catastrophic illness or accident is covered is priceless.

My mother's dog is the center of her life in her seniors' facility. Two years ago, it became obvious Maggie was critically ill and I took her to the C.A.R.E. Centre for an ultrasound. Two hours later the surgical team led by a board-certified surgeon removed her gall bladder that had ruptured and started to treat her for bile peritonitis. Over the next week she was moved by ambulance to the intensive care at the Western Veterinary Specialty Centre with a central line, nasal cannula, and many other medi-



cal interventions, all from which she emerged healed. Few people would have been in the position to afford this level of care without insurance, and I watched specialists utilize cutting edge tools and skills to save Maggie's life. That rare case that can only be saved by this level of intervention is why even veterinarians and their families need pet insurance.

Comprehensive plans available cover all preventative medicine, annual exams, vaccinations, specialized medical diets, and everything else. Today in Calgary your pet can get an MRI, CAT scan, be treated with chemotherapy for cancer, and be referred to as diverse a group of specialists as you will see at the Foothills Hospital. Kidney dialysis is on the horizon. There are alternative practitioners offering acupuncture and homeopathic treatments. Rehabilitation facilities exist with underwater treadmills. Plans are available which include nail trims, dental cleanings, annual blood work, kenneling, the expenses incurred if you search for a lost pet, and even holiday cancellation insurance if your pet becomes ill.

I overheard a client once ask for their receipt from my receptionist to make a claim. As I paused to greet the client she told me that she was insured through a company I was unfamiliar with. Her husband's employer had a group health benefit plan for all staff. This plan recognizes that studies show that people with pets are healthier and live longer. Therefore, this group benefit plan covered the veterinary care of the employee's pets. As an ardent believer in the Human-Animal Bond, I am absolutely astounded by the evolution of pet insurance in our society. We still can't get insurance for pets other than dogs and cats, but I believe it is on the way for birds, and small pocket pets. May you and your pets be safe and well and never need the emergency part of your pet insurance.



Ask Charles

I just bought a house, and on possession day, I noticed the movable island from the kitchen, which I loved when I viewed the property, was gone. Was the seller allowed to take it with them?

The short answer is yes, the seller was allowed to take the movable island with them. A movable island is an example of an unattached good, which are movable items that are not included in the sale of a property unless agreed to, in writing, by the parties.

Unattached goods include items such as wall art, area rugs, non-built-in appliances such as microwaves, and even curtains. Unless otherwise agreed to, sellers can take movable items from the property before the buyer takes possession.

The opposite of unattached goods are attached goods. Attached goods are items that you cannot remove from a property without causing damage to the property. For example, chandeliers, built-in appliances such as dishwashers, and curtain rods and brackets are attached goods. Unless otherwise agreed to, sellers are expected to leave attached goods behind.

However, the good news for buyers is if there is something you like in a property you are considering buying, but it's an unattached good, all is not lost. If you want a particular unattached good included in your purchase of the property, list it as an inclusion in your offer to purchase. Now, it's subject to negotiation between you and the seller.

The seller may agree, or they may remove it from the list of inclusions in a counter offer. It is up to the buyer and seller, with the help of their real estate representatives, to negotiate the transaction, and that includes what items are included or not.

When in doubt, write it out. This is the best way to ensure you know what is included when you're purchasing a property. For larger more expensive items, you may wish to include the make, model, and serial number. This may eliminate a seller's urge to switch nice appliances, for example, with less expensive, used items.

Now, what do you do in the event the seller was supposed to leave something behind, but didn't? If you don't find out until after possession, you need to call your lawyer as it is now a legal issue between you and the seller. Your real estate professional can attempt to discuss the matter with the seller's representative, but if things aren't fixed to your satisfaction, your only recourse is to speak to your lawyer.

"Ask Charles" is a question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), 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.

Recreation Activities

Free Public Swimming

Free swimming is available on some statutory holidays at select pools. Check online for the dates and locations of upcoming free public swimming at calgary.ca/pools. Not available at our Leisure Centres. Various locations Age: All Ages Free Drop-in.

Free Public Skate

Free skating is available on some statutory holidays at select arenas. Check online for the dates and locations of upcoming free public skating at calgary.ca/arenas.

Various locations Age: All Ages Free Drop-in

Soccer Drop-In

Tuesdays & Fridays 11:30 – 1:30 p.m. at Calgary Soccer Centre Age: 18+

Develop foot skills, practice drills or play a game. Nets and standards are available. Please supply your own soccer ball.

Drop-In Climbing Wall

Located at Southland Leisure Centre and Beltline Aquatic & Fitness Centre

An introduction to belay instruction is offered the first half hour each day. Equipment is provided and facilitators are present. Beginners welcome! It's fun for all, ages 4 and up. For drop-in schedules please visit us online or contact 311. Use of Beltline's outdoor climbing wall is weather dependent.

Playschool Programs for Preschoolers at Southland and Village Square Leisure Centres

Flexible options for preschoolers: registered, drop-in or year-round. Visit calgary.ca/playschool for more information and schedules.

Meeting Your Fitness Goals is Closer than You Think

With thousands of affordable, quality programs, meeting your fitness goals this year is closer than you think. Adult admissions to City of Calgary Aquatic & Recreation facilities start at less than \$8. Looking for more of an adventure? Catch a wave at one of our two Leisure Centres. Family admissions are less than \$29. Visit Calgary.ca/recreation or call 311 to find a facility near you.

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March is an important month because it is the time of year when your government outlines its plan for our future as Albertans through the presentation of a Throne Speech, which will reaffirm our values as a society, and a Budget that will detail Alberta's path to balance.

Previous Throne Speeches and Budgets have outlined our commitment to affordable childcare, allowing job protected leave to care for a sick child, to a \$15.00 minimum wage for Alberta workers. We promised to have Albertans' backs during the worst economic downturn since the dust bowl, and we did that by protecting your healthcare, your education, and investing in green energy, public transit, and long-promised and much-needed projects like the Calgary Cancer Centre. Those decisions not only ensured that more Albertans did not lose their job, but also put so many others back to work. Last year over 70,000 new jobs were created, and today, more Albertans are employed than ever before in our province's history.

Yet even though Alberta is once again leading Canada's economy, important work remains to be done. That is why this March we will carefully and clearly outline Alberta's path to balance. That path will ensure Alberta's tax system will remain a progressive one, where those making less than \$125,000 a year will only ever pay 10% income tax like they do now and where those who can, will pay a little bit more. It will include a price on carbon that has allowed our province to attract record investment in solar and wind energy as well as grow and diversify our refining and manufacturing sectors. And I encourage you to follow the debate and discussion about this path for Alberta carefully, for what you will see when you do, is that every decision being made and every dollar being raised, saved, and invested will have been done with to one goal: making life better for all Albertans.



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Safe Sidewalks & Snow Angels

At the end of January, I was happy to support my colleague Councillor Farrell's Notice of Motion to improve snow clearing on our City sidewalks. The communities in Ward 8 are diverse in age and mobility. Also, the sidewalks in Ward 8 see some of the most foot traffic in all of Calgary. With that in mind, we've asked the City to come back to us with solutions that address things like: identifying high-priority networks including missing links, better coordination between Roads, Transit, Parks and other City departments that handle snow clearing, guidelines for clearing wheelchair ramps, curb cuts and sidewalk crossings of laneways, and more.

Our communities are great places to live because we support and care for our neighbours. Whether you're eight years old or 80 years old, you should be able to walk, bike, get to and from transit, and drive safely in Calgary. Keeping that in mind, if you're able, helping to clear a neighbour's sidewalk, or a crosswalk near your house goes an incredibly long way.

"Lucky and proud."

That's how a lot of people describe their feelings when they nominate a Snow Angel. Many are seniors without the strength to clear their walks. Others may be on the mend from surgery or an illness and their physical ability is limited. Sometimes it's a neighbour who is just having trouble coping with added responsibilities in his or her life.

When you pick up your shovel to clear your walk this winter, take a few extra minutes to help a neighbour too. You'll make it easier for everyone to travel your neighbourhood and build a sense of community at the same time. For more information, visit calgary.ca/SnowAngels.

IRISH PROVERB



God is good, but never
 dance in a small boat.



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This month, I wanted to highlight some of the progress we've made together to support the middle class and those working hard to join it:

- Cut taxes for 9 million middle-class Canadians.
- Introduced the Canada Child Benefit, which is helping the families of 180,000 children in Calgary alone. The average recipient in Calgary receives \$5,620 per year.
- Invested \$1.6 billion in Alberta's infrastructure, including investments in flood mitigation, the southwest ring road (Tsuut'ina Trail), Green Line LRT, and arts and culture spaces.
- Restored 65 as the eligibility age for Old Age Security (OAS) and Guaranteed Income Supplement (GIS) benefits.
- Boosted the GIS top-up benefit for single, low-income seniors up to \$947 per year.
- Strengthened the Canada Pension Plan (CPP).
- Helped 1.4 million low-income workers through the Working Income Tax Benefit.
- Extended Employment Insurance (EI) benefits for Canadians.
- Made EI more flexible for parents and caregivers.
- Provided 50% more tuition money to 35,000 Alberta post-secondary students, with full-time students from low-income families getting an extra \$1,000 per year.
- Approved pipelines, helping to create thousands of jobs and ensure a growing market for Canadian energy.
- Lowering the small business tax rate to 9%, saving businesses up to \$7,500 annually.
- Improving access to subsidized child care.

Our plan is working. Canada has the fastest growing economy in the G7, youth unemployment is the lowest on record, and we are investing in the long term while reducing the deficit.

While constituents tell me more and more that things are picking up again in Calgary, I know there is more to do. That's why we're using Canada's growth to double-down on our efforts to support the middle class and those working hard to join it.

Get in touch: visit www.KentHehrMP.ca, email kent.hehr@parl.gc.ca or call 403-244-1880.

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**New Patients
Welcome**

**Families deserve high-quality
affordable childcare.**

Many parents have told me the high cost of childcare prevents them from going to work in the first place and makes it harder to pay for everyday expenses.

As your MLA, I am working to make life better for young families by supporting:

- ✓ Opening \$25 per day Early Learning Childcare Centres, accessible to families of all income levels, and offering times that work for parents who work shifts outside of the 9-5 schedule
- ✓ Providing childcare subsidies to eligible lower-income families



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