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YOUR OFFICIAL
Community Newsletter
FEBRUARY | 2018 CIRCULATION | 3000 HOMES AND BUSINESSES

FEBRUARY IS
HEART

MONTH

See page 11 to read article from
Alberta Health Services



PURCHASE YOUR CA MEMBERSHIP ONLINE:
WWW.SHAWNEE-EVERGREEN.CA

HIGHLIGHTED ADVERTISER:
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SEE BACK PAGE TO FIND OUT HOW!

SECA President's Message

CASINO VOLUNTEERS NEEDED!

Our next fundraising event is at **Deerfoot Casino** on **February 28 & March 1**. Casino funds will be used in our work to enhance community park amenities. Working in concert with the developers of Shawnee Park we would like to see the planned new park space become a community hub to serve a variety of age groups.

- Volunteers are needed for all positions (banker, cashier, chip runner & general manager)
 - day shift 11:00 AM to 7:15 PM
 - evening shift 7:00 PM to 3:45 AM
- Count Room volunteers are also needed from 11:00 PM to 3:45 AM.
- Refreshment and meal allowance are provided.
- Transportation can be arranged.
- No experience is needed. All training is provided. You'll always be working with a buddy.

Please consider volunteering for one or two shifts. To learn more and to confirm your shifts please contact Lynn Jobe at 403-606-2406 or at ljobe.afl@gmail.com.



Our next Community event will be the **Easter Egg Hunt** on **Saturday, March 31** at 9:00 AM at South Gate Alliance Church 1436 James McKeivitt Rd SW. Plan now to bring the kids and enjoy the Easter egg hunt, face painting and bouncy house! Free admission for SECA members.

Due to timing problems, our next Board Meeting has been rescheduled from Tuesday, February 20, 2018 to Tuesday February 27, 2018 7:00 PM in the library at South Gate Alliance Church.

SECA members are welcome to come to any of our meetings. Your input is valued! Contact Peter Snell at 403-254-6660 if you need more information.

Sincerely,
Brad Smith, SECA President

Important Notice

Closure of Bridlewood Community Recycling Depot

The Bridlewood Community Recycling Depot (CRD), located at 2335 162 Avenue SW, will be closing on January 22, 2018. Shawnee/Evergreen residents are encouraged to use either the nearby Millrise depot (150 Millrise Blvd SW) or Shawnessy depot (390 Shawville Blvd SE) instead.

Now that all Calgarians have access to recycling at home and work, the CRD network receives less than a quarter of the material it once did. This change will allow The City to operate more efficiently while still offering most Calgarians easy access to a depot. A full list of locations can be found at Calgary.ca/recycledepot.

Tap into your creative side this spring with Calgary Recreation



Think you don't have a creative bone in your body? Think again! We all have the ability to be creative and programs with The City of Calgary can help you find your inner artist. This spring, The City of Calgary is offering hundreds of artistic and creative programs for all ages, interests and abilities, allowing you to get more creative, more often. Performing and visual arts classes range from beginner drawing and painting for adults, to pre-school dance and ballet, clay classes for families, and even belly dancing for those looking for something a little different. The Spring & Summer Recreation Program Guide is on-stands February 21 and registration opens February 26. To tap into your inner artist and see which program is right for you, visit Calgary.ca/recreation.

THE PROCESS... *we help make it easier!*

Renovating your kitchen can be an experience of a lifetime and a positive one if you have the right start. However daunting as it may seem at first, the apprehension about following through with a kitchen renovation can definitely be removed from the equation. Once you are seriously sure that you are moving forward, the first person you should speak to is your Design Consultant, who has been through the process with many other clients and can educate you on what to expect and where you need to start.

At that point, you can set your sights on what you need to do next, enabling you to set an approximate end date. There will definitely be bumps in the road, but if you are prepared to go with the flow and just look to solving the problem at hand, it will go a lot easier. Your Design Consultant at Merit kitchens is there to answer any questions you might have.

Whether you are hiring a contractor or coordinating the renovation yourself, you will still need to be aware of the process. Here are a few tips to get you started:

1. Meeting with your Design Consultant – Visualize what your dream kitchens looks like to you. Bring pictures that

you've seen online and keep in mind that not only is it important to have a beautifully designed kitchen, but it's also just as important to have great function.

2. Have a Site Measure Completed – Your Design Consultant will need to complete a site measure to get the perfect fit for your kitchen cabinetry. This also allows you to have a discussion about your thoughts while you both are actually in the space.

3. Meet at the Showroom – After your site measure, your Design Consultant is ready to 'put pen to paper'. Based on all of your thoughts and ideas, your kitchen design begins to come to life. At this point, a quote for budgeting purposes is also created. Your Design Consultant will set up a time with you to review your kitchen drawings and costs.

4. Final sign-off – Once your Design Consultant has captured all of the items that you are wishing for, they will ask you to come into the showroom for a final sign-off meeting. This involves reviewing the 3 dimensional layout of your new kitchen, all colour choices, cabinet door style and hardware.

Visit our Merit Kitchens showroom for a FREE consultation.

www.meritdesigncalgary.com



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SECA Community Connection



WE HAVE VACANCIES ON OUR BOARD.

Do you want to make a positive difference? if so, please contact us at info@shawneeevergreen.ca



We need you to be a member!

Please send in your membership today!

HERE IS WHAT YOUR COMMUNITY ASSOCIATION (SECA) DOES:

- Hosts Easter Egg Hunt at South Gate Alliance Church
- Hosts the June Family Stampede Breakfast (free for members and their resident family) at South Gate Alliance Church parking lot
- Sponsors the June Annual Community Parade of Garage Sales
- Sponsors Community Cleanup in September at South Gate Alliance Church
- Provides input and authorizes the monthly Community Newsletter delivered to all 3000 + households
- Provides a director for the Board of the Cardel Rec South Complex Association
- Membership in SECA provides an opportunity to enjoy 10% discount for Cardel Rec South programs if registered before the registration deadline
- Provides a director for the Board of the Trico Centre for Family Wellness
- Supports the Friends of Fish Creek Provincial Park Society
- Works with Cardel Homes, Genstar, Graywood Developments and the City to ensure that Shawnee Park is developed in a way that melds with our existing community as well as is possible
- Diligently alert to the future development of lands surrounding the Fish Creek-Lacombe LRT station
- Is involved with the City on transportation issues (e.g. SW Ring Road development, traffic and safety issues, etc.) that impact our community
- Addresses speeding and other traffic issues within our community (e.g. Shawnee Drive SW and 6th Street SW intersection improvements)
- Join or renew at www.shawnee-evergreen.ca/Membership.page or complete form below

COMMUNITY ASSOCIATION BOARD OF DIRECTORS (2017/18)

SEND EMAIL TO: info@shawneeevergreen.ca

Officers	
Brad Smith	President
VACANT	Vice President
Peter Snell	Secretary/Treasurer & Membership Secretary
Other Directors	
Sarah Breu	Director - Social
Richard Dingwall	Director
Zeinab El Kady	Director- Cardel Recreation Centre South
Liala Elrafihe	Director - Social
Lynn Jobe	Director
Ajay Khanolkar	Director - Trico
Michael MacLeod	Director
Barbara Murray	Director
George Payson	Director - Beacon Hill
Sharon Raduloff	Director
John Raich	Director
Norm Rousseau	Director - Development
Katherine Stasiuk	Director

MEMBERSHIP REGISTRATION FORM

To purchase a membership in your Community Association, please fill in this form, attach a cheque for \$20.00 made out to Shawnee-Evergreen Community Association, and mail or deliver to: **Shawnee-Evergreen Community Association c/o Peter Snell, 1058 Shawnee Road SW, Calgary AB T2Y 1W5**

Household Information (Held in confidence):

Surname 1: _____ Given name: _____

Surname 2: _____ Given name: _____

Street Address: _____

Postal Code: _____ Telephone: _____
(residence)

E-mail Address: _____

E-mail address is especially important if you want to receive SECA communications

Please mark (✓) your choice as a volunteer: Board of Directors member
 Stampede Breakfast Helper
 Don't know, ask me!

Payment (\$20.00): Cash: _____ Cheque # _____

ADVERTISING OPPORTUNITIES are available on our publisher's website www.mindsdesign.ca. Please visit to get more information.

THE SHAWNEE EVERGREEN COMMUNITY NEWS is the official newsletter of the Shawnee-Evergreen Community Association and is distributed free to all residents of these areas eleven times a year. Circulation is approximately 3000.

SUBMISSIONS - Please direct editorial enquiries to info@shawneeevergreen.ca and ad enquiries to Bobbie-Jo Bergner at 403.203.9152 or info@mindsdesign.ca.

DISCLAIMER - The opinions expressed within any published article or advertisement are those of the author and do not necessarily reflect those of the Shawnee-Evergreen Community Association or the publisher.

Shawnee-Evergreen CA Membership Benefits



- You are entitled to one vote per membership at the Shawnee-Evergreen Community Association AGM in September.
- You, and residing members of your family can participate FREE at the Annual Shawnee-Evergreen Stampede Breakfast in June.
- CARDEL REC SOUTH COMPLEX. SECA Members receive a reduced fee rate. See inside this newsletter for program information.
- TRICO CENTRE. Support your community by purchasing a pass at Trico Centre. A portion of your pass fee is allocated to SECA.
- Your Board of Directors represent the community in all aspects of community needs such as developments – including future developments, traffic concerns, LRT needs, roadways, community playgrounds, and liaises with other communities on a wide variety of concerns and issue.

TO OBTAIN MEMBERSHIPS:

1. Those who have not purchased a family membership are required to obtain a membership to take part in the festivities, to vote at the Annual General Meetings or receive reductions in fees for the Cardel Rec South Complex programs.
2. Memberships can be purchased - at any functions, the Annual General Meeting in September, OR fill out the form on page 4 and send it as directed on the form to S.E.C.A. Also available at the Cardel Rec South Complex. Memberships are \$20 per year and must be renewed annually by May 1st.
3. Memberships may now be purchased on-line by going to the SECA web site at <http://www.shawnee-evergreen.ca/Membership.page> and "clicking" on the "Pay Membership Fee via PayPal" button below the "Membership Form".

NOTE: If you have any item of interest for **SHAWNEE SLOPES** and/or **EVERGREEN ESTATES RESIDENTS**, please forward them to SECA at **INFO@SHAWNEEVERGREEN.CA**.

Submissions for the Newsletter are due on the 4th day of the month for the next month's issue.

MEMBERSHIP INFORMATION SHAWNEE-EVERGREEN COMMUNITY ASSOCIATION

If you live in area specified below (inside the lines and your street address name contains EverGREEN or Shawnee) or you are a resident of the Beacon Hill condominiums at 14645 6th Street S.W., you are eligible to be a regular member of the Shawnee/Evergreen Association. (S.E.C.A.)



**SUPPORT YOUR COMMUNITY
ASSOCIATION.
BUY A MEMBERSHIP TODAY!**



**CARDEL
REC
SOUTH**

Cardel Rec South offers a variety of recreational and educational program for all ages. We are a strong supporter of the Home Schooling community as well and offer several options for children aged 6 and up.

Visit our website at:
www.cardelrec.com for a complete listing of our programming.



Calgary Board
of Education

Janet Johnstone
School

Kindergarten to Grade 4



Looking for a program that gives your child academic, cognitive and linguistic benefits? Opens doors to many exciting and unique opportunities? Then French Immersion is your program of choice!

If you are interested in learning more about the French Immersion Program for your child starting Kindergarten or grade 1 in Sept. 2018, come and join us on:

**Thursday, March 1, 2018
at 6:30 pm**

**224 Shawnessy Dr. SW
403-777-8670**

The French Immersion Program at Janet Johnstone School is open to students who live in Shawnessy, Millrise, Shawnee Slopes, Evergreen, Somerset, Bridlewood and Silverado.



LAND A JOB WHETHER YOU ARE 20 OR 60

There are numerous opportunities in today's job market, whether you are a new graduate, seasoned professional or retiree looking to go back to work. Here are some tips to help you have an edge in your job applications.

Know what you want. It seems obvious, but you'd be surprised at how many job seekers go into their interviews without a clear vision of what they are looking for in a prospective position. Do your homework beforehand and think about what you're good at. It's important to come to your interviews genuinely prepared to answer questions such as "Why are you interested in this industry?" and "What makes you right for this position?"

Do some volunteer work. Pick a cause that interests you and take on a new volunteer gig. It's a great way to build up your resume, and there are very few organizations that will turn you down. You never know who you might meet and what doors could open.

Speak up. Let people know you're on the hunt for a new job. Some of the best positions often aren't promoted online, so it's a good idea to ask friends, family and coworkers from past jobs if they can connect you to someone who is hiring.

Look for growing industries. Don't limit your options — look into industries that are actually hiring.

~ newscanada.com



Join Samuel W. Shaw School's We Act Group Thursday, March 1st from 5 p.m. until 7 p.m. for their "We Read Together" Used Book Fair as we promote literacy in our community. We will be selling homemade baked goods, coffee, popcorn and, of course, books! We also invite members of the community to drop off their used books before March 1st to the main office of Samuel W. Shaw School, 115 Shannon Drive SW.

Proceeds from the book fair will be donated to schools in the Calgary Board of Education that are in need of new books for their library.

SENIORS AND DRIVING SAFETY

DRIVING INDEPENDENCE

Driving is an extraordinarily important component of our independence, but as we get older, it can become more difficult because of physical or cognitive limitations. There are several factors that ultimately influence a senior's driving ability, from stiffening joints to eyesight changes, and even prescribed medications that affect reaction time.

While the combination of these factors can make driving dangerous for older adults, there are tips and best practices they can follow to ensure their safety on the road and preserve their independence. Below are a few he or she can start with:

DRIVING SAFETY FOR SENIORS

Preventative Measures

- Schedule a visit with your eye doctor at least once a year, and determine the best solution for eyesight improvement.
- Report any pain or stiffness to your physician, especially if it already interferes with driving abilities.
- Get a hearing test (at least every three years past the age of 50), and determine if a hearing aid is necessary.
- Review medications carefully, paying close attention to warnings/potential side effects – and talk with your physician about how all current medications affect driving.
- Have your driving evaluated by a rehabilitation specialist or occupational therapist, who will help in advising next steps.

General Safety Tips

- Keep the car quiet and distraction-free so that you can hear emergency sirens, horns from other vehicles, or problems from your own vehicle.
- Keep a fair amount of distance between you and the next vehicle.
- Don't drive without proper aids (e.g., eye glasses, contacts, hearing aids).
- Avoid driving in rush-hour traffic or in inclement weather.

HAVING THE DISCUSSION

Encourage your loved one to follow the safety tips above, but also understand that there comes a time when he or she may no longer be a safe driver. If there have been minor/major accidents, expressed anxiety regarding driving, complaints from other drivers, or recommendations from a physician, it may be time to discuss his or her driving.

When discussing any sensitive subject with your senior loved one, be prepared to face some initial opposition and negative emotions. Be a good listener and don't become defensive, but also support your position objectively. Focus on your loved one's driving ability, without directly mentioning age, and reinforce the overall goal of preserving his or her safety – and the safety of others on the road. Additionally, be sure that your loved one understands that there are transportation alternatives available, and that you are willing to work to find a solution.

ACCORDING TO CONSUMER REPORTS, STUDIES INDICATE THAT NOT BEING ABLE TO DRIVE CAN INCREASE ONE'S MORTALITY RISK AND CHANCES OF SUFFERING FROM DEPRESSION.



COMFORT KEEPERS® CAN HELP

The compassionate, professional team at Comfort Keepers® recognizes just how important driving is to your senior loved one. That's why our caregivers are available to provide safe, dependable transportation to take him or her wherever they wish to go. Whether it's to the community center to visit with friends, or the doctor's office for a scheduled appointment, your loved one can depend on Comfort Keepers, long after he or she has hung up the keys. Contact your local Comfort Keepers office to learn more about transportation and other services

RESOURCES:

- National Institute on Aging. "Older Drivers." Web. 2016.
- SeniorDriving.AAA.com. "Conversations About Driving: Deal with Negative Reactions." Web. 2017.
- Consumer Reports. "How Seniors Are Driving Safer, Driving Longer" by Michael Tortorello. Web. 2017.

Lauren Meloney
Social Media Administrator
Comfort Keepers Calgary
403-228-0072 (Office)
laurenmeloney@comfortkeepers.ca
www.calgary.comfortkeepers.ca

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Some say broccoli is one of the “world’s healthiest foods”. Broccoli is rich in fibre, vitamin E, vitamin A, and manganese, which is essential for healthy bone structure and helps regulate metabolism. It’s also rich in omega-3s, protein, and iron, which is essential for stable energy and red blood cell formation. Not only is broccoli a health superstar, but when it’s cooked properly, it’s the perfect snack! So if you’re looking for a plant-based protein and iron source (which can be hard to find), food to regulate your blood sugar and metabolism, or simply for a quick and healthy snack idea, broccoli’s got your back.

How to Make Perfect Broccoli:

So, what’s the key to perfect broccoli? Roasting. Not only does it taste a million times better than it’s more commonly found steamed counterpart, but it’s easy and retains most of the nutrients, too.

You’ll need:

- Fresh broccoli
- Olive oil
- Salt
- Pepper
- Optional: garlic



To make:

1. Preheat oven to 425 degrees Fahrenheit.
2. Toss all ingredients in a large bowl, and then lay them out evenly on a baking sheet. If you’re using garlic, add this now. I typically add 1 clove per head of broccoli.
3. Roast for 15 minutes. Flip/mix/stir them around on the sheet, and then roast again for 10.
4. Remove from oven, and enjoy your flawlessly cooked greens.
5. If you’re feeling fancy, top them with parmesan or nutritional yeast and broil them for a few extra minutes. This adds cheesy flavour and makes them even crispier! Alternatively, drizzle with lemon. Once you’ve dressed up your green goodies, serve them as a side, in a buddha bowl, or simply eat them as a snack. Enjoy!

About the author:

Carli is a content creator for Blush Lane Organic Market. While she’s incredibly passionate about healthy and wholesome food, she’ll never turn down a sweet treat. Ever.

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WHETHER YOU LIVE TOO LONG OR DIE TOO

SOON... there’s an insured plan that will meet your needs. I would like to hear from you. Please call Sabrina at 403-620-1287 with SteppingStonesFinancial.ca



Tune into *Your Grace Land Radio*
Saturdays @ 6pm on Am 700 The Light

Living with Inspirational Core Values™

REV UP YOUR LIFE!

Join Reverend Elvis,
Sundays @ 10:30 @ the
Delta Calgary South



Rev. Bruce R. Elvis Sheasby

The poem "Footprints" is the inspiration for the photo that appears on my Sunday church sign - marking our meeting place each week at the Delta Calgary South - and is also planned for the cover of my upcoming book *Your Grace Land*. In the photo, I am walking on the beach in my bare feet with my footprints shown behind me in the sand. It is interesting to note that three different people claim to have written this poem which is also known as "Footprints in the Sand" - perhaps pointing to the mystery that some truths are universal even when viewed through different lenses. In the poem, a person has a dream in which they are looking back on their

Your Grace Land is a Meeting Place

**"Your Grace Land is a meeting place between heaven and earth;
you and the sacred mystery." Rev. Bruce Sheasby**

life and how God has walked beside them. Seeing only one set of footsteps during the most difficult times in their life, however, they ask God why this is so. And God replies: "My precious child, I love you and would never leave you. During your times of trial and suffering when you see only one set of footprints, it was then that I carried you."

Grace is like gravity in that it matters not whether you believe in it, for it to influence your life. A child skipping a stone in a pond, drawing in the sand or tobogganing down a hill is, in a sense, playing with gravity, and may, in fact, understand gravity much better than an adult who no longer plays in the sand. And so it is with grace, that this beautiful, enchanting mystical reality can be experienced fully by a child yet sometimes be lost in the overthinking of an adult.

As with gravity we don't create grace or control it. We can only be open to it, work with it, play with it, and, during our most difficult times, be carried by it.

Exercise an openness to Grace!

1. Consider a time when you were carried by a loving presence. Then reflect on the proposal that what is most important in life is not what you control but rather what you meet through grace.
2. Visit my website at <http://www.yourgraceland.com/services/spiritual-prosperity-meditations/> and listen to the meditation "God Lifts Us Up"
3. Join us this Sunday at 10:30 at the Delta Calgary South for *Your Grace Land* where we focus on a positive faith and living with *Inspirational Core Values*, discovered in sacred meeting places.

Bruce Reinhold Elvis Sheasby is a life coach with a passion for helping others connect *Inspirational Core Values* to everyday life. He is leader of *Your Grace Land* church services and co-host of *Your Grace Land Radio*. His upcoming book is *Your Grace Land - Achieving Success with Inspirational Core Values*. For more information, visit www.yourgraceland.com

YOUR
Grace Land™

**SUNDAY
SERVICES**

Relaxed, informal, focus on God,
Grace, Spiritual Prosperity and
Inspirational Core Values

10:30 a.m.

Delta Calgary South East Atrium Side
135 Southland Dr. S.E.
www.yourgraceland.com/services

Spiritual Prosperity



**with Rev. Bruce R.
Elvis Sheasby**

**Encouraging a positive faith, putting God
first to claim rich blessings**

BEST OF *Calgary*
WANTS TO HEAR FROM YOU!



Though the physical limits of our city may match the size of Manhattan while hosting a population one-tenth the size of NYC there are still so many amazing things happening from one corner to another --be it the deep south or our most Northern point -- that Calgarians can have a difficult time staying on top of the best that this city has to offer.

Too often we cocoon in our communities rather than venture beyond our neighbourhood borders to see what's out there. But what if there was somewhere you could easily access all the great things happening in Calgary and be informed about how much Calgary has grown and continues to grow, both culturally and physically?

That's why Best of Calgary was created – to showcase to tourists and locals alike the best of what's offered in the areas of food and drink, shopping and services, and arts and culture.

From January 24 to February 28, we're asking Calgarians from all pockets of the city – from Rocky Ridge to Saddle Ridge; from Auburn Bay to Bridlewood – to tell us where they love to shop, eat or just hang out, who they think are the best musicians or artists, and where their favourite places are in the city.

Please visit bestofcalgary.city and have your voice heard in our survey of 100 categories.

The 2018 results will be released in early May, and Calgarians will have an opportunities to experience some of the “Best of” winners first-hand during Best of Calgary Ideas Week, running throughout the last week of May.

More information can be found at bestofcalgary.city in the weeks and months ahead.

Community Services

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	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre – Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433
HOSPITALS/URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Rockyview General Hospital	403.943.3000
South Calgary Urgent Care	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7100
Calgary Senior's Resource	403.266.6200
Call Before You Dig	1.800.242.3447
City of Calgary	211 and 311
City of Calgary - Parks & Rec.	403.268.3888
Elder Abuse Resource Line (65+)	403.705.3250
Fish Creek Library	403.221.2090
Kerby Centre for the 55 plus	403.705.3246
City Hall	403.268.2111
City Hall - Mayor's Office	403.268.5622
Road Conditions – Calgary	1.877.262.4997
Trico Centre	403.278.7542
Weather Information	403.299.7878



February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing, may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- Shortness of breath, sweating, or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity*
- High cholesterol*
- Sedentary lifestyle*
- Age / Gender
- Smoking*
- Family history

Speak with your doctor about how to treat your modifiable(*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon arrival;
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

www.albertahealthservices.ca



YOUR CITY SECTION

Check out these important updates from The City of Calgary

Storm ponds have an important job to do, even in the winter. For health and safety reasons, you should stay out of the water, and off of frozen ponds. Calgary.ca/StormPond

With thousands of affordable, quality programs, meeting your fitness goals this year is closer than you think. Visit Calgary.ca/recreation or call 311 to find a facility near you. Calgary.ca/Recreation

Do you know a Calgarian who has made a difference? Nominate them for a Calgary Award. Deadline is February 28th. Calgary.ca/CalgaryAwards

The Spring & Summer Recreation Program Guide is on-stands February 21 and registration opens February 26. Calgary.ca/Recreation

Learn about the Community Drainage Improvement program, and how The City is addressing stormwater flooding in the SW communities of Woodlands, Woodbine, Cedarbrae and Braeside. Calgary.ca/WWCDI

facebook.com/thecityofcalgary
twitter.com/cityofcalgary
calgarycitynews.com



Jason Kenney, MLA Calgary-Lougheed

311A, 2525 Woodview Dr. S.W. Calgary, Alberta T2W 4N4
Phone: (403) 238-1212 Email: calgary.lougheed@assembly.ab.ca

**REPRESENTING THE COMMUNITIES OF BRIDLEWOOD, EVERGREEN,
WOODBINE & WOODLANDS**



Introducing your new MLA, Jason Kenney

Jason committed himself to public life in the early 1990s as President of the Canadian Taxpayers Federation, where he fought hard for lower taxes and fiscal responsibility.

In 1997, Calgary voters elected him to Parliament where he worked for his constituents at the national level. Since then, he's been voted the "best overall," "hardest working," and "most knowledgeable" MP by his colleagues. Jason was called "perhaps Canada's best immigration minister" by the National Post, and also led Canada's two largest ministries: Employment and Social Development, and National Defence.

He was honoured to serve in a federal government:

- That cut the federal tax burden to its lowest level in six decades.
- That gave Canada the strongest economy in the G7 through the global crisis
- That restored balance to the justice system
- That gave Canada a strong and principled voice in world affairs
- That gave prairie farmers marketing freedom, scrapped the long gun registry, and did so much else to expand human freedom



Since leaving federal politics, Jason has won 2 leadership races, and, recently, the Calgary-Lougheed by-election.

As Leader of the Official Opposition, Jason will be a strong, effective voice for the people of Calgary-Lougheed in Alberta's Legislature.

The NDP's Job-killing Carbon Tax

Here's the facts: The NDP didn't even mention their job-killing carbon tax-the largest tax increase in Alberta history-during the last election. On January 1 of this year, the NDP raised it 50% from \$20 to \$30. It's all about economic pain and no environmental gain for Alberta's families. In fact, the folks who designed this tax say that it will just displace carbon producing economic activity from Alberta to places that don't have a similar carbon tax. They also say that for a tax like this to help achieve the global greenhouse gas targets would require a price between \$130 and \$200 a ton, but the one they're imposing here is \$30 a ton.

The only thing achieved by the NDP's carbon tax is to make it more expensive to do everything: to heat your home, buy your groceries, fill up your gas tank, run a small business or a farm. The NDP's carbon tax will make Alberta businesses less competitive; It will make it more expensive for school boards to operate their buses, for non-profits and charities to function. Even hospitals are going to be spending less on patient care and more on heating costs. The United Conservatives will fight the NDP's carbon tax all the way, and the very first act of a United Conservative government would be the full repeal of this job-killing, price-hiking tax.



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Trico Centre for Family Wellness
11150 Bonaventure Drive SE
www.tricocentre.ca



The power to **help end homelessness** in Calgary is in **your hands**.

Chuck, 61, grew up on a farm in Saskatchewan. His days were filled with school, farm work and pumping gas at his family's garage. Chuck married in 1980 and had two sons. In 2001, he got a call that his sons, then 18-years-old and 16-years-old, had been arrested. It was a difficult time for Chuck and his wife and it took its toll on their relationship. They decided to separate.

One month later, she was killed in a car accident.

"It had only been a month," Chuck remembers. "After 14 years, I was suddenly just alone." Chuck worked for a while but eventually started using drugs to numb the torment. "I was just empty. My mind didn't want any more pain." He found himself living on the streets for six years and, after years of hard living, got a foot infection. His leg had to be amputated. After six months in hospital and now in a wheelchair, he found a home with Bishop O'Byrne Housing Association (BOBHA), one of RESOLVE's Partner agencies. Chuck has been with BOBHA four years ago and hasn't used drugs since.

There are over 3,000 Calgarians experiencing homelessness and more than 14,000 households at extreme risk of becoming homeless. The RESOLVE Campaign is a collaboration of nine Partner agencies, raising the funds needed to build affordable rental housing with needed support services.

The Housing First model and the stability of a home with support benefits the community by reducing costs to healthcare, police, emergency services, the justice system and corrections annually, by at least \$34,000 per person experiencing homelessness.

RESOLVE is in its final three months of fundraising and will end on March 31, 2018. The need remains urgent, especially at this time of year, when shelters are often at capacity and vulnerable people are on the streets in the winter.

You can change the lives of vulnerable Calgarians – your neighbours – and make a lasting impact in the community.

Text HOME to 30333 to donate \$10, \$20 or \$25, or visit www.resolvecampaign.com to learn more.

"Sometimes it's easy to walk by because we know we can't change someone's whole life in a single afternoon. But what we fail to realize is that simple kindness can go a long way toward encouraging someone who is stuck in a desolate place."

- Mike Yankoski



Councillor Diane Colley-Urquhart

Email: dcolley@calgary.ca - Phone: 403.268.1624

Website: CouncillorDiane.ca

Twitter/Instagram: @BigRedYYC - FB: [Facebook.com/dianecu](https://www.facebook.com/dianecu)

"BEET" ICY ROADS THIS WINTER

If you see brown on the roads this winter, don't be alarmed - The City of Calgary is trialing beet juice mixed with salt brine as an anti-icing agent. Beet brine has an organic compound in it that reduces the corrosiveness in comparison to road salt. Beet brine has been tested in small amounts in Calgary before but Central District Manager Jim Fraser says this year, "the beet juice uses the carbohydrate, or sugar, from beets mixed with brine, a salt/water mixture, to create something that will stick to the road when put down and break that bond of snow and ice to the surface."



To facilitate the new trial, The City has acquired a new brine tank that can hold 40,000 litres of beet juice. Roads also now has a two-ton drip truck with plow to spray the brine. The beet juice/brine mixture has been used in provinces across Canada including British Columbia for highway maintenance. Fraser says it been proven to be very effective material for snow and ice control.

018 PROPERTY AND BUSINESS ASSESSMENT ROLL

Residential assessment values have experienced an average increase of two per cent from 2017 assessment values:

- The 2018 median single residential assessment is \$480,000 compared to \$460,000 in 2017
- The 2018 median residential condominium assessment is \$260,000 compared to \$270,000 in 2017
- Non-residential values have decreased by approximately five per cent from 2017

The 2018 property assessments reflect the market value of properties on July 1, 2017, and the physical condition and characteristics of properties on December 31, 2017. The 2018 business assessments reflect the typical net annual rental value of business premises on July 1, 2017. Property and business owners should carefully review their assessment notice and if they have any questions, call The City at 403-268-2888. Changes to a 2018 assessment can only be made if an inquiry is received during the Customer Review Period that runs January 4 to March 12, 2018.

CALGARY RECREATION'S SPRING & SUMMER RECREATION PROGRAM GUIDE

Say goodbye to winter with The City of Calgary's Spring & Summer Recreation Program Guide, on-stands February 21. The City of Calgary offers hundreds of fun and affordable recreational opportunities to get you and your family more active, more often this spring and summer. Registered programs include sailing, golf, dance, swimming, summer day camps and more! With dozens of facilities located throughout the city, there are many convenient locations for you and your family to take part in a variety of activities. Registration opens February 26! For more information, visit Calgary.ca/recreation.

CALLING FOR CALGARY AWARDS NOMINATIONS:

The Calgary Awards is one of the largest citizen recognition programs in our city.

The City of Calgary established the Calgary Awards in 1994 to celebrate and recognize outstanding achievements and contributions made by Calgarians in the previous year. Each year, individuals, corporations, community groups and organizations are nominated in five major award categories, for a total of 13 awards.

The City of Calgary encourages all Calgarians to look to their neighbours, colleagues, community leaders, local organizations and businesses for those who could qualify as recipients of the Calgary Awards.

The Calgary Awards are for Calgarians, individuals, businesses, not-for-profit organizations, community groups and other organizations can all be nominated. For specific eligibility requirements, how to nominate someone in your community and for more information visit: calgary.ca/calgaryawards.

**Nominations close on
Wednesday, February 28, 2018.**

Community Civic Chat

Graham Sucha, MLA Calgary-Shaw

Constituency Office: #328, 22 Midlake Blvd. SE Calgary, AB, T2X 2X7
(403) 256-8969 ~ calgary.shaw@assembly.ab.ca



Hello to everyone in Calgary-Shaw!

I hope you are all settling in nicely to 2018. I am looking forward to another great year as your representative in the Legislature.

On February 28th of this year, we will celebrate Father Lacombe's 191th birthday. Father Lacombe was an amazing builder and contributor to this great province. His legacy can be seen throughout Calgary, especially in Midnapore. St. Mary's University, the Father Lacombe Centre, and the 100 year old St. Patrick's Roman Catholic Church on Macleod Trail are all a testament to his great legacy. Many people pass these historical sites each and every day on their way to and from work or school. It is quite amazing to think how much different Calgary Shaw would have been if it hadn't been for Father Lacombe and his passion for people. He certainly was a man of vision.

I would like to let you know about a huge success Alberta had at the end of 2017 that you might have missed. In December an auction was held to determine which companies would build renewable energy projects in Alberta and the process ended with record setting success. Round one set a record for the lowest renewable electricity pricing in Canada with a weighted average price of 3.7 cents per kilowatt-hour. By comparison, the weighted average price for Ontario's large renewable procurement in 2016 was 8.5 cents per kilowatt-hour. This is outstanding news because it means affordable electricity prices will continue as renewable power generation grows in Alberta. It also demonstrates the positive view that investors have in Alberta. If you have more questions about this, please contact my office at Calgary.shaw@assembly.ab.ca.

TIPS to beat winter blues

Cold weather, lack of sunlight and too much time cooped up indoors? Sometimes it can be hard to keep your mood up during the winter months. Here are some ways to beat the blues.

JOIN A BOOK CLUB.

Winter is the perfect time to read, so why not do it in a group? Many organizations offer great reading lists, resources and social opportunities with clubs covering a range of themes and issues. Check the Calgary Public Library for ideas.

CONNECT TO A CAUSE.

There is no greater motivator than feeling genuinely engaged in a cause you are passionate about. Consider choosing one that lets you spend more time outdoors so you have a chance to reconnect with nature. Getting involved in a good cause is a great way to expand your social circle and meet new people who share the same interests.

HAVE PEOPLE OVER.

In recent years, North Americans have been spending less time eating together at home. That is valuable time lost for connecting with loved ones and those in your community. You may not be the only person suffering from the winter blues this season, so why not have people for a meal? If you follow tips one and two, you'll have lots to talk about with your guests.

~ newscanada.com

WINTER WALK DAY IN FISH CREEK

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park It is because of our members, volunteers and donors that the Friends have accomplished so much. Join us to have your voice heard, and meet our board and staff at the Annual General Meeting. Enjoy a special presentation from Michelle Mueller about our 25th Anniversary Survey results!

FEBRUARY 7, 2018 1- 2PM

**REGISTRATION IS REQUIRED. TO REGISTER VISIT
WWW.FRIENDSOFFISHCREEK.ORG**



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