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Shawnee  Evergreen
Community Association



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

*Happy
New Year*



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

YOUR COMMUNITY
NEWSLETTER ON
THE GO!

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NEWSLETTER APP
Download from the app store or google play.



SECA President's Message

Happy New Year

I hope you and your family had a good Christmas. As we move into 2018 I look forward to seeing you at our planned events. These include our Annual Easter Egg Hunt which will be held on Saturday March 31 and our Annual Stampede Breakfast which will be held Saturday June 23.

Both events will be held again at South Gate Alliance Church which proved to be a great location in 2017.

Our Playground Fund has a current balance of \$62k. This will be increased by funds raised by our volunteering at the Deerfoot Casino on February 28 and March 1. If you can spare a few hours to work at the Casino, please call Lynn Jobe at 403-606-2406.

Last month I mentioned that pedestrian activated flashing lights should be installed at the intersection 6th Street SW intersection cross walk in December. I was happy to see that this has happened!

Our next Board Meeting is Tuesday January 16, 2018 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



HOW TO SURVIVE A RENOVATION WITH KIDS

Renovating your home is stressful enough on its own, but include children and the pressure can be overwhelming. Here are three tips to help your family survive an upcoming renovation.

ESTABLISH ROUTINES. Keeping life as normal as possible for your children will help maintain calm within your home. Making meals in large batches that can be quickly reheated or prepped helps keep your days on schedule. Setting a bathing

time that allows all to get in and out of an in-progress bathroom efficiently and without disturbing any unfinished work is a good habit to get into.

SAFETY HAZARDS. Ensure tools are always stored out of little hands' reach and safely put away at the end of each day. Sealing off nearby HVAC ducting or vents, using plastic hang sheets, and vacuuming with a HEPA-filtered vacuum twice a day are integral to protecting your family from dust and allergens.

TACKLE ONE ROOM AT A TIME. Trying to upgrade more than one space at a time can be a recipe for chaos — or worse, injuries. Choose one room or area to fully complete before moving onto the next. This helps keep potential hazards and air allergens contained to one space at a time, which in turn makes it easier to keep kids away from the area.

www.newscanada.com



LET CALGARY RECREATION HELP YOU KEEP YOUR NEW YEAR'S RESOLUTIONS

TIRED OF THE SAME OLD FITNESS ROUTINE OR TRYING TO KEEP THOSE NEW YEAR'S RESOLUTIONS?

The City of Calgary offers a wide variety of fitness programs for all ages, interests, and skill levels. Registered programs range from traditional fitness classes, such as yoga, bootcamp and aquasize to leisure activities such as skating, swimming and dance, as well as new programs like aqua conditioning for youth and pickleball for older adults. With dozens of facilities located throughout the city, there are many convenient locations for people to take part in a variety of recreational programs, all at very affordable rates. In addition, programs are led by certified, professional instructors ensuring you get a high level of expertise with your workout. With hundreds of programs to choose from, there is something for everyone.

FOR MORE INFORMATION,
VISIT [CALGARY.CA/
RECREATION](http://CALGARY.CA/RECREATION).



Southwest Community Medical Centre

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at **EVERGREEN VILLAGE PLAZA**

next to Shoppers Drug Mart Evergreen

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Male & Female Physicians

accepting new patients now

***includes a Complete Travel Health Clinic**

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215 2250 162 Ave. SW
Calgary, AB. T2Y4Z9

Discover Your Next Great Read

Our annual reading guide is now available, and it's full of book recommendations for everyone. Inside, you'll find a wide variety of Librarian-approved selections for babies, toddlers, preschoolers, kids, teens, and adults. Download a copy of Great Reads 2018 today at calgarylibrary.ca or pick up the guide at your local library.

There's a New Way to Watch Free Movies

Calling all movie buffs! Access more than 30,000 films for free with Kanopy, a new resource in our E-Library. All you need to use the on-demand video streaming service is your free library card. Kanopy's collection includes award-winning documentaries, rare and hard-to-find titles, Canadian cinema selections, and an array of foreign language films.

Make a Difference in Someone's Life

Looking for a New Year's resolution? Resolve to volunteer at the Library. We are always looking for skilled volunteers to join our team. Available opportunities include sharing early literacy practices with families, helping students discover the magic of reading or a passion for math, supporting teens learning coding skills, and providing career coaching or one-on-one computer help to patrons. Apply online at calgarylibrary.ca/volunteer or pick up an application at your library.

Play at Our New Early Learning Centres

Over the past four months, we've opened Calgary Foundation Early Learning Centres at four libraries! Discover a bird's eye view at Crowfoot Library, be a builder and create at Signal Hill Library, take a journey up, up, and away at Saddletowne Library, and explore energy and motion at Forest Lawn Library. Learn more at calgarylibrary.ca/early-learning-centres.



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-EvergreenCommunity 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 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.



IMPROVING STORMWATER DRAINAGE FOR SW COMMUNITIES

The Community Drainage Improvements program was launched in 2010 to mitigate flooding in areas throughout the city. Drainage studies were undertaken to identify solutions for communities frequently hit by flooding due to extreme rainfall. Such solutions can include adding additional storm drainage pipes, increasing the size of pipes, and adding wet or dry storm ponds to help manage stormwater. Once upgrades are in place there will be a two percent chance in any given year that rain events would overwhelm the storm system. The following projects are currently in design stage:

- Braeside dry pond at the John Ware and St Benedict school sites.
- Bebo Grove wet pond in Fish Creek Provincial Park and 24 Street SW storm trunk diversion; and
- Secondary Improvements – Proposed installation of inlet control devices, bio-retention areas, replacement or upgrade of catch basins and manholes, storm sewer diversions, and improvement of overland spill routes in the local neighborhood.

Construction for these projects will vary among the different sites. Construction on the Braeside Dry Pond will begin in January 2018, and there has been ongoing coordination with the Schools to make them aware of construction impacts. It is anticipated that the construction of the 24 Street SW storm trunk will begin in May of 2018, with the Bebo Grove wet pond to follow. The Secondary Improvements project should also begin in mid-late 2018 and be ongoing throughout 2019.

For ongoing updates please visit Calgary.ca/WWCDI.

Sudoku: *For solution, go to mind's design studio*

Each Sudoku has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit, so must every column, as must every 3x3 square.

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

SKIING FUN! COLOURING PAGE



IT'S TIME TO FLY!



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

Note: January 14 service in West Tower



Rev. Bruce R. Elvis Sheasby

On January 8th, it will be five years since I officially launched *Your Grace Land* as the name of our Sunday Church service. I was looking for a name that was more Spiritual than religious and which held God's Amazing Grace at the Centre. And with my being known as The Reverend Elvis, it seemed like a good fit. January 8th also happens to be Elvis Presley's birthday and, now ironically, on this very same day in the new year, my music director, Dwain Sands, and I are scheduled to be cross-examined by a lawyer on behalf of Elvis Presley Enterprises because of their opposition to my application to register the Canadian trade-mark for *Your Grace Land*.

Your Grace Land Transforms Hearts

"Your Grace Land is about music and message to lift your Spirit and help you connect with God's Grace." Rev. Bruce Sheasby

Elvis himself had a great love for God and the gospel. Two men who knew that well were Terry Blackwood and the late Joe Moscheo who were both members of the gospel group, The Imperials, and backed up Elvis during his Las Vegas years. Joe and Terry also sang with me on one of my CDs and at three of our large charity concerts at the Jubilee Auditorium in Calgary. In his book *The Gospel Side of Elvis*, Joe documents that Elvis recorded over 70 gospel and inspirational selections and how he was, at heart, a generous and humble man with a deep faith in God. The late Rev. Rex Humbard who endorsed Joe's book tells the story of how his wife, Maude Aimee, prayed that Elvis would draw people to God much like a "bell sheep" in the Holy Land who would have a bell tied around his or her neck by the shepherd so that the sound of the bell would draw the rest of the flock together. Joe, who agreed to write the forward to my upcoming book *Your Grace Land*, felt I should tell this story as he believed that my message and this title could also draw people to God's Grace.

As Jesus called fishermen to be his disciples saying, "I will make you fishers of men", when fishing it's always a good idea to have a hook. No doubt one of my hooks is the amazing inspiration that Elvis Presley has had on my music and ministry career. But the hook does not feed souls and transform hearts, only Grace can do that.

Exercise Transformational Grace!

1. Consider how the inspiration of one person has helped transform your life to experience Grace.
2. Visit my website at <http://www.yourgraceland.com/services/spiritual-prosperity-meditations/> and listen to the meditation "God Inspires"
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*, including transformation.

Bruce Reinhold Elvis Sheasby is a life coach with a passion for helping others connect 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



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

Thank you to all who came out to make our *Your Grace Land Radio Christmas Concert* such a success. Over \$2,000 was donated to the *Calgary Herald Christmas Fund*, *Victoria's Comfort Quilts for Cancer Patients* and the *Veterans Food bank* as well as 3 large boxes of non-perishable items to the *Veterans Food bank!*"

Rev. Bruce Sheasby

COYOTE Awareness



Coyotes are not usually dangerous to people. A potential exception is if they become habituated to people and lose their natural fear. Regular coyote presence in your backyard is likely a result of a nearby food source. It is important to eliminate these sources of food.

Coyotes are very adaptable and though the majority of their diet consists of small rodents they enjoy fruit, birds and dog poop. These food sources also attract rodents which are the mainstay of urban coyote meals.

If a coyote is in your yard, it is imperative that you make the animal aware it is not welcome there. Coyotes can be scared off by waving sticks or brooms at them, and clanging pots and pans in their direction. Coyotes should not be ignored on your property. They should be discouraged from being there.

How can I help to **reduce or avoid problems with coyotes?**

- Don't approach or feed coyotes.
- Clean BBQs and outdoor cooking areas.
- Clean up your compost, garbage and other potential food sources and store them in the appropriate receptacles.
- Don't leave food or pet food outside.
- Clean up after your pets, even in your own yard.
- Clean up around bird feeders.
- Clean up fallen fruit.
- Keep watch or accompany your pet in your yard, especially during the night and low-light hours.

What should I do if **a coyote approaches or acts aggressive?**

- Do NOT run or turn away.
- Try to scare the animal by shouting and waving your arms overhead.
- Bang sticks or clang pots together towards the animal.
- Maintain eye contact with the animal and back away slowly.

What else can I do to **avoid a negative encounter?**

- Never leave small children unattended.
- Never approach wildlife and teach your children not to either.
- Carry a shrill whistle or portable alarm with you in areas frequented by coyotes.
- Keep dogs on a leash – even in off-leash areas and especially in areas frequented by coyotes.
- Keep cats inside your home.
- Secure open areas under porches, decks or steps. Before sealing any openings ensure the area is unoccupied by all babies and adults.

For more information, please visit Calgary.ca/parks

BOOK YOUR AD TODAY!

Your Community CLASSIFIED ADS

To place your classified ad, contact us at 403-203-9152
or email: newslettersales@mindsdesign.ca today!

BRH HOME HANDYMAN SERVICES:

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www.plumbingparamedics.ca

HANDY HONEY DO & GARAGE CLEANERS:

Give me a call. I will take a look. I will give you a price. Call Mark at 403-478-4355.

*"THE SNOW-DROP,
WINTER'S TIMID CHILD,
AWAKES TO LIFE,
BEDEW'D WITH TEARS."*

- MARY ROBINSON

CAR TIPS TO HELP YOU SURVIVE WINTER



We all know that winter driving is a whole different beast with seemingly more snow, ice and slush every year to get in our way. While we can't control the weather that Mother Nature throws at us, we can prepare for it to ensure safety on the roads.

Here are a few quick tips to ensure you're prepared for any wild weather this season brings:

WINTER TIRES:

Switch to winter tires when temperature drops below seven degrees Celsius.

TIRE PRESSURE:

Check it once a month, when the vehicle has not been driven for at least four hours. It's an early warning system that will reduce the chances of low pressure which can lead to flats.

EMERGENCY

WARMTH: Keep a warm sleeping bag, extra layers and tea light candles in the car in case of a breakdown.

FUEL UP: Don't let your gas tank get below the half full mark and keep water and snacks on hand for yourself.

- newscanada.com

**DISCOVER
YOUR INNER
ARTIST!**

.. THIS WINTER with Calgary Recreation

THINK YOU DON'T HAVE AN ARTISTIC SIDE? Think again! We all have the ability to be creative and recreational programs at The City of Calgary can help you find your inner artist. The City of Calgary offers

hundreds of artistic and creative programs for all skill levels and age groups. Performing and visual arts classes range from beginners 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. If you are looking to discover your artistic side, Calgary Recreation has something for everyone to get more creative, more often. To tap into your inner artist or see which program is right for you, visit Calgary.ca/recreation.



New Application Process: Applying for a home improvement project just got 51 times easier. We're introducing a new online single application form for Calgarians (combining 51 forms into one!), to make applying for our services a whole lot simpler.

It's true. You can now apply online for our most popular home improvement projects, with the remainder online by summer 2018. Everything you need to know about your next renovation and our service enhancements can be found at calgary.ca/myhome.

FRIENDS OF FISH CREEK ANNUAL GENERAL MEETING

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!

To register please visit www.friendsoffishcreek.org/event/agm

TUESDAY, JANUARY 30, 2018

REGISTRATION STARTS AT 6:30PM, MEETING BEGINS AT 8PM

PARK PROTECTORS NEEDED! As a Fish Creek Provincial Park Protector you can make monthly donations to the Friends of Fish Creek, you never have to worry about keeping your donations up to date, and you will receive a valuable tax receipt. Park Protectors also receive monthly updates on Friends activities so you know how your donations are being used!

www.friendsoffishcreek.org/park-protector-signup

STORM PONDS

Stay safe and stay off the ice

Storm ponds are important City infrastructure that help to improve the water quality in our rivers, and protect homes and businesses in our communities.

When stormwater (rain, snowmelt and excess water from irrigation) flow down the streets and sidewalks, it picks up dirt and pollutants such as pet waste, fertilizers and pesticides from lawns, garbage, oil, chemicals, and salt from driveways and the road. This water then enters a storm drain on your street and underground pipes direct this water to a nearby storm pond.

Storm ponds protect our rivers by slowing the flow of stormwater and allowing time for sediment and pollutants to settle to the bottom, before cleaner water flows back to rivers and streams through more underground pipes. Storm ponds also increase the stormwater holding capacity in Calgary, storing rainfall and excess surface run-off from our streets.

Due to rapidly changing water levels and poor water quality in the ponds, these features are not meant for recreation. For health and safety reasons, people and their pets should stay out of the water, and off of frozen ice surfaces. Salt from roads and sidewalks intended to melt ice in the winter, make ice surfaces on a storm pond very unstable. Outdoor ice rinks are located in many communities across Calgary, and are a safe place to skate and play.

Visit calgary.ca/stormpond for more information.

**“Come, ye cold winds, at
January’s call,
On whistling wings, and with
white flakes bestrew The earth.”**

- John Ruskin

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



Emergency Medical Services (EMS) would like to remind parents and children about some sledding safety tips as the winter season continues. Sledding injuries may result from collisions with stationary objects, such as trees & rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

EQUIPMENT

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damaged or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

HAZARDS

- Avoid hills that are too steep or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose scarves or clothing containing drawstrings which can present a choking hazard if they become caught or snagged.

PLAN AHEAD

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks out of the cold to warm up;
- Ensure frostbite hasn't affected any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual from the cold environment; gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm (not hot) water, until re-warmed.

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

The issue of homelessness is intensified by a **critical shortage of affordable housing with supports** for vulnerable Calgarians.



Homelessness in Calgary has many faces, from the young, to seniors, families and the working poor, as well as those struggling with personal and mental health challenges.

There are **3,400 Calgarians currently experiencing homelessness** and over 14,000 households are vulnerable and at extreme risk of becoming part of Calgary's homeless population. **Housing is simply out of reach for too many.**



RESOLVE will create **affordable and supported rental housing for up to 3,000** vulnerable and homeless Calgarians.



Nine established, experienced and respected Calgary social service agencies have come together in this **first-of-its-kind collaborative Campaign** — and government has made **unprecedented** commitments to projects in RESOLVE.

RESOLVE's sole purpose and mission is to create the housing that will provide **stability and security for those who need it most**. The agencies can then focus on providing support to help vulnerable and at-risk Calgarians work toward **rebuilding their lives**.



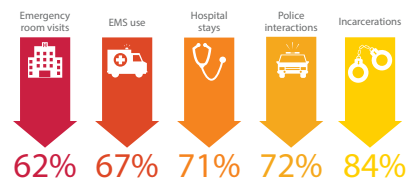
RESOLVE follows the **Housing First** philosophy, a **proven approach** in addressing the root causes of homelessness.



Vulnerable people are provided with a home, first, and **whatever support services they need** to remain housed.

The stability of a home **reduces costs to healthcare, police, emergency services, the justice system and corrections**: over \$55,000 a year can be the cost to our public systems to help a high-needs Calgarian experiencing homelessness (over \$100,000 a year can be the cost for the highest users of the public system). This cost can be reduced by at least \$34,000 a year when a person has appropriate housing and supports.

Housing First model reduces use of public systems



Why are we asking **YOU** to support RESOLVE?

Because we all live here. Because we all call Calgary home. Because it will help make Calgary a better home for everyone. Visit www.resolvecampaign.com/donations to change a life today.

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

Now, in her late twenties, this is the first time that Keely has what she calls a normal life.

Keely was born with several physical health problems that have worsened over the years. In addition to using a wheelchair and relying on an oxygen machine, Keely has also been diagnosed with four mental health disorders.

Her teenage years were difficult. She says her father became abusive and, for several years, she couch surfed and lived in both a group home and a long-term care facility - where she experienced abuse again.

"I was trying to commit suicide almost every day as a youth," Keely remembers. "I ended up homeless four or five times. Everything just kept going downhill." As her life spiralled, Keely ended up in hospital where, although her health had stabilized, she was forced to stay for four years while waiting to find housing that was both safe and affordable.

Eventually, Keely found a safe, barrier-free home where she would have the support she needed to thrive with the RESOLVE Campaign's Partner, The Mustard Seed.

"I don't have to worry about someone walking in and hurting me," Keely says. "I can rest when I'm sick instead of being poked and prodded." She adds that the community feel of the building has been reassuring. "When my neighbours heard I was low on food and couldn't get to the food bank, they all pitched in, despite having little themselves."

Through tears, Keely adds that she feels like she's been given a second chance at life because of her home. "I thought I'd lost hope forever but my home here has brought hope back to me. I'm happier than I've been in a long time."

There are over 3,000 Calgarians currently experiencing homelessness, and more than 14,000 households at extreme risk of becoming homeless. RESOLVE was established to help create the affordable rental homes with support services that are needed to help get Calgary's Plan to End Homeless across the finish line. The RESOLVE Campaign will sunset on March 31, 2018.

You can help to make home a reality for homeless and vulnerable Calgarians, like Keely, this holiday season. And, like Keely's, a sad story need not end so.

Please text **HOME** to 30333 to donate \$10, \$20 or \$25, or visit the RESOLVE website, www.resolvecampaign.com to learn more.

Thank you, neighbour.



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)

CALGARY AFTERSCHOOL

Never again hear the phrase, "I'm bored" again!

Calgary AfterSchool offers, fun, safe, free and low-cost after school programs for children and youth. A collaborative effort between The City of Calgary and its community partners,



Calgary AfterSchool drop-in programs run on school days and begin after school hours. Activities may include basketball, swimming, arts, leadership, cooking, music, skating, sports, games and much more. The goals of the program are to develop self-esteem, develop positive relationships and assist children and youth in becoming successful adults.

For more information, please visit www.Calgary.ca/AfterSchool for more information.

YOUTH EMPLOYMENT CENTRE

Do you know someone aged 15-24 who is looking for work? The City of Calgary's Youth Employment Centre (YEC) offers year-round services and resources to help youth, secure employment and take the first step in their career.

YEC offers a variety of services FREE of charge, including employment counseling, career planning, networking assistance, résumé assistance, industry-training and mentorship opportunities.

Youth who need support with their job search or career development are encouraged to drop by their office at 315 - 10 Avenue S.E. or visit www.youthemploymentcentre.ca for more information.

COMPOST YOUR REAL CHRISTMAS TREE

Make it a green start to the New Year and compost your real tree!

There are now two ways to compost your real tree:

1. Use your green cart; or
2. Drop your real tree off at one of our 12 drop-off locations between **December 25 and January 31**.

If composting in your green cart, follow the same steps as you would for branches in your yard. **All trees should be free of lights, ornaments, tinsel, tree stands and string, and should not be wrapped or bagged.**

All trees collected will be composted with the other food and yard waste collected from the Green Cart program. By composting your Christmas tree, you can keep waste out of our landfills and reduce harmful greenhouse gas emissions. Visit www.Calgary.ca/christmastree for more information.

COMPOST YOUR REAL CHRISTMAS TREE

Make it a green Christmas and compost your real tree this year. There are now two ways to compost your real tree: Use your green cart or drop your real tree off at one of the City's 12 drop-off locations between December 25 and January 31. If composting in your green cart, follow the same steps as you would for branches in your yard. All trees should be free of lights, ornaments, tinsel, tree stands and string, and should not be wrapped or bagged. Visit Calgary.ca/christmastree for more information.

DID YOU KNOW?

All trees collected will be composted with the other food and yard waste collected from the Green Cart program. By composting your Christmas tree, you can keep waste out of our landfills and reduce harmful greenhouse gas emissions.



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



Happy New Year to all constituents in Calgary Shaw!

I hope you had a peaceful and relaxing holiday spent in the company of family and friends. The beginning of a new year gives us a chance to look ahead and think about how to make the upcoming year even better than the last. I look forward to continuing my work as your MLA into 2018. If you have any events you would like me to attend in the upcoming year please feel free to contact my office and my staff would be happy to put it in my schedule.

I want to let you know about legislation that was recently introduced in the Legislature. Bill 30: An Act to Protect the Health and Well-being of Working Albertans was introduced to modernize Alberta's labour laws and to better align Alberta's standards with the rest of Canada. We all know that workplace health and safety affects the lives of Alberta workers. They work at heights over 15 storeys. They work with metals that are over 1,500 C. They work with complex machinery capable of causing severe injury. They work on their feet for more than 10 hours a day, serving coffee, stocking shelves, and greeting customers. All Albertans should be able to come home healthy and safe at the end of the workday, and if they don't, they should have access to the medical and financial supports they need to return to work.

This new bill would do many things including: extend presumptive coverage for psychological injuries, including post-traumatic stress disorder (PTSD) to all occupations, establish a Code of Rights and Conduct that outlines the rights of workers with WCB, and ensure that employers that employ 20 or more workers must have a written health and safety program. If you have any questions about this please contact my office at calgary.shaw@assembly.ab.ca and my staff would be happy to help you.



**Even when
months and
days are long,
life is short.**

Japanese Proverb

**CITY OF
CALGARY
RECREATION**



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, 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.

All Ages Free Drop-in

SATURDAY AND SUNDAY SPLASH SWIM: \$1 FOR KIDS: Check your favourite pool schedule for Splash Swims, admission is \$2/adult and \$1/child or senior. Search calgary.ca/pools.

TERRIFIC TUESDAYS AT SOUTHLAND LEISURE CENTRE: Tuesdays, 4 - 10PM Come join us for 50% off regular admission. (Waterpark access begins at 7 p.m.).

WILD WEDNESDAYS AT VILLAGE SQUARE LEISURE CENTRE: Wednesdays, 4 - 10PM Come join us for 50% off regular admission. All ages.

THURSDAYS AT SOUTHLAND LEISURE CENTRE: Toys in the Waterpark from 7 - 9PM Try out our giant inflatable obstacle course or "walk on water" in one of our WOW balls. Anyone age 7 and up can try them out. General admission applies.

SATURDAYS FOR 50% OFF REGULAR ADMISSION: Saturdays, 7 - 10PM at Village Square Leisure Centre. Come join us for 50% off regular admission.

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This is because our official community newsletters are delivered straight to community residents'



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New Year
including
official community
newsletters
in your marketing
strategy.**

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FEBRUARY 2018
NEW YEAR ISSUES!**

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