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**YOUR OFFICIAL**  
**Community Newsletter**  
CIRCULATION | 3000 HOMES AND BUSINESSES DECEMBER | 2018



**YOUR OFFICIAL COMMUNITY NEWSLETTER ON THE GO!**  
[HTTPS://ISSUU.COM/MINDSDESIGN](https://issuu.com/mindsdesign)

**SAVE THE DATE: Community Pub Night...**Please see pg. 3.

**PURCHASE YOUR CA MEMBERSHIP ONLINE:** [WWW.SHAWNEE-EVERGREEN.CA](http://WWW.SHAWNEE-EVERGREEN.CA)

# EQUIPMENT EXPRESS

## Lower Prices Than Big Box Stores



### 235-16" Chainsaw

- 36cc X-TORQ engine
- 16" bar & chain
- Metal spring anti-vibration system

**SAVE \$60**

**\$249.<sup>99</sup>**



Discontinued Model - SKU# 952802155  
MSRP: \$309.<sup>99</sup>



### 125B Blower

- 27cc engine
- 211km/hr air speed
- Only 9.6 lbs.

**SAVE \$30**

**\$229.**



MSRP: \$259.<sup>99</sup>



### 450-18" Chainsaw

- 50cc semi-professional engine
- 18" professional bar & chain
- Metal spring anti-vibration

MSRP: \$544.<sup>99</sup>

**SAVE \$80**

**\$464.<sup>99</sup>**



### 350BT Backpack Blower

- 50cc Professional engine
- 494 cubic feet per minute
- 295 km/hr air speed

MSRP: \$509.<sup>99</sup>

**SAVE \$80**

**\$429.<sup>99</sup>**



**GREAT FOR  
CLEARING SNOW**

## CALGARY GRAND OPENING SALE !!!



**SAVE \$50**

**\$1399.<sup>99</sup>**

### ST227 Snowblower

- 254cc OHV engine
- 5 Year Engine Warranty
- Electric start
- 27" auger and impeller
- Full power steering
- Heated Handles
- Large 15" snow tires
- 3 year warranty

Reg: \$1449.<sup>99</sup>



**SAVE \$50**

**\$529.<sup>99</sup>**

Reg: \$579.<sup>99</sup>

### ST111 Snowblower

- 4-Cycle OHV engine
- Easy to start
- 21" clearing width
- Scrapes down to pavement
- Easy to maneuver
- 3 year warranty

\* Includes  
setup & tune



**NEW Calgary Location: 3404, 114<sup>TH</sup> Avenue SE, Calgary, AB**

**Phone: 403-523-7028**

# SECA President's Report

## LET'S GET CONNECTED!

I'm pleased to announce an exciting new development for SECA. Our Vice President Lynn Jobe has launched a "Community Engagement and Special Projects Committee" to achieve two goals:

1. Develop and implement strategies to engage and connect residents within the boundaries of the Shawnee-Evergreen Community Association with the aim of building a sense of belonging and pride in our community.
2. Develop and implement casino funded projects within the approved Use of Proceeds to enhance our community. (we have \$132,000 to invest)

SECA is recruiting additional volunteers to this committee including an individual with graphic design skills to create event posters for print and digital applications. If you would like to add your energy to these exciting projects, please contact Lynn at [ljobe.afl@gmail.com](mailto:ljobe.afl@gmail.com).

### SAVE THE DATE:



**Community Pub Night**  
on Thursday, January 17th.  
Details coming soon.

Connect with SECA to stay informed about what's happening in your community.

- **Watch** our website – [Shawnee-evergreen.ca](http://Shawnee-evergreen.ca)
- **Read** our e-newsletters
  - o Not on the list? Ask to be added by emailing [info@shawneevergreen.ca](mailto:info@shawneevergreen.ca)
- **Like** our new Facebook page at [@ShawneeEvergreenYYC](https://www.facebook.com/ShawneeEvergreenYYC)

On behalf of the entire SECA Board I wish you all a **VERY MERRY CHRISTMAS** and a **HAPPY NEW YEAR!**

Sincerely,

Brad Smith, SECA President

**NEW YEAR'S EVE FAMILY EVENT AT SOUTHLAND LEISURE CENTRE**

Play, swim, jump, splash, slide and skate into 2019. Bring the whole family to Southland Leisure Centre (2000 Southland Dr. S.W.) for tons of fun. Come for skating, arts/crafts, games, obstacle courses, bouncy house and our "take a selfie" photo booth! Then join us in the waterpark where there will be a DJ pumping out the tunes as families enjoy the wave pool, slides and hot tub! Stay until the very end to enjoy our pool party countdown! Regular admission applies.

Visit [calgary.ca/Southland](http://calgary.ca/Southland) for details.



## THE FUN STARTS AFTER THE BELL WITH CALGARY AFTERSCHOOL

This school year the fun starts after the bell. After school programs are offered by The City of Calgary for FREE or low cost. Youth are provided positive, fun and supervised after school programs in schools, recreation buildings and community facilities across Calgary. Children and youth grades 1-12 can drop into a weekday program in their community and take part in a variety of activities from 3-6 p.m. Activities may include basketball, swimming, arts, leadership, skating, sports and much more. At Calgary AfterSchool, it's more than just getting children and youth active. These programs are designed to stay productive, increase self-esteem and teach them skills that will follow them throughout their life. Learn more at [calgary.ca/afterschool](http://calgary.ca/afterschool).







# 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](mailto: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 South Fish Creek Recreation 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](http://www.shawnee-evergreen.ca/Membership.page) or complete form below

### COMMUNITY ASSOCIATION BOARD OF DIRECTORS (2018/19)

SEND EMAIL TO: [info@shawneeevergreen.ca](mailto:info@shawneeevergreen.ca)

Officers	
Brad Smith	President
Lynn Jobe	Vice President
Peter Snell	Secretary/Treasurer
Other Directors	
Liala Elrafihe	Director - Social
Lynn Jobe	Chair-Community Engagement & Special Projects Committee
Zeinab El Kady	Director- Cardel Recreation Centre South
Norm Rousseau	Director - Development
Ajay Khanolkar	Director - Trico Centre
Mika Larha	Director
Rose-Lynne McCall	Director
Sharon Raduloff	Director
John Raich	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](http://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](mailto:info@shawneeevergreen.ca) and ad enquiries to Bobbie-Jo Bergner at 403.203.9152 or [info@mindsdesign.ca](mailto: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@SHAWNEEEVERGREEN.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.)



Website: [www.shawnee-evergreen.ca](http://www.shawnee-evergreen.ca)

## 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](http://www.cardelrec.com) for a complete listing of our programming.



## HEALING HELPING HANDS

By N. Sutton & B. Drews

With my husband's cancer diagnosis, surgery, radiation, chemotherapy, and side effects forced us to stop our lives for almost a year.

People struggle to relate to what we are going through even now, two and a half years later. Tom Baker nurses and doctors encouraged us to try Wellspring Calgary from first contact.

The first program we signed up for at Wellspring was a Friday night music concert featuring Magnolia Buckskin, a year after diagnosis. A two-hour concert, little interaction would be required. This marked the beginning of transformative journey. One that has seen so much good, a contrast to the trauma of dealing with a life-threatening situation.

The music reconnected us to experiencing joy. It brought back that familiar light in my husband's eyes. We attended other programs. Members and facilitators understood. They were travelling the same road as us. Shared perspective deepened our wisdom, lessened the fear, brought knowledge. The positive programs and environment at Wellspring offset the unending medical appointments, strain, lack of information. Our lives became more balanced again.

Now we are regulars at Wellspring. Members, programs, facilitators, staff provide support.

We have always been tough and independent. We grew up setting goals and challenging ourselves. We have accomplished and experienced a lot in our lives. We have endured the death of loved ones and supported others in their grief. We are leaders, not victims in tough times. We help ourselves.

And sometimes the best way to help ourselves is to let others help us. Wellspring is a place of information, connection and compassion. A place of well-researched programs, free for cancer patients and caregivers. In my view, cancer is treated with medicine for body and the mind – a heaping dose of Wellspring Calgary.

LOCAL BUSINESS  
DISPLAY CUBES  
TO ADVERTISE,  
CALL 403-203-9152



**Jill Chambers**  
BN CFP

Financial Concierge **403 978.2176**

*"Executor! Me? Oh no!"*  
*"But they handled all the finances"*  
*"I need a personal CFO!"*

**CALL US. WE CAN HELP.**

**FINANCIAL-CONCIERGE.CA**



**It's an app  
for your  
phone.**

THIS  
NEWSLETTER  
IS ALSO FOUND  
ON THE BLOCK  
TALK APP

**DOWNLOAD NOW** to receive urgent safety alerts (from your neighbours) specific to the communities you choose to follow!

*Block Talk is a Calgary Company - **BlockTalk.ca***



## Help those experiencing homelessness this holiday season!

On any given night, **almost 3,000 Calgarians experiencing homelessness are left without the warmth and security of a home.** You can help to bring hope by supporting vulnerable Calgarians through greengate Garden Centres' "Help the Homeless this Holiday" campaign.

**From December 1st - 22nd**, we invite you to support the Calgary Homeless Foundation's partner agencies by dropping off any of the following most-needed donations at greengate Garden Centres (14111 Macleod Trail South):

- Calgary transit bus passes or tickets
- Grocery gift cards
- Family activity passes (Calgary Zoo,

Heritage Park, etc.)

- Any gently used winter wear
- Travel sized toiletries

These donations will help families stay warm, provide nourishment, winter activities and transportation for those in need. Greengate will also donate a portion of all Christmas tree sales to the Calgary Homeless Foundation (CHF). CHF is the System Planner for Calgary's homeless-serving system of care: an inter-related network of agencies and people working together to meet the needs of those who are at risk of or experiencing homelessness. CHF uses resources, expertise and data to help ensure that Calgarians experiencing

homelessness have ease and access to the supports and services they need.

**With community support, like that of greengate Garden Centres, CHF and its partner agencies have housed almost 10,000 people in the last decade** and connected them with essential supports to help them thrive in our city.

Since 2003, greengate Garden Centres has played an active role in drawing attention to efforts to end homelessness through various activities that raise awareness and **create a great city for everyone.**

Every Calgarian has a role in ending homelessness. You can help by supporting greengate Garden Centres' "Help the Homeless this Holiday" campaign.

To learn more about the Calgary Homeless Foundation, or to make a donation, please visit [calgaryhomeless.com](http://calgaryhomeless.com).





# Your Community CLASSIFIED ADS!

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

**BLUE WAVE PLUMBING LTD:** We offer residential and commercial plumbing and gas fitting, including full renovations and backflow testing. We are fully licensed, insured and a member of the BBB. We offer 24 hour emergency service. Call now to receive 10% off your bill before GST. Call 403-461-5641 or visit [www.bluewaveplumbing.com](http://www.bluewaveplumbing.com)

**BRH HOME HANDYMAN SERVICES:** Doing it right the first time. **FREE ESTIMATES!** With over 35 years experience in plumbing, electrical, drywall, carpentry, painting, tiling, flooring, decks and all areas of renovation/construction. For your **FREE ESTIMATE**, call 403-481-1774

**HAFERMEHL PIANO SERVICES** *Artistic and technical excellence since 1986.* Piano tuning, rebuilding and rebuilt pianos for sale. [www.hafermehl.com](http://www.hafermehl.com) 587-438-6023. Gift certificates available.

**HARDWOOD FLOORS – COMMITTED TO YOUR SATISFACTION:** Unfinished, prefinished, engineered, laminate flooring, new installs or repairs, exceptional crafts-manship, free estimates! Les at 403-399-0243 or 403-236-7991

**LANDSCAPING BY MARCEL.** All snow removal services provided. Local company. For a free estimate on snow removal & fall cleanup, call 403-472-4645. [www.landscapingbymarcel.ca](http://www.landscapingbymarcel.ca) See our display ad on page 13.

**NEPTUNE PLUMBING & HEATING LTD.:** Residential and commercial service. Renovations, gas fitting, duct cleaning, and backflow testing. Fully licensed and insured with competitive rates. Customer satisfaction assured. CALL 403.255.7938. 24 HOURS EMERGENCY SERVICE!

**PLUMBING PARAMEDICS:** For all your plumbing needs! Receive \$25.00 off any plumbing or heating repair over \$200.00. Expires December 31, 2018. BBB Accredited Business. Call today! 403-452-2911 [www.plumbingparamedics.ca](http://www.plumbingparamedics.ca)

**SNOWBIRDS/CORPORATE TRAVELLERS/SERIAL VACATIONERS** - Have peace of mind while you are away. I provide professional home checks at great rates. I have excellent references and criminal background check. Call or text 403.988.8418

**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](http://SteppingStonesFinancial.ca)



STREETS BYLAW

## Snow and Ice Removal

The City of Calgary has approximately 5,700 km's of sidewalks. Of these, The City is responsible for clearing snow for roughly 10 per cent of these sidewalks, with the majority of the accountability being that of the adjacent property owner. In June 2018, City Council approved amendments to the Streets Bylaw to incorporate a fine schedule and an escalating fine structure for property owners who do not clear their sidewalks within 24 hours of snowfall ending.

### Here's how the Streets Bylaw works:

- When a sidewalk or pathway adjacent to a privately-owned property is not cleared, a complaint can be issued through 311 to Community Standards.
- A Community Standards Officer will go and inspect the sidewalk. If the snow and ice has not been cleared, the officer will leave a warning at the property giving the owner 24 hours to comply. At this time the Officer will also decide if a fine is warranted. The fine can be issued with or without compliance on the notice.
- The officer then returns 24 hours later and if the owner has not complied, the officer will assign the snow and ice removal to a contractor and the property owner will be charged for the removal service.
- The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/ occupant over a 12-month period. This fine is in addition to removal charges which are a minimum of \$150.

Minimum Penalty*	Specified Penalty	Second offense in a 12-month period	Third and subsequent offense in a 12-month period
<b>\$150</b>	<b>\$250</b>	<b>\$500</b>	<b>\$750</b>

• Please note, a vehicle such as a bobcat is not permitted to be used on a sidewalk, except in conjunction with construction sites where permits have been obtained for street use.

To report an un-cleared sidewalk, please contact 311. Learn more about bylaws related to snow and ice on [Calgary.ca](http://Calgary.ca).



# RECREATION ACTIVITIES



## 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/recreationdeals](http://calgary.ca/recreationdeals).

## TERRIFIC TUESDAYS AT SOUTHLAND LEISURE CENTRE

Tuesdays, 4 - 10 p.m. Come join us for 50% off regular admission. Waterpark access begins at 7 p.m. All ages. Visit [calgary.ca/southland](http://calgary.ca/southland).

## TOYS IN THE WATERPARK, THURSDAYS AT SOUTHLAND LEISURE CENTRE

Toys in the Waterpark from 7 - 9 p.m. 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. Visit [calgary.ca/southland](http://calgary.ca/southland).

## SUNDAY FAMILY SWIM

Sundays, 8 a.m. – noon at Southland Leisure Centre. Come enjoy

our waterpark! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies. Visit [calgary.ca/southland](http://calgary.ca/southland).

## SOCCER DROP-IN

Mondays, Wednesdays & Fridays, 11:30 a.m. – 1:30 p.m. at the Calgary Soccer Centre Age: 18+. Develop foot skills, practice drills or play a game. Bring your own ball.

## DROP-IN CLIMBING WALL

Located at Southland Leisure Centre and Beltline Aquatic & Fitness Centre. For drop-in schedules, visit us online or contact 311.

## 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](http://calgary.ca/playschool).

## DIVE IN MOVIE

### at Southland Leisure Centre

Experience movies like never before at Southland Leisure Centre. Settle in for a night at the movies with friends, family and neighbours at the water park. Watch a great film from the water itself or lounge poolside. Nightly door prizes are part of the package and concession items and popcorn are available for purchase. Check out our Facebook page closer to the event date for movie titles and more details.



Calgary

ALL AGES, REGULAR ADMISSION

SATURDAY, DECEMBER 8, 2018

TIME: 6:30 P.M. - 8:30 P.M.

SOUTHLAND LEISURE CENTRE,  
2000 SOUTHLAND DR. S.W.

VISIT: [CALGARY.CA/SOUTHLAND](http://CALGARY.CA/SOUTHLAND)



## Membership at Trico Centre

Did you know that we offer FLEXIBLE and AFFORDABLE memberships in a variety of options at Trico Centre? We have something for everybody!

Visit our website or Guest Services Desk for more information!

Get a head start on your New Years Resolutions with us!

Trico Centre for Family Wellness  
11150 Bonaventure Dr SE

403-278-7542

[www.tricocentre.ca](http://www.tricocentre.ca)





## Your guide to splurging and saving this season

The holidays are all about celebrations and gift-giving. But all the festivities can mean you end up spending more than you wanted to. Avoid impulse buys and January regrets with this guide to spending and saving.

### **SPLURGE.**

Buying in bulk can save you in the long run, even if it costs more upfront. For items you'll need plenty of like wrapping paper and greeting cards, get that deluxe jumbo pack — if you have leftovers, you can keep them in storage for next year and save even more.

### **SAVE.**

The costs when playing host can add up very quickly. To avoid food waste and a big dent in your wallet, embrace a potluck approach to parties. Coordinate with guests to each bring a dish or treat to make entertaining more affordable. Remember to offer to bring something in return when you're the guest.

### **SPLURGE.**

Relaxation is priceless and can have positive benefits to your physical and mental health, especially during a season that can be stressful. So don't be afraid to pamper yourself with a massage mid-season or a weekend getaway post-festivities. If you're staying over with family for the holidays, treat yourself with at least a night or two at a hotel to maintain your sanity and keep everyone jolly.

### **SAVE.**

Gift-giving is an expensive process, especially when your nice list is long. To save, use your rewards points to buy things like clothes, tech and experiences. Earn and redeem points when you shop for your favourite brands with Marriott Rewards. Find more information at [more.marriott.com](http://more.marriott.com).

~ [www.newscanada.com](http://www.newscanada.com)

## 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

**"Christmas doesn't come from a store, maybe Christmas perhaps means a little bit more..." ~ Dr. Seuss**



# Street Smarts for Busy Women

- Park your car in a well-lit uncovered lot, preferably one with security guards. Park as close to the entrance as possible, or near a light.
- Remember where you have parked so you can easily find your vehicle upon your return.
- Notice landmarks and proximity in the lot.
- Do not park near a van, which can block an assault from the view of others and can hide offenders.
- Always keep your doors locked while you are in your vehicle.
- Do not leave a woman's jacket or other women's clothing readily visible in the car.
- Look around before getting out of your car to make certain that no one is approaching.
- Be aware of anyone who might be cutting between cars and be alert to vehicles driving around the lot.
- Keep your keys in hand. Do not be searching for them in a parking lot or outside your office door.
- Carry your handbag close to and in front of you, not looped over your head and shoulder. If an offender grabs your bag, you would be dragged with it.
- Do not carry valuables or original copies of important documents. Be prepared to give up your purse or briefcase but not yourself.
- When walking, maintain a steady pace with your head up. Keep shoulders back, look confident and make eye contact momentarily as you pass people.
- If you must work late, make sure there are others in the building, and ask someone — a colleague or security guard — to walk you to your car or transit.
- Always leave your building or location with someone.
- Stay alert and tuned in to your surroundings

- Send the message that you're calm, confident, and know where you're going.
- Continuously check your reflection in windows as you pass, and notice people who may be in your vicinity – has their pace changed? Have they suddenly disappeared from your view?
- Change out of your heels for your walk to your vehicle or public transit.
- If it feels like someone is following you, switch direction or cross the street. Run to an open store, restaurant, or lighted house. Yell for help, (yelling or shouting will often change the intent of a potential offender).
- If you are riding public transit, notice who gets off with you. If you feel uneasy, walk directly to a place where there are other people, or get back on the bus or train.
- Don't wear headphones while walking or jogging.
- Trust your instincts and use your intuition! It is never wrong, do not negate it or justify your feelings of fear or apprehension. They are real and showing up in your body for good reason

– TO KEEP YOU SAFE!

**Safe4Life Personal Safety Training Classes: SafeKids SafeTeens SafeAdults 403 701 9037 [www.Safe4Life.ca](http://www.Safe4Life.ca) [info@safe4life.ca](mailto:info@safe4life.ca)**





## 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](mailto:calgary.lougheed@assembly.ab.ca)

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



In addition to serving as Leader of the Official Opposition, I am proud to represent the good people of Calgary-Lougheed in Alberta's Legislature. Here are some recent highlights:

#### **FALL SITTING OF THE LEGISLATURE**

If you ignore it, it will go away.

Over the Fall Session at the Legislature, that's been the NDP's approach to the major problems facing our province.

It started with debate over the government's fiscal deficit. The current budget puts Alberta on track to rack up nearly \$100 billion in debt before the budget is balanced. However, as our Official Opposition pointed out, the plan to return to balance is mostly smoke and mirrors, relying on revenue from the Trans Mountain pipeline as well as future increases in the carbon tax. As you know, the Trans Mountain project remains trapped in bureaucratic purgatory, and the government insists the carbon tax will not be raised. Despite these facts, the Premier refuses to admit her deficit reduction plan is hopelessly off track.

The NDP also seems intent on ignoring mounting job losses. According to the Statics Canada report in early November, 184,000 Albertans unemployed, and youth unemployment is up to 12.9 per cent, the highest outside of Atlantic Canada.

At the same time, the Alberta Health Services annual report shows that, under the NDP, surgery wait times are skyrocketing. Since the NDP took office, the wait times for open-heart surgery have increased by nearly 50 per cent, from 14.9 weeks to 22.2 weeks. There have also been significant increases in the wait times for cataract surgery (now 38.4 weeks) hip replacements (now 36.7 weeks) and knee replacements (now 40.7 weeks).

I understand that politically, the government doesn't want to accept blame for Alberta's most pressing problems. But government is about more than politics. It's also about responsible management. Alberta deserves a government that doesn't bury its head in the sand, and ignore pressing problems.



#### **MERRY CHRISTMAS AND HAPPY HOLIDAYS**

With the Christmas season coming soon, I want to thank all of you for the opportunity to represent our constituency inside and outside the

Legislature, as well as the personal support I have received from so many of you.

The holiday season is a time for spending time with family, friends, neighbours, and loved ones. It helps us remember what is truly important.

When I think of the Christmas story, what stands out to me is the sense of wonder felt by all those people crowded around the manger. When they looked upon the babe, they saw a child of limitless potential who would change the world by putting others before Himself. In those moments, the world was changed.

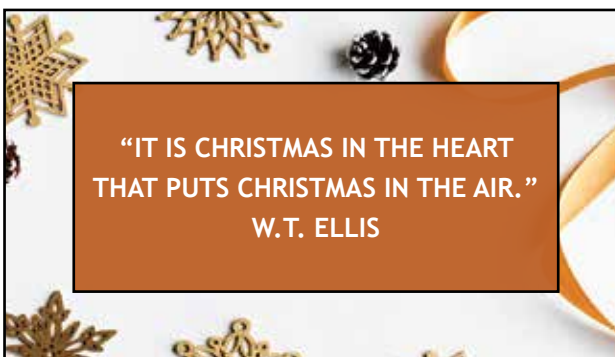
This holiday season let us remember that the sense of community we share is nurtured by mutual goodwill. So long as we maintain faith in each other and the desire to reach out to our neighbours in need, there is no challenge we can't face.

I wish you all a Merry Christmas, and a happy, prosperous New Year.

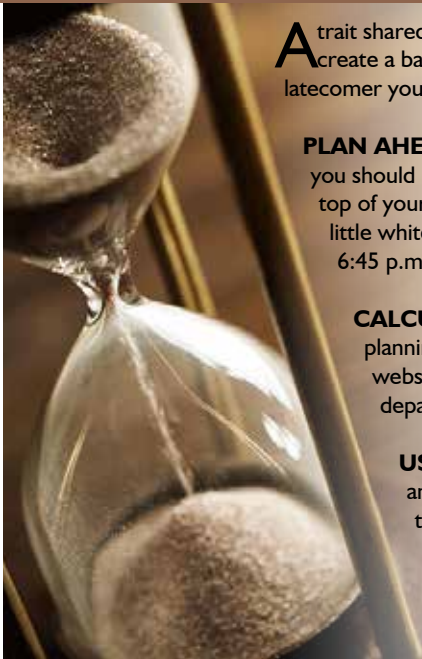
#### **CONTACT:**

As an elected MLA, my first duty is to represent you. If you have questions, concerns, or just want to share your thoughts with me, please feel free to reach out to my Constituency Office (311A, 2525 Woodview Dr. SW), email [calgary.lougheed@assembly.ab.ca](mailto:calgary.lougheed@assembly.ab.ca) or call 403 238-1212.

Sincerely,  
MLA Jason Kenney, Calgary Lougheed  
Official Opposition Leader



## 3 simple tricks to make sure you're never late again



**A** trait shared by some of the most successful people in the world is good timekeeping. Being late can create a bad impression and hurt you both personally and professionally. Fortunately, if you're a latecomer you can turn things around with these quick tips.

**PLAN AHEAD.** There's no excuse for running around trying to pack a bag or iron your shirt when you should be out the door. Try to organize as much as you can the night before to help you stay on top of your schedule. If it's other people making you late all the time, there's nothing wrong with a little white lie. If the train is leaving at 7 p.m., why not tell your friend you will meet her there at 6:45 p.m. so you can wait together and allow some vital cushion time if she's running behind.

**CALCULATE JOURNEY TIME.** Take real-world external factors into consideration when planning your journey time. If you're taking public transport, check social media or their website for any service suspensions. Or if you're driving, think about your route and departure time to calculate additional timing for things like road work or rush hour traffic.

**USE THE RIGHT TOOLS.** Sometimes the simplest solutions are the most effective, and a watch is a tried and tested way to make sure you're never late. Many people use their phones to check the time, but with so many apps and other distractions onscreen, one minute you're quickly checking the clock and the next thing you know your 13 levels deep into Candy Crush. MVMT's range of fashion forward and practical watches ensure your timekeeping is as on-point as your outfit.

~ [www.newscanada.com](http://www.newscanada.com)



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- Outdoor Kitchens & Outdoor Fireplaces, Seasonal Planters
- Pool Side Landscaping & Water Features (ponds, waterfalls, etc.)

## Councillor Diane's *City Hall Update*

### Councillor Diane Colley-Urquhart

Email: dcolley@calgary.ca - Phone: 403.268.1624

Website: CouncillorDiane.ca

Twitter/Instagram: @BigRedYYC - FB: Facebook.com/dianecu

**Met these two lovely gentleman at the Olympic and Paralympic 2026 Bid Engagement Open House in October. So great hearing everyone's thoughts and input on many different issues.**

#### **HAPPY HOLIDAYS FROM THE WARD 13 OFFICE!**

With all that is going on in our City and our Ward, we want to take this time to send our love and warm wishes to you and your family this holiday season. Have a happy holiday and best wishes for a new year!

#### **SAFETY REVIEW OF LRT CROSSINGS**

In light of the tragic passing of a 6-year old girl at the Somerset-Bridlewood LRT Station in October, I, along with Cllr Shane Keating and Cllr Ray Jones, brought forward a Notice of Motion to have Administration conduct a safety review on all 65 ground-level C-Train stations across Calgary.

This report will include:

- An inventory of crossings and protection measures;
- Best practices in design from across the industry;
- A history of incidents in Calgary;
- How The City studies and audits crossings; and
- Recommendations for Council on additional initiatives and improvements that could be made.

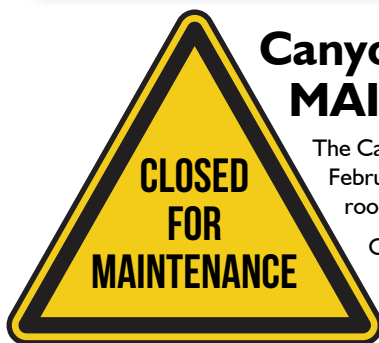
One possible improvement, as suggested by Cllr Keating, is to retrofit C-Train crossings with angled barriers and rapid flashing lights. This study will be brought back to the SPC on Transportation and Transit Committee by spring of 2019. Please let me know your thoughts.

#### **SNOW AND ICE CLEARING SERVICE UPDATE**

For the 2019-2022 budget cycle, Council approved a funding increase for snow and ice removal on sidewalks and pathways. This translates to increased maintenance along Main Street corridors, and increased snow and ice clearing from sidewalks and pathways.

100 new pathways have been added to the Parks clearing schedule, making a total of 500km of cleared pathways throughout the City. 317km of previously Roads-cleared sidewalks have also been transferred to the Parks clearing schedule, meaning these sidewalks will now be cleared within **24 hours of snowfall**, as opposed to 7 days under the Roads schedule.

To learn more about snow services and updates, please visit [calgary.ca/Snow](http://calgary.ca/Snow) or contact my office at [Ward13@calgary.ca](mailto:Ward13@calgary.ca).



## Canyon Meadows Aquatic & Fitness Centre: MAINTENANCE WORK

The Canyon Meadows Aquatic & Fitness Centre will be partially closed from January 1 to early February 2019. The pool areas will be shut down for maintenance, but the weight and fitness rooms will remain open.

Canyon Meadows customers are encouraged to take advantage of nearby City of Calgary Recreation facilities during the closure.

Visit [calgary.ca/CanyonMeadowsPool](http://calgary.ca/CanyonMeadowsPool) for more information.





## TOP TIPS TO COZY YOUR WINTER NEST

**Long nights and chilly weather activate our instincts to hunker down and nest at home. Get inspired to make your space relaxed and inviting and make the most of the season with these helpful tips and ideas.**

**For warmth.** Is there anything better than curling up with a good book and comfy duvet as the snow falls gently outside? For a soft and warm cover, consider one with a down filling. Down is the warmest available; it's a natural fill that has the ability to reloom and mould itself to your body for continuous warmth and comfort. It's also great for your bedroom pillow and in a jacket for when you do decide to brave the cold.

**Avoid buying down fibre, an inferior product that lacks insulation.** To make sure you're getting a quality product, look for the Downmark certification label, a globally recognized and trusted quality certification symbol for Canadian-made down and feather filled products. The label assures items are genuine and have been finished in Canada according to strict standards.

**For décor.** When looking for accent and decorative pieces, look for elements that evoke that cozy log cabin aesthetic. Think rich textures, plush neutrals and wooden accents. When layering a variety of throws, consider down and feather that will make the space feel warm and relaxed.. Add some winter whites with flowers and vases, and consider gold accents for a funky pop of colour that's trendy and fresh.

**For lighting.** Fight the winter blues with plenty of lamps and candles. Create a comforting ambiance with a mix of overhead, floor and task lighting, which also gives you the flexibility to find the perfect brightness. Candles can add both warmth and light, giving your home a calm and lived-in feeling. Choose scented candles with your favourite aromas to remind you of yummy sweet treats or take you back to sunny summer day.

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