

JANUARY 2020

DELIVERED MONTHLY TO 6,800 HOUSEHOLDS

# THE CHRONICLE

BRINGING MILLRISE, SHAWNESSY & SHAWNEE SLOPES RESIDENTS TOGETHER  
OFFICIAL NEWSLETTER FOR SHAWNEE-EVERGREEN COMMUNITY ASSOCIATION (SECA)



[www.shawnessy.ca](http://www.shawnessy.ca) | [www.millrise.org](http://www.millrise.org) | [www.shawnee-evergreen.ca](http://www.shawnee-evergreen.ca)

Great News Media | Call 403-720-0762 for advertising opportunities | [www.greatnewsmedia.ca](http://www.greatnewsmedia.ca)



Building Quality  
Windows and Doors in  
Calgary since 1967

Ask us about Financing

**403.279.2797**

supremewindows.net  
sales@supremewindows.net



 **Shawnessy Smiles**

**Dr. Roman Koutsil**

*"We don't sell dentistry — we give people a lifetime  
of smiles with natural-looking teeth!"*

**LOCATION**

647 Shawcliffe Gate SW  
Calgary, AB T2Y 1W1

**403-254-1124**

info@shawnessysmiles.ca | shawnessysmiles.ca



**Was Your Christmas Gift The Wrong Size?**

# THE KARAT PATCH

**J E W E L L E R S**

We specialize in alterations, sizing, & all types of  
jewellery and watch repairs.



- All types of jewellery repairs - Ring sizing - Watch band shortening
- Chain shortening - Fashion jewellery repairs - Sterling Silver repairs
- Laser welding - Appraisals - Watch overhauls

**BY APPOINTMENT ONLY**

Phone 403-242-6767 | Urgent requests Text 403-804-8811  
Email: info@karatpatch.ca | Website - www.karatpatch.ca  
STRATUS Sundance Place - #280, 23 Sunpark Drive S.E.

## Help reduce your stress in 2020!

Would having  
mom closer  
make your life  
simpler? Would  
you be able to  
spend more time  
together instead  
of driving or doing  
things for her?

Ask us about our  
affordable studio  
and one and two  
bedroom suites!



### INDEPENDENT, ASSISTED LIVING, RESPIRE & MEMORY CARE

- Flexible meal plans but you can still have a full kitchen!
- Heated underground parking
- Exercise and wellness programs
- 24 hour onsite care teams



THE MANOR VILLAGE

**LIFE  
CENTERS™**

**Call 587-392-2400  
for your**

**personal tour &  
complimentary lunch**

**THE MANOR VILLAGE AT FISH CREEK PARK**

22 Shawnee Hill SW | www.themanorvillage.com



## SECA BOARD OF DIRECTORS (2018/19)

Send e-mail to [info@shawneeevergreen.ca](mailto:info@shawneeevergreen.ca)

### OFFICERS:

President	VACANT
Vice President	Lynn Jobe
Secretary	Rose-Lyne McCall
Treasurer	Maigul Wickham

### OTHER DIRECTORS:

Director of Development	Norm Rousseau
Director at Large	John Raich
Director at Large	Ajay Khanolkar
Director at Large	Zeinab El Kady
Director at Large	Lydia Scratch
Director at Large	Yogesh Dua
general email	<a href="mailto:info@shawneeevergreen.ca">info@shawneeevergreen.ca</a>
SECA Plays email	<a href="mailto:play@shawneeevergreen.ca">play@shawneeevergreen.ca</a>

**Disclaimer:** Published articles, reports or submissions reflect the opinions of the author and should not be considered to reflect the opinions of Great News Media and the Shawnee-Evergreen Community Association and/or Residents' Association. The information contained in this magazine is believed to be accurate but is not warranted to be so. GNM and Shawnee-Evergreen Community Association do not endorse any person(s) advertising in this newsletter. Advertisements are not an endorsement of any goods or services.

## Shawnee-Evergreen Community Association Area Boundaries

If you live in the area shown 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 SW, you are eligible to be a Regular Member of Shawnee-Evergreen Community Association (SECA)



On the North South of Fish Creek Provincial Park boundary,  
On the East West of Macleod Trail SE,  
On the West East of Fish Creek Provincial Park boundary and east of Evergreen Blvd SW  
On the South North of James McKeivitt Road and Evergreen Boulevard SW

## SNOW REMOVAL

Call or email Braeden for a FREE estimate

**587-438-0036**

RESIDENTIAL & COMMERCIAL  
Spring / Summer / Fall / Winter

[WWW.TOPTURF.CA](http://WWW.TOPTURF.CA)  
[topturfbraeden@gmail.com](mailto:topturfbraeden@gmail.com)

**Top Turf**

The Chronicle - Designed, manufactured, and delivered monthly to 6,800 Households by:

**GREAT NEWS MEDIA**   
LEADERS IN COMMUNITY FOCUSED MARKETING

**Magazine Editors**

Alexa Takayama  
Jocelyn Taylor  
[news@greatnewsmedia.ca](mailto:news@greatnewsmedia.ca)

**Design | Graphics**

Rosemarie Bartschak  
Joanne Bergen  
Marina Litvak  
Freddy Meynard  
Carolina Tatar

**Advertising Sales**

Sam Brown  
Cindy DeJager  
Brittany Duval  
Susan Lavoie  
[sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca) | 403 720 0762



Print & Digital  
**TARGETED  
MARKETING  
BY COMMUNITY**

## 5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

### Nearby Community Newsletter Magazines:



To Advertise Call 403 720 0762  
Email [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**GREAT NEWS MEDIA**  
LEADERS IN COMMUNITY FOCUSED MARKETING



## HERE IS WHAT YOUR COMMUNITY ASSOCIATION (SECA) DOES:

- Hosts the June Stampeded Breakfast at South Gate Alliance Church (free for SECA members)
- Sponsors the Annual June "Community Parade of Garage Sales"
- Sponsors Community Clean-up in September at South Gate Alliance Church
- Provides input and authorizes monthly Community Newsletters delivered to all 3000+ households
- Provides a director for the Board of the South Fish Creek Recreation Association (Cardel Recreation Centre South)
- Provides SECA members with a 10% discount on Cardel Rec Centre South programs
- Provides a director for Trico Centre for Family Wellness
- Works with Cardel Homes, Graywood Developments and the City to try 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 Fish Creek Lacombe LRT station
- Involved with the City in transportation issues (e.g. SW Ring Road, traffic and safety issues, etc.) that impact our community
- Address speeding and other traffic issues within our community (e.g. Shawnee Drive SW and 6 Str. SW intersection)

## MEMBERSHIP REGISTRATION FORM

To purchase a membership in Shawnee-Evergreen Community Association, please go to our web site at **[shawnee-evergreen.ca/membership](http://shawnee-evergreen.ca/membership)**. Alternatively, fill in this form and mail or deliver to Shawnee-Evergreen Community Association c/o Maigul Wickham 130 Shawnee Common SW T2Y 0P9

Household information (held in confidence in accordance with Privacy Legislation):

Surname 1: \_\_\_\_\_ Given Name: \_\_\_\_\_

Surname 2: \_\_\_\_\_ Given Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

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 # \_\_\_\_\_



Happy New Year!

By the time you read this update our first ever **Community Campfire** will have happened. Hopefully the weather was fine, and a good-sized group gathered on December 29th at the Evergreen Drive park. Watch for more campfire events at different locations, perhaps even monthly, as part of our work to build a more neighbourly community.

Our **Beautification Committee** has launched. They are starting off by exploring the wrapping garbage bins and utility boxes. If you have additional ideas and are interested in this work, please let us know as with more energy, this committee could accomplish more. Remember to come out to **Neighbour Nights** at the Coach and Horses Ale Room near Sobey's on January 16th from 7 to 9 PM. We are generally there the third Thursday of the month. Watch our e-newsletter and Facebook page for updates as we do skip some months due to holidays, etc.

Our **children's programming** is forging ahead with great success and will grow in 2020 thanks to an energetic volunteer spearheading this work (play@shawneevergreen.ca). We have received several requests for **adult and senior programs**. SECA is keen to support programming for these groups and with a volunteer or two to assist with coordination, we could make it happen.

**SECA's 2020 plans** include the Stampede Breakfast, Community Clean-up and Fun Day. The 2nd annual Fun Day is a joint event with surrounding communities. One event that won't happen in 2020 is the Easter Egg Hunt. Instead, we invite you and your family connect with neighbours at our Community Campfires to enjoy some hot chocolate, smores and soak-in the magical atmosphere that a campfire creates.

**Graywood Developments** has made an application to rezone part of their land near the Beacon Hill condos. Originally zoned for townhomes, they are seeking zoning that would permit rental apartments, a senior's home and commercial spaces which could include a gas station and convenience store or strip mall. Parts of their land may be sold off to a third party. At this time (December 10), the SECA Board has not been provided with details related to lot coverage, size and height of buildings, commercial lighting, etc. and without this information it is difficult for us to provide informed feedback to Planning at the City of Calgary. A public engagement session has been promised and SECA will keep residents informed about this rezoning application as it progresses.

**We can serve you best when we are connected!** Receive our electronic newsletters by emailing info@shawneevergreen.ca and like our Facebook page, @ShawneeEvergreenYYC. Please consider becoming a SECA member for just \$20 at shawneevergreen.ca. Membership runs April 1 to March 31 each year. Membership dollars fund our operations. Our Board meetings are open. Please let us know you plan to attend.

We hope to see you at our events and programs this year!

Lynn Jobe, Vice President



HAPPY NEW YEAR

In celebration of the year 2020, we are having an amazing 20/20 sale

20% off your FRAME  
AND  
20% off your Nikon lenses

*(psst.... this never happens)*

BOOK NOW: 403-873-2123  
BRIDLEWOOD EYE CARE

\*\* New purchases only  
\*\*Some restrictions may apply



# mattamyHOMES



Monarch Showhome

## RIGHT HOME. RIGHT PRICE. RIGHT NOW.



YORKVILLE



**SALES CENTRE**  
19515 SHERIFF KING STREET SW  
403-471-1538

Just a short walk away, enjoy natural amenities like Priddis Wetlands and Radio Tower Creek. Still to come are 2 schools, a central park, trails, plus a half basketball court.

Explore our Quick Move-In homes for best pricing opportunities, available in 30/60/90 days. Visit us today.

Urban Townhomes  
From The Low **\$300s**

Duplexes From  
The Upper **\$300s**

Single Family Homes From  
The Low **\$400s**



Please visit [mattamyhomes.com](http://mattamyhomes.com) for Sales Centre & Showhome hours

Homes are subject to availability. All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.



Waterstone  
CANADA'S  
MOST  
ADMIRED  
CORPORATE  
CULTURES  
2017





### **Fish Creek Community Showcase**

#### **Meet the Artist Event – Friday, January 10 from 6:30-8pm**

The art of Bettina Seiger will run until March 27 at the Cookhouse at the Bow Valley Ranch

Bettina Seiger is a recent graduate of Alberta University of the Arts, formerly known as ACAD. Bettina considers herself a Bio Artist and Environmentalist and her passion is to bring awareness to environmental concerns. She has been studying our waterways and the effects that the toxic blue-green algae blooms or HABS have on our eco-systems and human health. She has a diverse range of skills from drawing, charcoal, ceramics, and sculpture but her experience is predominantly in painting and watercolor. Bettina truly believes that art is meant to be shared, and her intent is to have art meets science in the hopes to bring the public a better understanding of what is in their waterways and more importantly their drinking water. Drop by the Cookhouse starting in January and meet the artist on January 10. To register for this free event, please visit <https://friendsoffishcreek.org/programs/fccs>

### **William Watson Lodge – Providing 40 Years of Inclusion and Accessibility in Alberta Parks**

#### **Thursday, January 23, 2020 7:00 pm – 8:00 pm**

Fish Creek Environmental Learning Centre Shannon Terrace, Fish Creek Provincial Park

Presented by Jill Jamieson – William Watson Lodge Team Lead Kananaskis Region, Alberta Parks

William Watson Lodge in Peter Lougheed Provincial Park is a fully accessible accommodation venue that provides people living with disabilities and reduced mobility opportunities to experience the breathtaking Kananaskis area. Premier Peter Lougheed and his wife Jeanne opened the lodge in 1981 as an Alberta Environment and Parks facility and grounds. Join Jill Jamieson, William Watson Lodge Team Lead, to learn about the history of William Watson Lodge, programming avail-

able there, and to increase your awareness about how each of us is journeying to a greater understanding of inclusion and accessibility.

Registration is Required. To register or for more information, please visit <https://friendsoffishcreek.org/event/wwl>

### **Winter Birding Course**

12-week course runs January 6 – March 29

Winter is one of the best seasons for getting outside to learn about birds and other wildlife. Brave the cooler weather and explore the world of birds in Fish Creek Provincial Park, where you can see and hear waterfowl like geese and duck, birds of prey like owls and eagles, swallows, gray jays, finches, chickadees, woodpeckers and many others. The 12-week Winter Birding Course is perfect for anyone who wants to see, and learn about, birds in their natural habitat, and provides an amazing opportunity for families to get together and experience nature here in Fish Creek. Experienced birder David Mitchell and over 30 volunteers lead these courses. Each outing is approx. 2.5 hours. Registration Required and fees apply. <https://friendsoffishcreek.org/programs/birding-course>

### **Fish Creek Meet Up Walks**

These informal outings will take place at 2:00pm on the second Sunday of each month, meeting at a different location in Fish Creek Provincial Park each time. Fish Creek Meetups will be informal group walks with no registration, fees or facilitators. Just Friends getting to know Friends while walking through this beautiful park. All are welcome. Specific dates and meeting locations can be found at <https://friendsoffishcreek.org/event/meetups/all>

### **Become a Park Protector and Help Protect and Preserve Fish Creek Provincial Park!**

As a Park Protector, you will be part of an extraordinary group that, by dividing their support into smaller, automatic monthly donations, is helping us tackle our most complex challenges and long-term projects. Park Protectors make monthly donations to the Friends that are automatically withdrawn from your bank account, VISA or MasterCard. Monthly donations are one of the best ways to support the Friends of Fish Creek. As a Park Protector, you will help keep administrative costs to a minimum, which means more of your donation will go to support our programs, courses and events in Fish Creek and local communities. For more information or to become a Park Protector, please visit <https://friendsoffishcreek.org/park-protector-signup>



# Telemarketing Fraud or Scams

Telemarketing or phone fraud is the practice of calling individuals for the sole purpose of defrauding them out of money. Listen for warning signs during a suspicious phone call. If there's mention of things like free gifts, vacations or prizes, or the caller uses high-pressure tactics and phrases like "limited offer", and "you must act now", it's probably a scam. Registering with the National Do Not Call list doesn't protect you from phone scams.

## Reporting phone fraud and scams

**If you have been the victim** of a telemarketing or phone fraud and/or scam, please call the Calgary Police Service non-emergency number at 403-266-1234 to report the crime.

**If you are not a victim** but know of a potential fraud, please contact the Canadian Anti-Fraud Centre (toll free 1-888-495-8501).

**If you receive a suspicious phone call** that you think may be a scam, hang up immediately. Do not give out any information or money and contact the Canadian Anti-Fraud Centre to report your suspicions. To trace a call from your phone, hang up the phone, listen for a dial tone and press \*57. There is usually a fee associated with this service. Stay on the line and listen for the announcement that verifies the trace was successful. You then need to contact the phone company. Call trace information is only released to the police.

## Don't be a victim of phone fraud

These tips will help keep you from getting victimized by telemarketing scammers:

- **Don't believe everyone who calls** with an exciting promotion or investment opportunity.
- **Don't disclose personal information** about your bank accounts, credit cards or address over the telephone.
- **Don't be afraid to hang up.**
- **Don't be afraid to ask for documentation** to verify a product or investment. But remember, even the unscrupulous have professionally prepared literature, catalogues and invoices.
- **Don't be pressured into making a decision.** Any legitimate gift or prize will still be available tomorrow.
- **Do take the time to call a friend,** relative, banker



or a police agency before making a decision to send money.

- **Do call the police** to report any suspicious phone calls or mailings.
- **Do take the opportunity to ask the caller questions** about their offer or promotion. No legitimate company will refuse your inquiries.
- **Do ask for literature** so you can read about the company before making a commitment.
- **Do ask the company for references** from other customers who live in your area.

## TOT SPOT PRESCHOOL

Meaningful curriculum | Large gym facility  
Various play opportunities | Special events  
Parental participation | Caring, experienced teachers |  
Bright, spacious classrooms

**REGISTRATION STARTING JANUARY 20  
FOR SEPTEMBER 2020**

**Contact us at [info@totspotpreschool.ca](mailto:info@totspotpreschool.ca)  
or 403-271-8894**

Located in Lake Bonavista since 1977  
1507 Acadia Drive SE  
[www.totspotpreschool.ca](http://www.totspotpreschool.ca)

## The Shawnessy Community Association Volunteer Board of Directors

VOLUNTEER EXECUTIVE:			
President	Marshall McCarthy	403-256-0786	md-mccarthy@shaw.ca
Vice President	Simone Mersereau	403-256-3584	simone@deanltd.com
Secretary	Michelle Moland	403-640-2762	cmoland@telus.net
Treasurer	Ambell Hall	403-991-2547	newsletter@shawnessy.ca
VOLUNTEER DIRECTORS:			
Community Affairs			
Community Events Advertising	Dana Fyles		danafyles@gmail.com
Fundraising - Gaming			
Grant Application Director	Tom Lange		rockfish75@hotmail.com
Membership	Marilou Sustento Fairhall	403-813-0632	Majonzak@shaw.ca
Community Planning	Vacant		
Neighbourhood Partnership Coordinator	Cathi Groves		cgroves@calgary.ca
Newsletter Director	Amber Hall	403-991-2547	newsletter@shawnessy.ca
Social Director	Vacant		
Volunteer Director			
Barn Manager: Facilities	James Richard	403-697-2629	
Barn Manager: Rental	Jennifer Dickinson	403-554-7299	jendickinson13@gmail.com

### SEEING GREEN

During the Victorian period, there was an obsession with fern plants, known as pteridomania, or "fern fever". Because of this craze, portions of wild fern species were significantly reduced, the effects of which can still be seen today.

### PLUMBER

**PLUMBOB** For All Your Plumbing Needs



- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

**Call Bob: 403-461-3490**

# DOMINATING THE RAT RACE

## Chinese Zodiac Mythology

by Alexa Takayama



This year, Chinese New Year falls in the same month as the western calendar's New Year, so I figured I'd take advantage of this unusual stroke of coincidence by talking about some of the mythology behind the Chinese New Year.

This year marks the Year of the Rat—an animal from the Chinese zodiac. The Chinese zodiac has twelve animals: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Ram, Monkey, Rooster, Dog, and Pig. Each is assigned to a year rather than a month. There are some similarities to the Western zodiac in that being born in the year of a certain animal is supposed to determine aspects of your personality but that's not what I'm going to focus on. Instead, let me tell you the story of how these animals were selected.

The Jade Emperor (a Daoist deity) made a decree that he would name the years after animals in the order that they reached him. And in order to reach him, they were required to cross a river. Thirteen animals answered the challenge. The cleverest were the Rat and the Cat, but neither were very good at swimming. Both decided to take advantage of the good-natured Ox by riding on its back, who agreed to take them across out of kindness. Halfway across the river, the cunning Rat pushed the Cat off the Ox's back and it was swept away in the current. After they arrived at the far bank, the Rat jumped off the Ox's back and ran up to the Jade Emperor. Thus, the Rat and the Ox were the first and second animals.

Next came the Tiger. While a very powerful animal, the Tiger had been pushed downstream by the currents, delaying its arrival. Next, the Rabbit arrived. It had crossed the river by finding a spot where it could jump stone to stone. But it had slipped into the river and seized hold of a floating log, which drifted to the far bank. Fifth, was

the Dragon. The Jade Emperor asked why a flying creature had taken so long to cross the river. The Dragon explained that it had stopped by a village to bring rain, and then on its way to the Emperor, it had seen the Rabbit clinging to the log. Out of compassion, it brought a gust of wind to blow the log ashore.

Then the animals turned to see the Horse galloping up. As it did so, the Snake fell out of its hoof, where it had been hiding. Startled, the Horse leapt back, allowing the Snake to slither forth and beat the Horse to the Emperor, making them the sixth and seventh animals.

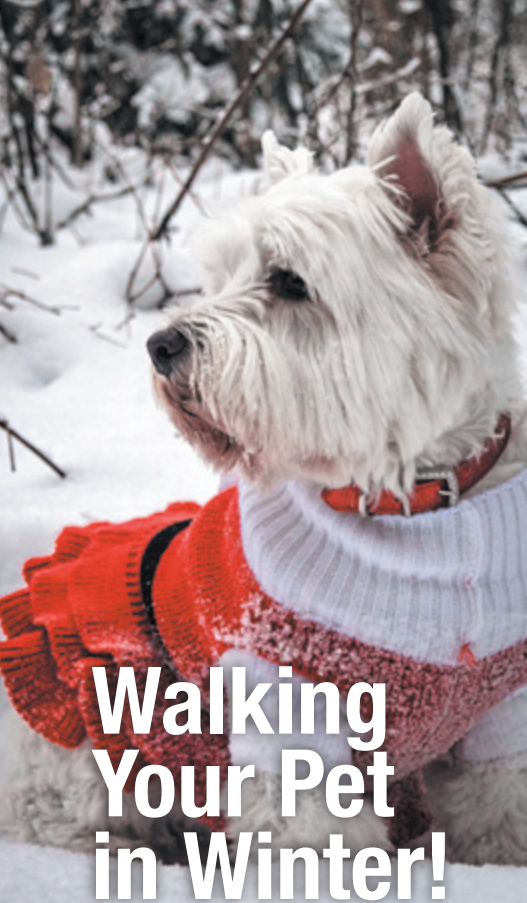
Next, the Ram, Monkey, and Rooster arrived. They had worked together and made it across the river. The Rooster had found a raft, and the Ram and Monkey had pulled weeds out of the water to ease the crossing. The Ram, Monkey, and Rooster became the eighth, ninth, and tenth animals respectively.

Lagging behind, the Dog came in eleventh. While it should've been a strong swimmer and a fast runner, it had gotten distracted by playing in the water.

Just as the Emperor was going to declare the race complete, the Pig trotted in. When asked, the Pig admitted that partway through the race, it had gotten hungry, and then fallen asleep after filling its stomach. It arrived in the nick of time.

The Cat never completed the race. Sadly, it had drowned in the river; it's for this reason that cats hunt and kill rats and also why they hate water.

Happy Chinese New Year! May it be a prosperous Year of the Rat for you.



# Walking Your Pet in Winter!

by Jennifer L. Scott B.Sc., D.V.M.

Well, those people who forecast these things say we are starting a long cold winter in Calgary. I don't always want to walk my dog, but he is ready and willing. Most dogs are amazingly well equipped to deal with the cold weather, but not every breed or individual can deal with this kind of cold without precautions.

When dogs first walk on the cold snow you often see them limp or hold a paw up as they run around. Then given some time they seem to become more comfortable. A dog's pads are equipped with a very effective heat exchange system. Once the paw's blood vessels adjust to the cold, and if the pad is dry and healthy, the average dog can tolerate most very cold surfaces. Smaller dogs tend to be less tolerant than large breeds,

but there are exceptions to the large dog group. Dogs with long guard hairs and thick downy undercoats like shepherds and huskies do fine, but dogs with short fine fur like Dobermans or Weimaraners have little tolerance for cold. Fortunately, pet stores stock doggie coats from your basic knitted sweater to fine sartorial splendor depending on the taste of the human companion.

Some people believe a mat of hair over the dog's foot pads will protect them. Or they'll justify the whole dog getting a thick unkempt matted coat saying it will keep them warm. Not true. Matted fur on the paws tends to stay wet, collect ice balls, and hold chemicals such as de-icing agents and salt against the skin. A dog's paws will adjust to the cold more effectively if the hair is kept reasonably short and clean. After walks rinse and dry your pet's feet if you suspect he has walked through chemicals. Matted coats get wet, stay wet, and have no ability to insulate your pet. Well-groomed coats insulate from cold in winter and heat in summer.

Some dogs just can't tolerate cold paws no matter what you do. Consider booties for these individuals. Booties and mukluks come in all shapes and sizes for dogs. It is important that the boot breath and not compromise the blood flow to the paw. Online pet stores and local pet stores carry an array of boots for dogs. If you have a large active pet that will need heavy-duty boots you may want to consider custom-made footwear.

Along with their fur keep your pet's nails clipped. In our winters, nails may split as your pet goes in and out from the cold and damp and nails may benefit from supplements such as omega fatty acids or fish oils.

My old Labrador would push through the roughest ground cover on the scent of a bird, but in the city he had very sensitive feet and could not tolerate rock salt on his paws at all. Nor would he tolerate boots. I used a paw wax on his feet. Applied to the pad these waxes seal the paw and protect the skin from ice and chemicals. They also protect the pads from cracking with dryness as the dogs go in and out. If your dog tolerates his feet touched the paw waxes are very easy to use. Vaseline is a cheap alternative but lasts only a short time outside and can pick up unwanted dirt.

Darkness comes earlier in the winter, there are some great lights you can attach to your pet's collar to make sure you and others see him in off-leash parks. If you do cut back on exercise and walks with your pet in intensely cold weather, cut back on the calories going in the bowl too! Like us, weight on our pets is easier to keep off than take off. Finally remember, like us, as dogs become elderly or arthritic, they may require more protection from the elements than they did in their prime. Be as conscious of a senior pet potentially slipping on the ice as you would be of an elderly relative.





# GET NOTICED

WHAT'S YOUR  
GAMEPLAN  
FOR GROWTH?

**Affordable Digital  
Marketing Plans**

starting from

**\$75**

Call 403-720-0762  
[greatnewsmedia.ca](http://greatnewsmedia.ca)

**GREAT NEWS MEDIA**  
LEADERS IN COMMUNITY FOCUSED MARKETING



# BUSINESS CLASSIFIEDS

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Millrise / Shawnessy. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [officialplumbingandheating@outlook.com](mailto:officialplumbingandheating@outlook.com); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**PLUMBING PARAMEDICS:** Your community plumbing experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and heating repairs. BBB accredited. Call today to experience our world class service! 403-452-2911. Mention this ad for our \$25.00 service call.

**AFFORDABLE DENTAL CARE MINUTES FROM MILLRISE AND SHAWNESSY:** Below ADA fee guide. Your choice of 45-min cleaning, or exam and x-rays, or customized tray teeth whitening for only \$195.00. With 30+ years of no fluff or frills! Cut through the noise and save money. Uncomplicate your dental care and live better! Call today 403-272-7272 or 403-287-6453. Visit [calgarydentalcenters.com](http://calgarydentalcenters.com).

**ALL TYPES OF DRYWALL:** Boarding, taping, and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

**CHARTERED ACCOUNTANT:** Over 15 years' professional experience. Financial statements audit, review, compilation, corporate and personal tax E-filing, tax planning and minimization, business start-up/incorporation, GST, bookkeeping, payroll. Flexible hours, affordable rate. Canyon Meadows Shopping Centre, #211-11625 Elbow Drive SW. 403-238-6088. [binzhao@binzhaopc.com](mailto:binzhao@binzhaopc.com).

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

**PROFESSIONAL ACCOUNTANT NEAR MILLRISE / SHAWNESSY / SHAWNEE SLOPES:** Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Chartered Professional Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-910-0355 or email [daryl@darylpallesencpa.ca](mailto:daryl@darylpallesencpa.ca).

**GENERAL ACCOUNTING & TAX SERVICES:** CPA, CGA with 20+ years' experience accepting new Bookkeeping and General Accounting clients. Affordable rates for small businesses, self-employed and individuals. Phone 403-453-4734 or email [grace@edgepointconsulting.ca](mailto:grace@edgepointconsulting.ca) for more info.

**LOCAL HANDYMAN:** Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TVs, concealed audio/video wiring, computer setup and repairs, general cleanup, landfill trips, seniors discounts. No job too small, free estimates. Reliable, conscientious. Call Alan at 403-660-3170.

**HUNTER'S HEATING AND COOLING:** Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top quality Lennox air conditioners and furnaces. We also install tank-less water heaters, garage heaters and more. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit [www.huntersheating.com](http://www.huntersheating.com).

**MASONRY CONCERNS? UGLY FIREPLACE?** Contact Harry for all stone and brick repairs, old-new renovations, remodelling, face lifts, flooring, landscapes, interior and exterior, etc. 30-year Journeyman. Contact Harry at 403-256-1991 or email at [harekat@shaw.ca](mailto:harekat@shaw.ca).

For business classified ad rates call  
Great News Media  
at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)



Serving Shawnessy & Area  
**Red Canyon Electric**

FREE ESTIMATES  
Licensed & Insured

Home Renovations  
Troubleshooting & Repair

403.801.6532  
[redcanyonelectric@gmail.com](mailto:redcanyonelectric@gmail.com)

Morgan Munro  
Master Electrician

**RELIABLE MASTER ELECTRICIAN:** For all your electrical requirements, big or small, call Campbell Sinclair 403-397-7141 for your free quotation.

**MAG'S MOBILE HAIRCARE:** Professional hair care catering to seniors, and care facilities in SW Canyon Meadows and surrounding areas. Perms, haircuts, colors and sets all done in the comfort and convenience of your home. Call or text Margaret at 403-470-8193 to book your appointment for a Monday or Wednesday, 9 to 5. [www.magsmobilehaircare.com](http://www.magsmobilehaircare.com).

**HOME REPAIRS AND RENOVATIONS:** Affordable pricing, high quality and detailed work. Drywall, doors and windows, lighting, bathrooms, kitchens, painting and more. Receive a 10% discount on labour only if you mention this ad. Insured Member of BBB. Mon-Fri 8-5pm. Call 403-703-8648 – TH Maintenance Services. Find us on Facebook.

**RESIDENTIAL AND COMMERCIAL CLEANING IN MILLRISE / SHAWNESSY / SHAWNEE SLOPES:** Our services include one time, routine and deep cleaning, post construction, move in/move out. Cleaning for rent, sale or show, we do it all. We bring our own cleaning supplies, products and equipment. 100% satisfaction guaranteed, licensed, insured, reliable and affordable. Call Xtreme Cleaning Inc. for a free estimate 403-999-0518.

**ZANELLA AUTO REPAIR:** Dominic and sons Vincent and Charlie - in business since 1986. 258082 16 St. West DeWinton. Family owned and operated. Most makes/models worked on. MC, Visa, American Express, and Debit. Licensed Out of Province Inspection Facility. A member of AMVIC, BBB. Do business where you live. Call 403-938-7937 for an appointment. [www.ZanellaAutoRepair.com](http://www.ZanellaAutoRepair.com).

# JACKSON & JACKSON

CUSTOMER SATISFACTION GUARANTEED

**Free Estimates 403.256.9282**  
[www.jacksonandjacksonlandscaping.ca](http://www.jacksonandjacksonlandscaping.ca)

**WE SPECIALIZE IN ALL FORMS OF  
CONSTRUCTION & LANDSCAPE**  
INCLUDING SMALLER IN-HOME PROJECTS

**Bathroom & Basement Remodeling**  
**Custom Decks & Fences**  
**Affordable Custom Landscape Plans**  
**Stamped & Exposed Concrete**  
**Retaining Walls**

## BEFORE & AFTER RENOVATION PROJECTS



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

**Free Estimates 403.256.9282**  
[www.jacksonandjacksonlandscaping.ca](http://www.jacksonandjacksonlandscaping.ca)

Councillor, Ward 13

**Diane Colley-Urquhart**

✉ dcolley@calgary.ca ☎ 403.268.1624

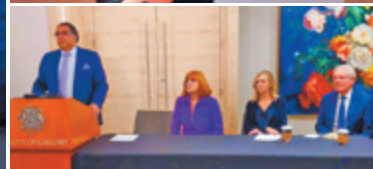
🐦 @BigRedYYC

📘 Facebook.com/dianecu

🌐 CouncillorDiane.ca

Happy New Year, Ward 13! As 2020 begins, we at City Hall are excited to move forward into the New Year. We are jumping in with both feet, and I am excited for all that 2020 will bring to City Hall and Calgary.

Coming soon, I am excited to announce that there will be a revamp with my monthly community newsletters. To make it more convenient for you to access, we will be moving to an online format, easily accessible at [www.CouncillorDiane.ca](http://www.CouncillorDiane.ca). Please stay tuned for the launch!



## Hire A Handy Guy

"Your one call specialist for all your home maintenance needs"



- Maintenance
- Fences & Decks
- Repairs
- Carpentry
- Renos
- Bathrooms
- Odd Jobs
- Floorings
- Drywall
- Junk Hauling

11 Years' Experience

Why call several companies when we can do it all for you!

FREE ESTIMATES

**403-861-0179**

[hireahandyguy@gmail.com](mailto:hireahandyguy@gmail.com)

# KIDNEY DONOR NEEDED

**NEEDKIDNEY.CA**

## Kidney Health Awareness

A gracious request for a kidney donation, tips on kidney health, and items to fight kidney disease. Email [info@needkidney.ca](mailto:info@needkidney.ca) if you wish to donate.

Website [NEEDKIDNEY.CA](http://NEEDKIDNEY.CA)



**Premier of Alberta, MLA for Calgary-Lougheed  
Hon. Jason Kenney**  
2105, 230 Eversyde Blvd. S.W. T2Y 0J4  
403 238-1212  
calgary.lougheed@assembly.ab.ca  
*Serving the communities of Bridlewood,  
Evergreen, Millrise and Shawnee Evergreen*

2019 was an eventful year.

Albertans elected our government with a strong mandate to deliver on the promises we made during the Spring election. Well, that's exactly what we've done.

Our government has already kept 38% of the commitments made in our platform despite being only 12% through our mandate as a government. When we say we're going to do something, we get it done.

Promises made. Promises kept.

We scrapped the carbon tax with our first bill, The Carbon Tax Repeal Act.

Our Job Creation Tax Cut will give Alberta the lowest taxes in Canada, and economists estimate that it will create 55,000 jobs that will get our province working again.

We have created the Canadian Energy Centre which will stand up and defend the responsible energy industry that creates prosperity right here at home, and all across Canada.

We've created the Indigenous Opportunities Corporation to empower our First Nations communities to become partners in that prosperity, and a new litigation fund to ensure that those pro-resource First Nations are no longer ignored in the courts and media.

We've heard from the MacKinnon Panel that our spending is out of control, and we brought in a budget that will get our province back on track, and back to balance by the year 2022-2023. We are ending the irresponsible mortgage on our future that previous governments imposed, to secure high-quality public services that we can rely on for generations to come.

And, we've done so much more.

So, as we look forward to 2020, we can look forward to a new year that will see this government continue to implement the platform that was endorsed by 1,040,004 Albertans just a few short months ago. We will work relentlessly to get Alberta back to work and return our province to its place as the engine of prosperity in Canada. And we will fight for an Alberta that always remains true to its roots, an Alberta that is Strong and Free.

Happy New Year! I hope you're as excited for 2020 as I am!



## A New Lease on Life!



Spacious open-concept suites  
Lake access for all residents  
Shopping and restaurants nearby  
Rental suites & Life Lease are available

**OPEN HOUSES JAN 15 & 22**  
**10AM to 3PM**

**Sundance on the Green**  
A Life Lease Community

3 Sunmills Green SE, Calgary

Discover your new home!  
[BethanySeniors.com](http://BethanySeniors.com)

**bethany**  
CREATING CARING COMMUNITIES





# United Active Living Fish Creek

Space for Living



Maintenance-free Living

World-Class Arts and Culture

Large Luxurious Suites

Casual Bistro

Art Gallery

Fine Dining

Art Studio

## A community and services to last a lifetime.

“My family and I found a great place for me to live, a community with great friends and lots of new things to experience. I know I won’t ever have to move again.” Sheila, Fish Creek Resident

We support your desire to lead a full, active and healthy life with **independent** and **assisted living** and our revolutionary United Minds (**memory care**) options. **Rental** and **life lease** available.

**Take a break from winter and ask us about our trial stays! Call today!**

**United Active Living Fish Creek**

51 Providence Blvd SE Calgary. 587-481-7907

[www.UnitedActiveLiving.com](http://www.UnitedActiveLiving.com) Follow us on    



**UNITED**  
**ACTIVE LIVING**  
**COMMUNITIES™**



# Your University in South Calgary



**St. Mary's University**  
**OPEN HOUSE**  
**Saturday, Feb. 8, 2020**

Learn More: 403.531.9130 | [stmu.ca](http://stmu.ca)

## South Calgary PAP Clinic

Low-Risk Maternity - Breast Health - IUD Insertion

# When was your last PAP test?

STI Tests - Contraception - PAP Tests

Our women's clinic provides a safe informative environment for sexual and reproductive health exams. Female physicians only.

Evening and Saturday appointments available.

Call **403-254-2030** to book an appointment.

Visit our website at [www.thesundanceclinic.com](http://www.thesundanceclinic.com)

## The Sundance Clinic

FAMILY PRACTICE - SPECIALTY CLINICS - BABY CLINIC - WOMEN'S HEALTH

South Calgary Health Centre Building  
31 Sunpark Plaza SE Calgary T2X 3W5

## ACADEMY DENTURE CLINIC

*Modern Solutions for Missing Teeth*

### STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

### WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary consultations

**NEW! Suction-Enhanced BPS® Dentures**

[www.academydenture.com](http://www.academydenture.com)



**Southcentre Mall**

Suite 126A, 100 Anderson Rd SE **(403) 269-8308**

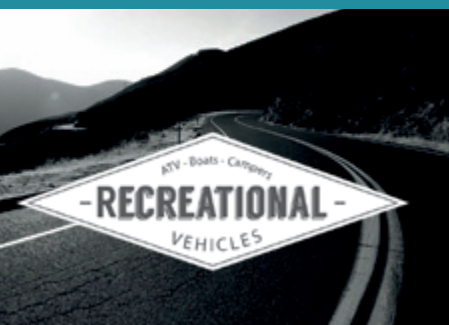
Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon



## YOUR PERSONAL AND COMMERCIAL INSURANCE BROKERS

Darcy Burton: (403) 539 - 9518 | Terry Burton: (403) 539-0269

darcy.burton@landy.ca | terry.burton@landy.ca



## Fivecees | FAMILY PHYSICIANS Medical Centre | & WALK-IN CLINIC

**Female & Male Doctors Accepting New Patients**  
IUDs, PAPs, Joint Injections, Insurance Medical,  
Family Care, Botox Injections

**Introducing Dr. Chinedu Osuagwu**  
(MBBS, DRCOG, DFFP, MRGP, CCFP)

### HOURS OF OPERATION

Monday - Friday: 9am-6pm  
Saturdays: 10am-5pm  
Sundays: Closed

**403-457-5009 • 635 Shawcliffe Gate SW (beside 7-Eleven)**