# RIDGEreview

THE OFFICIAL DISCOVERY RIDGE COMMUNITY NEWSLETTER



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- Politician Reports
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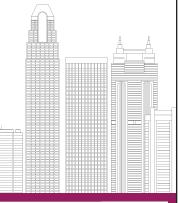
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## **CONTENTS**

- 6 PRESIDENT'S MESSAGE
- 9 DOLLARS AND SENSE: FLY SAFELY ON YOUR VACATION
- 11 MENTAL HEALTH MOMENT: THE NINE SUPERPOWERS OF A HUG
- 12 SAFE AND SOUND: SLEDDING SAFETY
- 14 TAKE ON WELLNESS: NEW INFO TO BE ADDED TO FOOD LABELS

#### 17 BUSINESS CLASSIFIEDS









#### **SCAN HERE**

To View ADDITIONAL DISCOVERY RIDGE CONTENT





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#### PRESIDENT'S MESSAGE

On behalf of your DRCA board, Happy New Year. Wishing you and your family a healthy and prosperous year ahead.

Just a few reminders for this month:

#### **Bears and Garbage Bins**

The DRCA has set up a committee to work with the City and Alberta Wildlife on options to help keep the bears and residents safe in our community. The recent tragedy with the bear family has reminded us of our cohabitation with wildlife. This committee will be coming back to the board with options to implement in our community. In the meantime, if you see any dangerous animals in the park or the community, please contact 311.

#### **Community Damage**

A friendly reminder that if you see any illegal activity, graffiti/vandalism, or fires in Griffith Woods or near the recreational facilities, please contact 911 for fires and 311 for bylaw issues. Please keep Griffith Woods and our recreational facilities safe and accessible for everyone to enjoy.

#### **New Community Events**

If you have an idea for a great community event or would be interested in helping organize one, please drop us a line to let us know.

#### Call Out for Volunteers

We are always looking new board or committee volunteers. We currently have a few roles vacant. If you have any interest or would like to get involved somehow to make Discovery a better place, please contact me below.

#### **DRCA Annual General Meeting**

Our AGM will be held in February and is open to all residents, however, only existing DRCA members may vote at the meeting. Any existing DRCA member who is interested in running for a board executive position or would like to join the board at large, this is the chance to help make a difference in your community.

We welcome residents to see your DRCA in action and sit as a guest at one of our meetings. Our meetings are online and usually the first Monday of each month from 7:30 to 9:00 pm. If you would like an invite to our next online meeting, please email me below. If you are interested in joining the board, please contact me for more information. Please feel free to email me or your DRCA board regarding any questions or visit our website at discoveryridge.com.

Stay safe,

Anil Tahiliani

drca\_president@discoveryridge.com

## Two Separate Organizations Support Discovery Ridge

The Discovery Ridge Community Association (DRCA) exists because of you - the residents of our great community!

With the purchase of an annual \$25 membership, the DRCA can serve its residents better while meeting the needs of the community and can be a stronger voice when lobbying on community concerns with the City of Calgary and the Province of Alberta.

We're all in this together – Please ensure your household membership is in good standing!

#### NDHA (Homeowners' Association)

- Relies on your \$307 fee / year.
- Annual fee legally required.
- Green space maintenance, boulevard/median plantings, and winter pathway snow clearing.
- Winter Lights at the entrance to Discovery Ridge.
- Pay by cheque or credit card.

#### **DRCA (Community Association)**

- Relies on your \$25 annual membership.
- Fee is essential for continued, effective "voice" with the City of Calgary and Province on traffic (including Ring Road), safety and security and other issues.
- Recreation Facility: Design and construction of the ice rink and tennis courts as well as the seasonal maintenance of each. Further development plans under review.
- Ring Road / Traffic: Working with the City and the Province to improve the performance, design, interface treatment and safety of roads within, abutting and beyond our community.
- **Communications:** Facebook, website, Ridge Review newsletter, and member only e-communications.
- Events: Stampede Breakfast, Santa at Javino's, Family Skates, Galas, Fun Runs.
- Safety and Security: Collaborating with residents, police and the fire department to combat crime, vandalism and fire threats within the community and Griffith Woods
- Mail cheque to address below or pay online at www. discoveryridge.com.

Not a member? Join online at www.discoveryridge.com. Not sure if you're a member?

Click the "Purchase/Renew Membership" icon on the website Already a member? Thanks for your support.

We greatly appreciate it. The DRCA membership year runs from September 1 to August 31.

## Homeowners' Association (NDHA) News

The NDHA would like to extend our best wishes to all of you for a healthy and happy new year. We hope that you were able to enjoy the holiday season with your family and friends, and to get outside to enjoy some winter activities as well!

Our dedicated NDHA board volunteers were very busy over the past year, managing the annual litter, landscaping, and maintenance obligations to the community. We are using the off season to work on the annual budget and lay the groundwork for any projects to be completed this coming spring and summer. The NDHA has not been immune to the inflationary pressures hitting everywhere of late; we will have some difficult decisions to make for 2023.

#### Ice Melt Information for Pet Owners

The NDHA would like to advise residents that ULS uses Tillson Brands' 'Go Melt' commercial ice melter on the pathways under contract with the NDHA. They have used this product in our community for several winters. Go Melt is considered a pet-friendly product; the main ingredient is sodium chloride (rock salt). It contains no calcium chloride.

While some ice melts are less irritating to pets' paws than rock salt, they can be very dangerous if ingested. Melts containing the main ingredient of ethylene glycol (also found in anti-freeze), is deadly if ingested. Propylene glycol-based melts contain high levels of urea and are probably the least harmful to dogs but are very dangerous to deer and other ruminants if consumed (ammonia toxicosis). These urea-based products are also very expensive and are ineffective at temperatures colder than -5°C, making them inappropriate for use in our community.

ULS applies salt only when needed, but they are contractually obligated to clear snow and ice off pathways under NDHA control as soon as possible. Where their equipment cannot clear down to bare asphalt, ice melt may be applied as required. Pedestrian safety is the highest priority for the NDHA where snow clearing is concerned. Avoidable slip and fall incidents, and associated personal injuries, are not an option. We do acknowledge that there are many dog owners and walkers in the neighbourhood who use our pathways and appreciate that some pet paws may suffer irritation

due to the salt. We have done our best to use a product that is effective for pedestrian purposes while being the least dangerous for dogs and the wildlife in our community.

It should also be noted that we have no control regarding what is used on many public walkways and roads in the community. In areas of Discovery Ridge where ULS works under contract with the City of Calgary, ULS has advised us that the City provides them with the City's own salt product. We have no information regarding the chemical makeup of this product. What is used on public sidewalks cared for by private homeowners, condo associations, or commercial properties is also out of our control. Please see FAQ 22 on our website for a map showing the specific community pathways that the NDHA maintains.

Ice melt that is used over the winter has the potential to build up a residue over time. The only way to remove/reduce the residue is with rain or melting wet snow. Repeat exposure (multiple walks) or prolonged exposure (long walks) on treated pathways may cause irritation until the salt and/or residue abates. It was suggested that pets affected by the rock salt use paw booties (ideal) or paw wax. While there are 'petfriendly' de-icers, there is no such thing as a truly 'petsafe' de-icer on the market for commercial application. Therefore, pets must not be allowed to ingest any type of de-icer. Once home, owners should rinse and wipe off pets' feet, including between toes and around the central pad if they don't use booties. We hope you find this information useful.

We are always happy to hear from our NDHA members; please access our website at www.ndha.ca for NDHA news updates or to send an email. You can also call us at 403-237-9595.





## DISCOVERY RIDGE COMMUNITY ASSOCIATION (DRCA) EXECUTIVE (2021/22)

			•		
<b>BOARD OF DIRECT</b>	ORS				
President		Anil Tahiliani	drca_pres@discoveryridge.com		
Past President		Jacquie Hansen-			
		Sydenham			
Vice Presidents		Brent Ludwig	drca_vp@discoveryridge.com		
		Dana Fleury			
Treasurer		Sunny Sun	drca_treasurer@discoveryridge.com		
Secretary			drca_secretary@discoveryridge.com		
Directors	Alana Adams	Andrei Romaniuk	Shay Heron Lillian VanGenderen		
	Parry Roy	Ameeta Cordell	Paul Decloux		
	Ben Lee	Darrell Martindale	Doug Leighton		
CURRENT COMMITTEES					
Communications		Anil Tahiliani	communications@discoveryridge.com		
			newsletter@discoveryridge.com		
			website@discoveryridge.com		
Environment		Andrei Romaniuk	environment@discoveryridge.com		
Casino			fundraising@discoveryridge.com		
Membership		Ameeta Cordell	membership@discoveryridge.com		
Recreation Facility		Paul Decloux	recfacility@discoveryridge.com		
Special Events			events@discoveryridge.com		
Traffic			traffic@discoveryridge.com		
Volunteer		Lillian VanGenderen	volunteer@discoveryridge.com		
Planning Committee	2	Doug Leighton	planning@discoveryridge.com		

## DRCA Channels of Communication

Our community association has several channels to communicate to you, and for you to communicate with us!

#### **Member Emails**

Get a membership and provide your email for 'what's new' updates

#### **Ridge Review Newsletter**

Twelve publications per year

#### Website

www.discoveryridge.com

#### Facebook

DiscoveryRidgeCommunityAssociation

#### **Twitter**

@DiscoveryRidge1

#### **Email Us**

See listing or the website 'contact us' page for contacts

## Do You Want to See Your Photo in Print?

The Ridge Review and Discovery Ridge social media channels are always looking for photos to use as a cover or in the photo gallery. We invite both amateur and professional photographers of all ages to submit photos for all seasons and events in Discovery Ridge. Please send your name and photos as high-quality JPEGs (300 DPI and 1MB in file size) to newsletter@discoveryridge.com.





Did you know that Board meetings happen monthly and all DRCA members are welcome to attend?

Please stop by to learn more about what the DRCA does for the community and our future plans. Email drca\_pres@discoveryridge.com for more information on the DRCA and if you wish to attend upcoming meetings.

#### **DOLLARS & SENSE**

#### Fly Safely on Your Vacation

from the Better Business Bureau

Are you thinking about traveling by air for a few days?

## Before Clicking the Button to Buy Tickets, BBB Recommends the Following:

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions.
   Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.
- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

## Here Are Some Other Travel-Related Resources from BBB:

- Rental cars: Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to BBB.org.





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Call Len T Wong at 403-606-8888 for more info.



(CAA)	DRCA M	EMBERSHIP FORM			
DISCOVERY RIDGE	O New Membersh	ip Renewal Membership			
Name(s):					
Address:					
Phone:					
Postal Code:					
Email:					
I can volunteer for:					
General assistance	→ Mem	bership			
Communications	<ul><li>○ Environment</li></ul>				
○ Special Events	⊃ Skati	ng Rink maintenance			
→ Sponsorship					
Payment Method:					
<b>○</b> Cheque	<b>○</b> Cash	)(C			
Membership runs from September 1 to August 31 each fiscal year.					
Make cheques payable to Discovery Ridge Community Association					
Mail to: Discovery Ridge C	Community Association	- 160 Discovery Ridge Blvd - T3H 4Y3			
form; (2) the use of the DRCA's programs and a DRCA; to solicit particip to provide information to information in the DRC members of the public to provide contact and described above. The D board of the DRCA are a	e information for the ctivities; to recruit me ation or membership to you on the DRCA paragraphs are quired by law. The registration informative CA does not sell me	ellection of the personal information on this following purposes: to solicit volunteers for embers and solicit renewal of membership in in programs or activities provided by DRCA; rograms and activities; (3) disclosure of the ers which is available for review by various ne purpose of collection of the information is on for DRCA and to use in and disclose it as embership lists. Designated members of the ons about the collection of the information.			
Date:					

### Benefits of DRCA Membership

#### What does the DRCA do for me?

- Organizes social events such as Music in the Park, annual Stampede breakfast, Santa event.
- Coordinates the Ridge Review community newsletter.
- Provides up-to-date information about issues affecting you and the community through member only email provides updates on important items for all at www.discoveryridge. com.
- Communicates regularly with the Ward 6 Office and Councillor Pootmans on community and city related issues.
- Provides effective representation and advocacy to external third parties about issues of concern to the community, including public safety, development and the natural environment.
- Attains and works casinos to fundraise for the community.
- Creates a sense of community pride through participation in community activities.

#### **Membership Perks!**

Did you know that only up-to-date DRCA Members receive regular community emails informing them of events and ongoing activities in your community? Visit discoveryridge.com to purchase your \$25 membership or see the membership.

Visit www.discoveryridge.com

#### How To Report Crime In Discovery Ridge

- Dial 911 for emergencies or crimes in progress.
- For non-emergencies, dial 403-266-1234.
- To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

## Concerns or issues about Discovery Ridge traffic or Griffiths Woods

• Dial 311 to contact City of Calgary



We have ancient China to thank for tea, the most consumed beverage in the world aside from water. According to myth, tea was discovered when a dead leaf from a wild tea bush fell into an emperor's cup of boiled water. Thousands of years later, we still love tea, so much so that January 12 is National Hot Tea Day. In honour of this day, why not brew yourself a nice hot cup of tea!

Signature:

#### MENTAL HEALTH MOMENT

#### The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | info@nancybergeron.ca



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

#### 1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

#### 2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

#### 3 Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

#### 4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

#### 5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing vourself nonverbally to another human being.

#### 6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

#### 7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

#### 8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

#### 9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!

### **Sledding Safety**

by Alberta Health Services, EMS



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these 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.
- Wear a ski helmet, designed for use in cold weather and high speeds.

#### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

#### **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.
- · Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, 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 out of 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.



## **DISCOVERY RIDGE BUSINESS DIRECTORY**

Support Your Local Businesses!

#### MEDICAL SERVICES

Cornerstone Veterinary Hospital

Discovery Ridge Pharmacy & Travel Clinic

**Discovery Dental Centre** 

Good Life Matters, Jack Dobbs, Registered

Psychologist (Lic. #1857)

**Healing Matters Psychological Services** 

Hygieia Medical Clinic

Moroz Child Psychology Group

**New Discovery Psychological Services** 

Discovery Massage & Wellness

#### GENERAL SERVICES

**Cutting Edge Barber Shop** 

Lague Nail Bar

Maharajah East India Cuisine

Aura Custom Blinds & Shades

Soular Child Montessori Development Centre

Griffith Store & Dry Cleaning

**New Discovery Fine Wine & Spirits** 

## Are you interested to help to make our community even more beautiful?

#### Join DRCA Environment Committee!

The Environment Committee has two key events in its portfolio-Earth Day Litter Pick-Up (late April) and Community Cleanup (late May). We appreciate all the volunteer help we are getting for these two important projects. But we can do more if we have more people in the Committee!

These are some of the ideas we could do if we can extend our team:

- Fighting littering
- Tree planting and grants
- Preventing graffiti
- Addressing doggy doo-doo on sidewalks
- Exploring energy efficiency programs for community
- Conducting fire-related informational programs as we live close to the woods
- Informing the community on environment projects via DRCA Ridge
- · Keeping in touch with the City of Calgary with regards to flood response and other environment-related issues

If you are interested but have limited time-that's not a problem. We do not need large time commitments. Let's have a talk and see what works.

Please contact Andrei Romaniuk, Chair for Environment Committee, at environment@discoveryridge.com.

## Please Donate to the DRCA **Bottle Shack**

#### Where Does the Money Go from the Bottles Collected at the Bottle Shack?

The money made from these resident donations helps:

- Supports the recreational facilities
- DRCA operating costs

#### How Should the Bottles be Packaged When Donated?

• Please have bottles in bags or boxes. Make sure the are bags are safely tied and the boxes taped shut to keep our volunteers safe.

#### Is There Any Other Way I Can Help Support the **Bottle Shack?**

- Yes, we are always looking for volunteers to help empty the shack.
- If you can volunteer 15 minutes every month or so, please email volunteer@discoveryridge.com.

## REACH US



DiscoveryRidgeCommunityAssociation



@DiscoveryRidge1



www.discoveryridge.com



newsletter@discoveryridge.com



mycalgary.com/magazines/discovery\_ridge/

#### **TAKE ON WELLNESS**

## New Info to be Added to Food Labels

from Alberta Health Services

Sugar is a carbohydrate and is found naturally in fruits, vegetables, and dairy products. Sugar is also added to food and drinks to improve taste, texture, or shelf life.

Too much sugar, however, can lead to dental cavities in children, and may lead to people eating more calories than we need.

To help you make lower sugar choices, look for a new frontof-package symbol that will appear on some packaged foods in Canada. Food companies have until 2026 to put a front-of-package label that will tell you if a food is high in sugar, sodium (salt), or saturated fat.

The new nutrition label will have a black-and-white symbol of a magnifying glass and will be beside any ingredient the food is high in. This symbol can help you when you are grocery shopping, so you can choose foods that are low in sugar. Regular pop, candies, chocolates, frozen desserts, and baked goods add the most sugar to Canadians' diets.

#### To lower the amount of sugar in your diet:

- Choose water to drink instead of regular pop, juice, or other sweetened drinks.
- Try baking at home and lower the amount of sugar in your recipes.
- Choose snacks such as fruit, yogurt, or nuts more often than candies, chocolates, frozen desserts, or baked goods.
- Choose plain milk or plain yogurt instead of flavoured ones. You can mix in fruit, unsweetened granola, or nut butter to plain yogurt to give it extra flavor.
- Limit the number of prepackaged foods you eat with the "high in sugar" label.









Councillor, Ward 6
Richard Pootmans

**403-268-1646** 

Eaward6@calgary.ca

Calgary.ca/ward6 @pootmans

@@richardpootmans91

Happy New Year Ward 6,

I hope you had a lovely Christmas and rang in the new year with those who are most important to you. With a new year comes a sense of belief that good things are going to happen for our City, and I am looking forward to what 2023 will bring. A reminder of a couple things that are coming in January:

## Snow Bans Restricted Parking: Online Map Shows Calgary's Snow Route Parking Bans

December brings the potential for snowfall in the city, and this means snow bans may come into effect. Before heading out, know which streets have parking restrictions by using The City of Calgary's online map that shows banned parking locations. The Snow Route Parking Bans map shows where parking is temporarily restricted on designated snow routes across the city. Parking bans may last up to 72 hours following a parking ban being issued by The City. This map is located at https://maps.calgary.ca/SnowRouteParkingBans/.

#### **Tax Assessment Notices**

Assessment notices are mailed to the current owner at the beginning of January. They reflect the market value of a property on July 1 the previous year and the condition of the property as of the subsequent December 31. I encourage you all to take the time necessary to examine your assessment for accuracy, as the customer review period is from January 4 to March 13, 2023. You can view all your information, access more useful tools and information, or contact the City Assessor at http://Calgary.ca/assessment.

The Ward 6 Team looks forward to representing you and helping you collaborate with the various departments within The City of Calgary to resolve your concerns.

Sign up for our more detailed monthly newsletters at Calgary.ca/ward6.

Sincerely,

Councillor Richard Pootmans



MLA Calgary - West
Mike Ellis
234 – 333 Aspen Glen Landing SW
Calgary, AB T3H 0N6

403.216.5439

✓ calgary.west@assembly.ab.ca

Happy New Year! My hope for you and you family is that you are blessed with good health, happiness, and success in 2023!

There is much progress being made in Alberta throughout all sectors of our economy. I continue to support the Alberta government's focus on fiscal responsibility, job creation, and diversification. Through the implementation of targeted actions by this government, Alberta's economy continues to flourish and build a prosperous economic future for our province. Continued high revenues from bitumen royalties, corporate income tax, and other revenue streams have sustained a forecasted surplus of \$12.3 billion this fiscal year. Even as economic growth is expected to slow this year across the country and around the world, Alberta's commitment to fiscal responsibility will ensure the province maintains its position as the economic engine of Canada.

With revenue forecast at \$76.9 billion and expense at \$64.6 billion, this surplus is allowing Alberta's government to pay down debt by \$13.4 billion this fiscal year. This reduces taxpayer-supported debt to \$79.8 billion and saves Albertans millions in interest payments. The government will commit another \$10.8 billion over the next three years towards savings, debt reduction, and other priorities to further secure Alberta's future economic prosperity.

Alberta's economic outlook remains solid, but risks are increasing. High inflation, rising interest rates, and geopolitical unrest are slowing global economic activity. Alberta's economy is positioned well to weather these challenges. Oil prices have softened but remain robust, boosting revenues in the energy sector. Strong growth in non-energy business output has also boosted export revenues and corporate profits. Investment is gaining momentum and Alberta's housing market is faring much better than the rest of the country. The province's strong fundamentals, including a young and growing population, high earnings, and a low cost of living, will continue to support growth in the years to come.

Albertans can share their views and ideas for Budget 2023 by filling out an online survey. The online submission portal is open until January 15, 2023. Please visit alberta. ca/BudgetConsultation.

Mike Ellis MLA, Calgary-West





#### YOUR CITY OF CALGARY

#### **Winter Cart Placement Tips**

from the City of Calgary

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- · Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins quality recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

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You may think that 'Z' was the last letter added to the alphabet, but it was actually 'J'! In the Roman alphabet, 'J' wasn't a letter, it was only a fancy way of writing the letter 'I.' It wasn't until 1524 that Italian grammarian, Gian Giorgio Trissino, made a distinction between the two characters, helping the 'J' to become the last letter added to the modern alphabet.

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