

WINTER 2021

lotuslink



Connecting the Northeast Calgary Communities of

MARTINDALE • SADDLE RIDGE • TARADALE

Staying Productive

AT HOME DURING THE PANDEMIC

Martindale

Student Art Showcase

Saddle Ridge

**Lemon Whippersnapper
Cookie Recipe**

Taradale

Winter Gardening

Lotus Link
is moving
online!

See page 4 for details.

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WINTER 2021



Connecting the Northeast Calgary Communities of Saddle Ridge, Martindale, and Taradale.

TABLE OF CONTENTS

GENESIS CENTRE

Lotus Link Is Moving Online! 4
 Happy New Year! 5
 Are You Facing Challenges From the Hailstorm? 5
 COVID-19: Where Are We At Now? 6
 Staying Productive At Home During COVID-19 7
 How A Northeast Community Came Together 8
 During The Pandemic To Feed 5,000 Calgarians 8
 Pandemic-Induced Calgary Business Suffering 10
 Sparks Save-Local Initiatives 10
 Hosting Events At The Genesis Centre 23
 Active Living Program Providers 31

MARTINDALE COMMUNITY ASSOCIATION

Message From The President 12
 Student Art Showcase 14
 Message From Ward 5 Councillor George Chahal 16

SADDLE RIDGE COMMUNITY ASSOCIATION

Message From The President 18
 Lemon Whippersnappers Recipe 19
 Increase In Puppy Scams During Holiday Season 20
 I Miss My School Days 21

TARADALE COMMUNITY ASSOCIATION

Message From The President 24
 Winter Gardening 26
 10 Tips For Selling Your Home In Winter 28

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 For hours of operation visit aspenfamily.org/programs/1000-voices

JOIN THE
GENESIS CENTRE TEAM!

Now accepting applications
 for new board directors within
 the organization.

More details on page 29.

Lotus Link is published 4 times per year by the Genesis Centre. To submit stories and photos contact your Community Association Board or email the Lotus Link editor at jardiel@genesis-centre.ca.

Interested in advertising in future issues of the Lotus Link? Contact the editor at jardiel@genesis-centre.ca.

- Genesis Centre** (403) 590-2833
- YMCA** (403) 237-2393
- Calgary Public Library** (403) 260-2600
- 1000 Voices** (403) 930-3370
- Genesis Medical Clinic** (403) 475-2500
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www.genesis-centre.ca

GENESIS CENTRE

Lotus Link is Moving Online!

Moving into 2021, this edition of the Lotus Link (Winter 2021), will be the last physically mailed version of the Lotus Link. If you are a loyal and passionate reader (or contributor), fear not! The Lotus Link will still be operating and accessible during its usual quarterly cycle. In addition to being freely accessible online at www.genesis-centre.ca and via social media, print copies will be available at the Genesis Centre front desk, conveniently located at **7555 Falconridge Blvd. NE.**

Genesis Centre's social media platforms:

f @GenesisCentreYYC
t @_genesiscentre
i @genesiscentre

Please Note: This content will be pushed to the geographically concentrated communities of Taradale, Martindale, and Saddleridge via digital mail and social media.

Plus: Do you have a story, art piece, or small business you'd like to promote/share? Please email the Lotus Link editor, [Jonah Ardiel](mailto:Jonah.Ardiel@genesis-centre.ca), at jardiel@genesis-centre.ca who will with you to ensure your content is featured in the most upcoming edition of the publication. User submissions are always welcome! 🌸

Let's connect!

STAY UP TO DATE WITH GENESIS CENTRE ACTIVITIES AND UPDATES BY FOLLOWING US ON OUR SOCIAL MEDIA ACCOUNTS

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http:// GENESIS-CENTRE.CA

Happy New Year

from The North of McKnight Community Hub!

We would like to recognize the local efforts of the community who came together to support their neighbourhood during these challenging times.

Over the past few months we learned of neighbours delivering food to those isolating, connecting families to online programs, picking up much-needed supplies for seniors living alone, checking-in with isolated friends and neighbours, and providing holiday meals. We were happy to

support all these local efforts by providing extra resources, corporate donations, and connect individual and families with supports they need.

We hope that in the new year we will be able to celebrate with you all again but until then we will continue to offer programming, workshops and events virtually. If you would like to connect to community supports or resources, please contact **1000 Voices** at (403) 930-3370.

Are you Facing Challenges from the Hailstorm?

Many people in Northeast Calgary were affected by the terrible hailstorm this past June. Now, six months later, some in our community have not yet found solutions to the difficulties the hailstorm has caused. You may be struggling with an insurance agency, or not know where you can go to get help. Perhaps the problems that the hailstorm created came on top of other challenges that you were already facing before the hailstorm hit your neighbourhood.

1000 Voices at Trellis, City of Calgary Community Social Workers, and Samaritan's Purse, along with other community organizations and community groups from NE Calgary want to help those of you who are still struggling with problems that the hailstorm has caused. We can work with you to help find and access the resources that are available in our community to help you recover from this disaster. There are many resources in our community. Sometimes it is just a matter

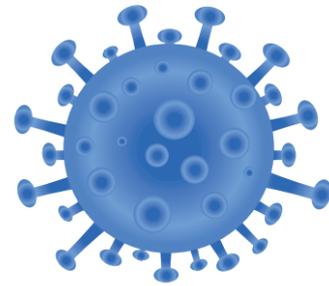


of knowing where they are and how we can best use them to find the right solutions.

The hailstorm has affected us all in different ways: physically, emotionally, spiritually, and financially. Please contact us if you experience difficulties in any one or more of these areas. So, if you are struggling with the long-term effects of this hailstorm, please feel free to contact us and see if, together, we can find a solution to the difficulties that you are facing.

You can contact **Sue** or **Tracey** at tmah-gillies@samaritan.ca or your local City Counsellor's office at (587) 604-9880 or hailstorm@georgechahal.ca. You are not alone – together, as a community, we can take care of each other! 🌸

Ary Vreeken
Project Developer, Samaritan's Purse Canada



COVID-19: Where are we at now?

On Tuesday, December 8, 2020 Alberta Health Services announced new measures to limit the spread of COVID-19, as Alberta is now under a state of public health emergency.

Genesis Centre Partial Closure

With a ban on all indoor and outdoor social gatherings, few services remain operational at Genesis Centre until at least January 12, 2021. These include faith-based services such as Friday prayers, which will now be at 15% capacity, as well as Sunday church groups. Please note that single family/household sport bookings are not being offered, until further notice.

Genesis Centre revised operating hours:

- Monday: Closed
- Tuesday: Closed
- Wednesday: Closed
- Thursday: Closed
- Friday: 11am – 8pm
- Saturday: Closed
- Sunday: 11:30am – 6:30pm

During this period of partial closure, facility-wide access will also be restricted, except for particular circumstances such as Friday prayers and Sundays for faith-based bookings, as well as food bank access on Tuesdays and Wednesdays. Medical services, such as the doctor's clinic and physiotherapy clinic remain operational at this time.

The Calgary Food Bank Service will still be accessible to those in need, which is now being offered two days a week, Tuesdays and Wednesdays. To utilize this service, you must call ahead and book a hamper before picking up. Call (403) 253-2055 to book now!

To stay up to date the latest news and information stemming from Genesis Centre, please stay connected! Follow Genesis Centre on Facebook,

Twitter, and/or Instagram, or email the Lotus Link editor, [Jonah Ardiel](mailto:jardiel@genesis-centre.ca), at jardiel@genesis-centre.ca to opt-in to Genesis Centre's mailing list.

COVID-19: How it spreads

COVID-19 is transmitted person-to-person by:

- larger droplets, like from a cough or sneeze
- touching contaminated objects or surfaces, then touching your eyes, nose or mouth

COVID-19 is not airborne and cannot spread through the air over long distances or times, like the measles. Studies suggest that the virus generally only survives for a few hours on a surface, though it may be possible for it to survive several days under ideal conditions.

COVID-19: Symptoms to look out for

COVID-19 symptoms are similar to influenza and other respiratory illnesses.

Common symptoms include:

- dry cough
- fever
- fatigue/extreme tiredness

Symptom of serious illness include:

- difficulty breathing
- pneumonia

If you have symptoms:

- stay home - do not go to an ER or clinic
- take the COVID-19 self-assessment to determine next steps and find out if you require testing at <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

If you need immediate medical attention, call 911 and inform them you may have COVID-19. 🌿

Three Big Ideas

for staying productive at home during COVID-19

While being home-bound, it can be tempting, and easy, to settle into the freedom of relaxation and boredom. Don't get me wrong, taking it easy is certainly not a bad thing. However, everything in moderation. Taking this approach becomes problematic when it is not offset with daily spontaneous activity. It's important to take time out of each day to remember to try and stay healthy — mentally, physically, and spiritually.



1 STRENGTHEN YOUR MIND, BODY, & SOUL

- Create a reading list or finish a book you've been waiting to read!
- Journaling. Practice gratitude by writing a list of what you're thankful for. Write a letter to a loved one, your future self, or just what's on your mind!
- Perform some daily body weight exercises, examples include freestanding squats, lunges, push-ups, sit-ups, plank, and low-weight arm exercises (bicep curls and shoulder press).
- Create a jogging or walking schedule. Weather-permitting get some fresh air and get active outdoors!

2 LEARN NEW SKILLS

- Bake or cook a new dish. If you don't know what to cook, there are several resources online to spark some inspiration.
- Engage in some online learning. iTunes offers many free options, accessible via iOS. Stanford Online also offers free options, as well as several other third-party sites like the Calgary Public Library.
- Pick up an instrument. Dust off that old guitar that's been in your closet for years and make some music!

3 ORGANIZE YOUR LIVING ENVIRONMENT

- Get a day planner and plan daily practical tasks, like reorganizing furniture or specific areas of the house.
- Clean old files and cupboards and create space for new items.
- Declutter your inbox—work and personal. Psychologically, this can work wonders on your mental health when it comes time to return to regular work. 🌿

Jonah Ardiel
Lotus Link Editor

GENESIS CENTRE

How a Northeast Community Came Together During the Pandemic

to feed 5,000 Calgarians

When The City of Calgary mandated a city-wide lockdown in mid-March of this year, the Genesis Centre in northeast Calgary closed its doors and moved much of its programming online. The centre, which serves as the North of McKnight Community Hub, supports 11 communities in the northeast quadrant of the city, and offers an array of recreational, health, cultural, and social services within a welcoming gathering space for residents. Last year, approximately two million people visited the hub.

“We are here to figure out how to provide the community with what it needs,” said Sherry King, executive director of the Genesis Centre. “We have a pretty big reach, and the community knows we’re here for them. Not everyone knows all the services we provide, but they know we’re a place they can reach out to for support.”

With layoffs and temporary closures of both northeast Calgary Food Bank depots, many residents faced the looming threat of empty pantries and dinner tables. For children who relied on school lunches as one guaranteed meal of the day, school closures meant going to bed hungry.

“It quickly became clear that there was a growing need in the community—a swift rise in food insecurity—that wasn’t being addressed,” said King.

One evening, King received a call from The City of Calgary, a partner in the Community Hubs Initiative, alongside United Way of Calgary and Area and the Rotary Clubs of Calgary. The City wanted to see how the Community Hub at Genesis Centre



could help Calgarians access basic needs and essential services during the lockdown.

A few weeks later, the Genesis Centre opened its parking lot to offer a free, drive-through food service with support from Trellis, the Salvation Army, Calgary Food Bank, Brown Bagging for Kids, Meals on Wheels, and others. The service consisted of meals and food hampers, and was offered to whoever needed it, no questions asked.

After hearing about the initiative, the Dashmesh Cultural Centre quickly joined in, coordinating volunteers to prepare,

deliver, and serve hot meals to people as they waited for their food hampers. Dashmesh also partnered with Brown Bagging for Kids to offer free lunches to children and teens in need.

“Our faith and community is built on the foundation of helping others; we have a tradition that involves offering free daily vegetarian meals to visitors regardless of religion or ethnicity,” said Raj Sidhu, director of operations at Dashmesh Cultural Centre. “We had overwhelming support of the community, and were able to

serve over 61,000 hot meals, 1,400 lunches to school children, and over 4,500 food hampers.”

And that’s not all.

Between May and June, the Salvation Army and Brown Bagging for Kids distributed food hampers to 1,029 families, including 2,154 children and 2,253 adults. Meals on Wheels, which handed out food hampers to students twice a week, supported almost 600 students and their families. If these numbers seem impressive, it’s because they are. They are even more impressive when one learns that the food service program was primarily volunteer-led.

“The community rallied around neighbours with no judgement and no questions asked,” said Kiima Bailey, the City of Calgary community social worker at the Genesis Centre Community Hub. “We saw people coming together and supporting one another to access the food program.”

These strong community connections played a big role in spreading the word about the food hamper and hot lunch programs. But Bailey, King, and other staff and partners knew that many of the residents would need other supports as well. They put together resource packages and connected residents to financial services and community connections as well as online programs, which residents could access thanks to laptop donations from United Way.

“There was an entire network of organizations working together,” said King. “You’d send an email out and people were responding with ‘we can offer this; we can bring that.’ Everyone was helping out. I am deeply grateful for all wonderful organizations filled with truly amazing people who are making these programs possible.

“Our greatest strength is our people—our staff, partners, volunteers, and residents. Thank you for feeding our community!” 🌸

United Way of Calgary and Area
(originally published on Calgary United Way’s blog)

About Our Initiative

The Community Hubs Initiative is a partnership between United Way Calgary and Area, The City of Calgary, and the Rotary Clubs of Calgary, in support of Calgary’s poverty-reduction strategy Enough for All. Community Hubs provide residents with a central access point for a range of health and social services, including social, cultural, recreational, and green spaces that promote a strong and vibrant community. Hubs exist in five neighbourhoods across Calgary, each tailored to meet unique community needs.

In October 2020, Shell Canada Limited renewed its multi-year investment in Community Hubs, which has engaged over 100,000 individuals since its launch in 2017. We are grateful to Shell Canada for their ongoing commitment to making our community more inclusive and welcoming, and for demonstrating that united, we make the biggest difference.

United Way is proud to work alongside dedicated partners and volunteers who rallied together to support our community during a time of great need. Thank you to our partners in the Community Hubs Initiative, the North of McKnight Community Hub at Genesis Centre, and all the inspiring individuals who selflessly dedicate their time and efforts to help those who need it the most. Because united, we make the biggest difference.

community hubs
initiative

WHERE COMMUNITY HAPPENS



GENESIS CENTRE

Pandemic-induced Calgary business suffering sparks **Save-Local Initiatives**



During the first two months of the pandemic crossing Canadian borders, Alberta saw over 19,000 small business closures with between 5,000 – 8,000 additional closures each month thereafter. ATB Financial economist Rob Roach called the Alberta data concerning as he and others suspect that a recovery is likely “not a question of months, but years.”

December now marks a ninth month milestone living through the impact of COVID-19. With infection rates out of control many physicians, infectious disease experts, and political opposition parties have lobbied for stricter lockdown measures in Alberta. With the most amendments communicated mid-month, small businesses again face economic vulnerability.

Despite subsidies to support these businesses, many shops, local eateries, and crafty retailers have all been feeling the burn when it comes to

these restrictions and closures. While the larger conglomerates remain profitable, small shops weigh cutting their staff and operations against missing rental payments or closing down altogether.

Luke Leimenstoll, the founder of LEAGUE fitness studio said, “It can be difficult to remain optimistic when the future of the restrictions are uncertain, especially considering many people rely on fitness to maintain both good physical and mental well-being.”

Yet, the silver lining lies in the heart of our community. Calgaryans are infatuated with the sentiment of ‘buy local or bye local’ as we see friends and family post in our feeds about supporting the shops we want to see survive in the future. The reasons to do so are more important than ever, because:

- When you buy local more of that money is kept in the community, as locally owned businesses purchase from other locally owned businesses.
- Statistically, locally owned businesses donate more to charity than non-local owners.
- Local shops create character in our neighbourhoods and increase the value and prosperity of our communities.
- Shopping close to home reduces our environmental footprint; especially when we consider geographic locations that will rely on commuting in the absence of local shops.
- A larger variety of small businesses increases consumer choice and maintains competitive pricing when compared to the monopoly of the transnationals which could replace them.
- Local shops invest in our city, inject more employment into the economy and provide better service since their customers are also their neighbours.



Calgary has an inspiring number of entrepreneurs, each working hard to pursue their dreams. Since COVID-19 struck, many of these dreams have become fragile or even broken.

Rhyan Pietromonaco – Founder of ProudLocalYYC

Many Calgaryans have taken it upon themselves to drive this movement, including a new collective by the name of ProudLocalYYC. Speaking from the shared mindset of our city, ProudLocalYYC is on a mission to help local business owners survive, thrive and stay alive during and after the impact of COVID-19 in our communities. “Calgary has an inspiring number of entrepreneurs, each working hard to pursue their dreams. Since COVID-19 struck, many of these dreams have become fragile or even broken. It saddens me to see the businesses in our community struggle to stay alive, and that’s why I created ProudLocalYYC,” says Rhyan Pietromonaco, the founder, and passion behind this project.

ProudLocalYYC’s online platform allows Calgaryans to purchase memberships for \$5 per month (currently on sale for only \$1 per month). It’s free for businesses to join and owners can utilize the platform for increased engagement and awareness. Businesses also get access to a community of other local retailers, an online marketplace for selling their goods and services, and many other free marketing initiatives.

With the platform launching just in time for the holidays, many notable brands such as Una Pizza and Wine Bar, Kult Fitness, Jane Says Blends, Devon+Lang, and League have already joined the community. Many others in food and beverage, fitness, wellness, clothing, entertainment, health, retail and artisanal industries are joining

ProudLocalYYC



every day. Rhyan believes that supporting local isn’t a temporary initiative... supporting local is here to stay, and there’s no plan to stop after the end of this pandemic.

This holiday we continue to support our communities and encourage you to join platforms such as ProudLocalYYC to continue making Calgary a stronger and more diversified place to call home. To learn more, head to proudlocal.ca or visit [@ProudLocalYYC](https://www.instagram.com/ProudLocalYYC) on Instagram. 🌱

Sarah Elstone



MARTINDALE

Message

from the President



Hello Martindale Residents,

I would like to wish everyone a Merry Christmas and a Happy New Year!!! This has been a crazy year with the COVID-19 pandemic, hardships faced by everyone in their health and financially. I hope and pray for a better year in 2021. I don't want to sound like a broken record but I urge everyone to take care of their health and follow all regulations issued by the health authorities. This is for everyone's benefit.

We have had a great fall with mild temperatures to help our spirits remain strong. Our MCA board meets the first Monday of every month at 7:00 pm at the Genesis Centre and now virtually. We have been working really hard to make sure that we are doing our best to serve you and the community. I would like to thank everyone for their continued work on the board as it can be very time consuming. As we grow as a board together there are definitely many firsts for us and we try to move forward positively.

We are supporting the Dashmesh Cultural Center (DCC) application for a Women's Shelter to be located at Saddletowne Circle. We are also happy to inform you that the DCC has worked relentlessly in helping out during these hard times with the "No Hungry Tummy" initiative. Anyone in need can go to the DCC and pick up a food hamper of a ready prepared meal. Please do not hesitate or be shy, anyone can be in the position of need. You can also call me directly and I will help you to either go and get it or get it delivered to you. The DCC has also supported the food bank and also had a moment of silence to honor our Veterans on Remembrance Day.

We are very appreciative of the support that we are receiving from our councillor George Chahal and his office. We do truly appreciate it. We would also like you to know that the Genesis Centre has been nothing but accommodating and also very helpful.

DIRECTORY

Martindale Community Association



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7555 Falconridge Blvd. NE
Calgary, AB T3J 0C9
(Basement across from Physio)
(403) 930-6188 ext. 2

Email:
martindale_community@yahoo.ca

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Board of Directors

Puma Banwait	<i>President</i>
Chris Clarke	<i>Vice-President</i>
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Vince Singh	<i>Director at Large</i>
Wes Hynd	<i>Member at Large</i>
Ravinder Badwal	<i>Member at Large</i>

Our new MCA board is as follows:

President	Puma Banwait
Vice-President	Chris Clarke
Secretary	KariLynn Thiessen
Treasurer	Debra McIntyre
Membership Director	Mary Prasad
Communication Director	Raymon Dhamrait
Sports Director	Steven Saunders
Directors at Large	Jagraj Singh Sohi Vince Singh Wes Hynd Ravinder Badwal

We strongly believe in giving back to the community and we are doing that by donating to our local YMCA.



PHOTO: Puma Banwait, Martindale Community Association President (centre) presents a \$5,000 cheque to the YMCA in December, 2020.

Winter is here and it is always a good time to spend with friends and family; however this year we must keep our distance. New wishes, new resolutions, different goals and new beginnings keep us all going strong. We are thankful to the all mighty for his blessings and pray to him to keep everyone happy, healthy and safe.

Now let's talk about some future planning for the summer. We are planning to do some more upgrades to our LOC and the pathways. Please contact Puma Banwait if you are able to help at (403) 660-6363 for further details.

We always promote a clean neighborhood and we have a great individual who will come and pick up your scrap metals/appliances. Please contact Mr. Jagdev Singh Sidhu directly at (403) 561-0827. Our continued efforts to keep reminding everyone is not meant to pester our members but to keep positive in our mission. Let's all make a genuine effort to clean up our neighborhood and be proud of helping our neighbors. Let's show that we do care and if everyone makes a small effort we can get there together. I would like to see that we have the cleanest community in Calgary.

We would still like to make a call for volunteers. This is a great time for you, the members of our precious community, to step forward and help us by volunteering. We need additional volunteers for our sub-committees such as donation, planning and development, etc. Please call our number at (403) 930-6188 Ext. 2 or email us at martindale_community@yahoo.ca if you are able to help.

We are a vibrant multicultural community and we love it. We believe in caring and helping our neighbors. Please be mindful and considerate in lending a helping hand whether it be shoveling your elderly neighbor's sidewalk or just picking up a piece of garbage. One step at a time and little by little we can all make this a better community. Keep positive and things will turn around. 🌿

Puma Banwait
President, MCA

MARTINDALE

Student Art Showcase

The Best Teacher Ever

Thank you my favorite teacher for acting like a friend,

And taking time to show me, lessons hard to comprehend.

Thank you for your caring and lots of other stuff:

For all the things you gave me I can't thank you

Enough! 🌸

Love

Peace is...

Knowing you're safe in the warmth of your own house.

Knowing that your loved ones are safe and you can have a great night's sleep.

Peace is knowing you have good relationships with others.

It is not being a bully but instead working for equality.

Peace is having a calm mind. It is not wanting, bad things for others.

Peace is a mystery that we haven't grasped yet. 🌸

Fateh




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Message From Your Ward 5 Councillor

George Chahal



2020 was an incredibly difficult year for all Calgarians, and especially for residents of Ward 5. Between the continuing economic challenges in Calgary, the COVID-19 pandemic, and June's hailstorm, times have been tough, no doubt. However, time and time again, Northeast Calgary has faced challenges and overcome. This year was no different.

The night of the storm, I found myself directing traffic at the Airport Trail underpass, which had flooded and was unsafe to pass through. At that point, I had no sense of the extent of the damage, but I remember thinking that this was just the beginning of the challenge. Over the following weeks and months, we rolled up our sleeves and got to work. In spite of COVID, my office was able to host a successful "physically-distanced" Community Cleanup, for the third time since my election.

Much of the damage remains, and it will take some time for insurance claims to be resolved. Calgary City Council recognized this, and brought forward a Property Tax Hailstorm Relief Program to assist property owners who were impacted by this hailstorm. This allows eligible applicants to defer their property tax without penalty while they focus financial resources on the short term financial challenges caused by the damage. The Ward 5 office is doing their part to assist residents who need support navigating the process. If you need help, please call my Hailstorm Hotline at (587) 604-9880, or email hailstorm@georgechahal.ca.

If 2020 had a theme, it was public safety, and my office and I have been deeply involved in these conversations. In February, I brought forward a Public Safety Task Force to address the increasing trend of gun violence and gang activity in Calgary. The pandemic, and social movements sweeping North America further emphasized our shared goal of a safer city for all, including those for whom

Calgary has not always been safe. I've had the privilege of meeting with many incredible community leaders who work with at-risk youth, turning them into the leaders of tomorrow and giving them hope.

COVID has had a major impact on Ward 5 neighbourhoods and communities. As of the writing of this letter, we have some of the highest rates of infection in the country. I want to be clear - thousands of residents of Ward 5 are frontline heroes, working day and night to ensure the city survives, and they are more likely to contract the virus as a result. However, each of us has a responsibility to ourselves and each other, to reduce contact with others, wear a mask, and follow public health guidelines to prevent the spread. I am grateful that most Calgarians,

including Ward 5 residents, are responsibly abiding by those principles. The sooner we are able to flatten the curve, the more likely we are able to resume life before the pandemic.

My message for you is the same as it was the day Ward 5 chose me as their municipal representative. We are stronger together, and your voice matters. Email me at ward05@calgary.ca, or send me a message on social media [@ChahalGeorge](https://www.instagram.com/ChahalGeorge) anytime - my inboxes are always open to answer your questions, hear your concerns, or just chat.

Have a safe and enjoyable Holiday Season,

George Chahal, Ward 5 Councillor
[f](https://www.facebook.com/ChahalGeorge) [@ChahalGeorge](https://www.instagram.com/ChahalGeorge)
GeorgeChahal.ca

Time and time again, Northeast Calgary has faced challenges and overcome.

George Chahal – Ward 5 Councillor



Connecting people through play

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FOURTH

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SADDLE RIDGE

Message

from the President

2021 is here! Hopefully this year will bring more happiness and freedom of movement for those of us under lockdown from COVID.

2020 was a difficult time for us all, both physically and mentally. Calgary Northeast has been hard hit by the pandemic and I truly feel for those in our community who have to go out to work on the frontline day after day. Then we unfortunately were not allowed to get together for Christmas. Some of us were lucky enough to be able to video conference with our families but, we all know that is not the same.

The uncertainty of how to combat the pandemic is always at the back of our minds. All we can do is the best we can, by making sure we socially distance, keep our hands clean, wear masks and don't socialize in our houses with anyone (even family) from outside the house. Although you may feel you shouldn't be dictated to about these cautions, please remember that there are others around you who may be susceptible to this disease and by holding to these small steps you are saving them from getting ill.

Saddle Ridge had our Annual General Meeting on November 25th and for the first time we held it virtually. My thanks to Asim Baig and Neal Jones for setting this up and posting it to YouTube. I would like to welcome some new members to the Saddle Ridge Board, Mr. Rishi Nagr and Mr. Neal Jones.

I would also like to once again say a sad farewell to Judy Brown who has been a focal point of the board for many years and who has decided to take a well deserved "vacation". Judy has been on the board for many years and has served in quite a few capacities, including President and most recently, Secretary. She has also been The Land Use Committee Chair, under which she organized and attended each Community Clean Up. She was also the lead in receiving communications from the city regarding new developments and requests to change existing land use, to name a few. Her expertise and insight into Land Use will be sorely missed.

DIRECTORY

Saddle Ridge Community Association



Office:
27 7555 Falconridge Blvd NE
Calgary T3J 0C9
Phone: (403) 590-2833

To contact the board please email
president@mysrca.ca

Web:
mysrca.ca

Board of Directors

Executive:	
Susan Clark	<i>President</i>
Asim Baig	<i>Vice President</i>
Pragati Grewal	<i>Treasurer</i>

Directors:
Raphael Ramos
Sukhvinder Malhotra
Ramesh Chevli
Atiya Ashna
Peter Bhullar
Shuvro Das
Rishi Nagr
Neal Jones

In closing I would like to wish everyone a very happy and prosperous 2021. Stay safe and healthy and if you are in need of help both physically or mentally, please feel free to contact me at president@mysrca.ca email, the Genesis Centre at info@genesis-centre.ca, or the Ward 5 Councillor's office at ward05@calgary.ca and we will try and get you in touch in someone to speak with. 🌿

Susan Clark
President, SRCA

Lemon Whippersnappers Recipe

Preheat your oven to 350° F.
Place rack in the middle position.

Yield: 4 dozen

Ingredients

- 1 package lemon cake mix (approx. 18 oz., the size you can bake in a 9-inch by 13-inch cake pan)
- 2 cups Cool Whip
- 1 large beaten egg
- ½ cup powdered (confectioner's) sugar in a separate small bowl

Directions

Combine dry cake mix, Cool Whip and beaten egg in a large bowl. Stir until it is well mixed.

Drop by teaspoon into the powdered sugar and roll to coat the cookie dough. Place the coated cookie drops on a greased cookie sheet. 12 cookies to each sheet.

Bake the cookies at 350° F. for 10 minutes. Let cool on the cookie sheets for 2 minutes or so, and then move them to a wire rack to cook completely. 🌿

The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried.

Get the **FACTS**; not the rumors and misinformation. Facts can help to minimize fears.

#Coronavirus #COVID19



SADDLE RIDGE

Increase in Puppy Scams

during holiday season

While purchasing a puppy may seem like the perfect way to spread some holiday cheer, we are warning potential buyers of an increase in puppy scams that has cost Calgaryans more than \$30,000 this year.

So far, this year in Calgary, there have been 33 reports of online puppy scams where buyers provided payment but did not receive their pet. The largest increase in reports occurred in October and November this year, with eight and seven reports respectively.

In 2019, there were 10 reports of puppy scams for the entire year, with an estimated loss of \$6,100.

“As we find ourselves in the holiday season and in the middle of a global pandemic, we know that pets can be a great source of companionship, especially for those living alone,” says Const. Kris Anton with the Calgary Police Service Economic Crime Unit. “Unfortunately, there are scammers out there who prey on people’s emotions and generosity this time of year. Our goal is to educate citizens about how to protect their personal information and hard-earned money and how to legitimately purchase or adopt a pet.”



The most common scam scenarios investigators are seeing include buyers looking for sellers online, paying for the full cost, or putting down a deposit upfront but the animal is never received.

Some scenarios promise the dog will be delivered to an agreed upon location, but the seller never shows up. Or, sometimes scammers contact the buyer claiming more funds are needed to transport the dog. Once the buyer becomes suspicious, the seller stops communication.

Warning signs of a possible scam:

- Asking for payment upfront, and using payment methods like Bitcoin or wire money transfers
- Requesting additional payment multiple times to cover things like travel, insurance, pet crates etc...
- Communication from the seller becomes less and less frequent once they receive payment

Unfortunately, recourse for victims can be difficult, especially if the fraudster isn’t local.

Police are reminding citizens to:

- **Research local organizations.** Consider using local, trusted organizations that you can contact with questions beforehand. Ask about the price of adopting a pet, and if there are known medical costs. If the price seems too good to be true, it likely is.
- **Ask questions.** Legitimate breeders and adoption agencies will work with you to offer information about the breed of dog. Ask about breed traits, information about the parents, temperament, the dog’s history or health concerns.
- **Request proof.** Ask for proof of health records/ screenings and registration with any breed specific organizations, all of which you can confirm by calling the veterinarian or organization.

- **Meet in person.** If possible, ask to meet the seller and the dog in person or, at minimum, meet them both via video call. If the seller declines, ask why.
- **Avoid providing payment upfront.** Scammers often ask for money upfront and usually in the forms of wire money transfers, Bitcoin or e-transfers. Once payment is sent it cannot be retrieved. Use a method of payment that has some form of fraud protection such as a credit card.
- **Be patient.** If the seller pushes you to make a quick decision, be cautious. Don’t trust a seller if they claim they must sell the dog quickly, cannot

take care of it or threaten harm to the animal. Responsible breeders and rescues seek out the best homes and are typically not in a rush.

To report fraudulent activity, citizens are asked to contact the **Calgary Police Service non-emergency number at (403) 266-1234**, or call **911** for a crime in progress. Victims can also report to the **Canadian Anti-Fraud Centre.** 🌱

<https://newsroom.calgary.ca/police-warn-of-increase-in-puppy-scams-during-holiday-season/>

I Miss My School Days

As you know due to COVID-19, we all are stuck at home. I am doing online schooling, so I have the experience of online and regular school now, which is a very new experience for me and my teachers too.

I like few things about online school, which are - you can sleep a little more, you can eat your breakfast in your breaks and you can do your homework anytime you want.

The challenges I faced during my online classes are, we have to wait to ask the teacher our questions, and the teaching hours for online school is less than regular school hours.

Since we are studying from home, I miss my friends because we cannot meet physically now, and share things together, the only way we can communicate together is with technology.

I hope next year we can get rid of COVID-19, it would be better for everyone, and we can go back to our schools and meet our friends and teachers. 🌱

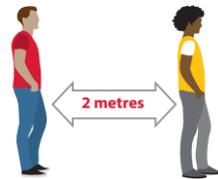
Tejas S Malhi

PHOTO: Winter artwork by Sidak.





Face coverings and masks



Regardless of the type of face covering, continue maintaining a physical distance of 2 metres from others if possible.



Face Covering

What is it?

A cloth covering for your nose and mouth, which can easily be made at home. This could also be a scarf or a bandana.

When you need it:

- To protect others from your coughs and sneezes, or viral droplets.
- Recommended by AHS for public spaces like grocery stores or where physical distance may be difficult.

How to use it:

- Cover your mouth and nose and tie securely. Ensure it is not gaping.
- Change your face covering when it gets damp or soiled.
- Should be washed daily with regular laundry.



Procedural/Surgical

What is it?

Commonly seen worn by hospital and medical staff.

When you need it:

- Best for individuals who work with patients in close contact to limit risk of infection.

How to use it:

- Ensure the correct side is facing outwards.
- Place elastics either around ears or around plastic ties on the back of the head.
- Spread fully to cover nose and mouth.
- Can be re-worn unless soiled or contaminated.



Respiratory protection

What is it?

N95s or others

When you need it:

- To protect you from a potential respiratory hazard like silica, chemicals and it also helps protect from viruses like COVID-19.
- Your supervisor or safety advisor will tell you if your job requires respiratory protection.

How to use it:

- Pre-stretch bottom straps and place on your face.
- Position under your chin with the nose piece pointing up to the ceiling.
- Secure the elastics around your head (top band around your head, and bottom band around your neck).
- Mold the metal piece around your nose and fit-test for air leaks.
- Can be used and re-worn up to five times if not soiled or wet. Store in a separate bag. (If exposed to contaminants like fentanyl do not re-wear.)



If you adjust a face covering with unclean hands, you can contaminate the mask, making it ineffective. Wash your hands.

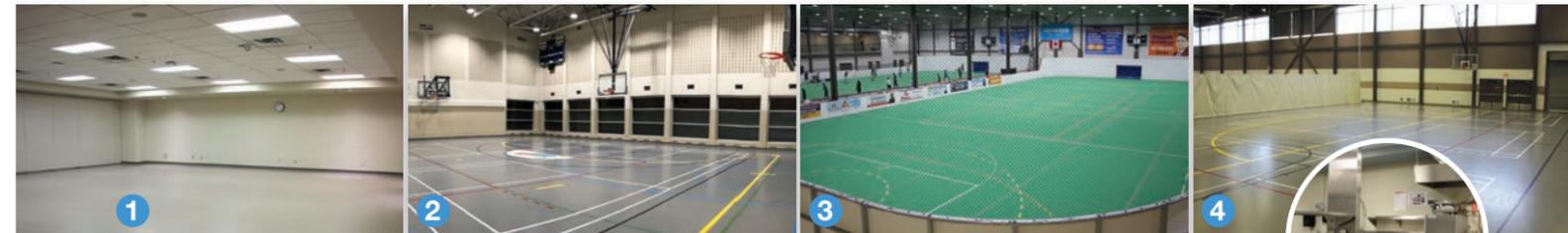
Visit calgary.ca/covid19 for more information.

20-0005662

GENESIS CENTRE

Hosting Events at the Genesis Centre

The Genesis Centre has a plethora of multi-functional spaces to support a variety of social functions and purposes:



1 Multipurpose Rooms (MPR A & B)

Size: 3,600 sq ft. (1,800 per half) | 40' x 90' (40' x 45' per half)

Ideal for... small to medium-sized functions up to 150 people (for both spaces; 75 for either MPR A or MPR B only). Typically used for small ceremonies (i.e., wedding receptions, lohris, birthday parties, AGMs, etc.) or active functions (i.e., dance classes, etc.).

You should know... This space can be divided in half, and comes with several audio-visual capabilities including in-house speakers, a podium, and projector & screen.

2 Community Gym

Total size: 9,800 sq ft. | 140' x 70'

Ideal for... sporting usage including basketball, badminton, volleyball, dodgeball, and other sports. This space can also be booked for social functions like kid's birthday parties, reunions, etc.

You should know... The Genesis Centre partners with preferred vendors to support special events, and some of these services include bartending, décor, catering, and event inflatables for kid's parties!

3 Field Houses

Size: 14,400 sq ft. | 80' x 180'

Ideal for... turf-based sports like soccer, field hockey, cricket, and lacrosse.

You should know... In the summer months, Field House One transforms into a dry pad that will act as an alternate playing surface for activities like roller skating, etc.

4 Feature Gym & Event Centre

Size: 17,100 sq ft. | 190' x 90'

Ideal for... BIG functions! The Feature Gym can support up to 1800 people (theatre style) so is great for large social functions like bazaars, concerts, cultural galas, weddings, and even tradeshow. The Feature Gym can transform into large sport-based functions for tournament and/or league play.

You should know... to support large functions in the Feature Gym, this space has embedded audio-visual capabilities in the ceiling, a built-in stage, a ticket booth-style room on the mezzanine level for ticketed events, and even a community kitchen and catering prep room for events! 🌿

HOW DO I BOOK SPACE AT THE GENESIS CENTRE?

Fill out an online quote form at genesis-centre.ca/rentals, contact bookings@genesis-centre.ca or call (403) 930-6184.

WHAT ARE THE RATES?

Hourly rates are determined by a number of factors including space and additional services. Contact our bookings team for a quote.

TARADALE

Message from the President



Dear Friends / Taradale NE Residents,

I would like to wish everyone a Merry Christmas and a Happy New Year. Most of you are now familiar with myself as your new President of the Taradale Community Association. I am a proud resident of Taradale for years now and have served this great association since 2014.

In light of this uncertain national and global emergency related to the novel coronavirus pandemic, your health and well-being are on our minds. Please know we are thinking of you and wishing you continued good health and speedy recovery if you have contracted COVID-19 and become ill.

On behalf of the Taradale Community Association executives, directors, members and volunteers, I wish to express our thanks to all the front line health workers across the country who are working hard to keep us safe in the face of this evolving health threat. I am also grateful to specifically members and residents of the Taradale community for your efforts in following prevention recommendations, and being diligent in seeking accurate information from trusted and expert sources.

It has been a very different year for all the communities throughout the city as well as for the Community Association Boards and with recent restrictions imposed by the Alberta Provincial government we have not been able to conduct our monthly in-person meetings but only virtual meeting via zoom since October and many of our plans for the winter have been cancelled. As being committed to beating COVID-19, the vaccination distribution is underway from the federal government; hopefully we will be able to overcome this pandemic to start working on many of our plans for the betterment of the Taradale community.

As an association we plan on doing lots of things and activities for the betterment of our community. We started a WhatsApp group for members to stay connected and engaged in the community. Since no in-person gatherings are permitted we are conducting monthly meetings via zoom.

DIRECTORY

Taradale Community Association



Do you want to volunteer or be a board member? We welcome all to come out and be active in helping us provide more events and activities for our community.

Phone:
(587) 393-4294

Facebook:
facebook.com/taradaleca

Board of Directors

Executive:
Shaukat Hayat *President*
Terri Littau *Vice President*
Rachelle Christopher *Secretary*

Directors:
Sajjad Ahmad *Acting Casino Chair*
Jane Barton *Community Cleanup Chair*
Allan Barton
Pankaj (Peter) Kaul
Paul Matharu
Shaukat Hyat
Jagdeep Kang
Akhtar Khawaja
Manvir Khaira

Community Clean Up

Let's focus on keeping our beautiful Taradale community clean. We are currently seeking volunteers to pick a couple hours a week to go out and clean up a street or back alley. Please contact us if you need gloves, garbage bags or shovels. Call **311** if you see any larger garbage being dumped on the streets, including back alleys and parks to have them picked up. Also, please make sure to clean up your dog's droppings to avoid the smell and flies which can potentially reduce any health hazards. We all want to see our community to be the cleanest community in the city of Calgary!

Say No to Speeding and Drugs:

Please notify the police any time you see cars and/or bikes flying down the street, as there have been many complaints from the community members regarding this potential threat not only to the drivers but also to the community in general. City police are already well aware of this life threatening issue, but need Taradale community members help to identify those cars and/or bikes who do not follow the speed limits and/or drive recklessly.

We are one of the most vibrant communities in Calgary and need our youth to be involved in co-curricular activities rather than being involved in drugs abuse which can potentially alter their own future as well as give a very bad name to the community. We must keep our youth focused on the activities which can prosper them and provide them with a better future.

Look Out for Each Other:

One thing that this pandemic has taught us is that the world is a global village where everybody is interconnected. Nobody is safe until we are all safe. As a community we have always stepped forward to help care for neighbours, regardless of age, race, color, ethnicity or religion. Sometimes a small gesture can go a long way. With snow piles everywhere at the start of this winter, consider a friendly gesture to help clean our elderly neighbours

front yard or sidewalk to reduce potential hazards. Over and above, we must follow all the safety protocols and SOP's regarding the COVID-19 pandemic. Let's make a genuine effort to look out for each other and extend a helping hand to whoever needs it.

We at the Taradale Community Association are very much aware of the fact what we all have gone through a lot and still going – but, as president, I can assure that we are all in this together and are always there for this multicultural community. We must not lose our focus in striving for the best and keeping our positive attitude to overcome all the challenges we as a community are facing together.

One thing I would like to request from all the residents of Taradale please be part of your own Community Association. Become paid member of the association and bank some volunteer hours for the community.

The City of Calgary works closely with your community association board and wants to shed some light on what it is that your community association does for its' residents.

What Community Associations do:

- Many associations also partner with the City of Calgary to offer such programs as Park 'n Play and Youth Drop-in programs. Their partnership involves a monetary contribution, use of their indoor space, as well as many hours of volunteer time. These programs are free to all participants!
- Community Associations represent the community on regional issues of interest such as major parks, major infrastructure projects in the area and social issues.
- Community Associations are created by individuals who want to improve the quality of life for themselves and others in the community.
- Through bingos, casinos, grants, special events and community memberships, your community association raises funds to provide programs and services as well as construct, operate and maintain community facilities.

TARADALE

- Community Associations offer programs directly or provide support to other organizations offering programs such as Scouts. Community Associations may also provide support services to residents in need, such as snow shovelling for seniors.
- Community Associations may offer organized sport opportunities for children and youth such as baseball, basketball, skating, hockey, soccer, ringette as well as many others.
- Block Watch, Block Parent and bicycle safety programs are examples of how community associations bring concerned citizens together to ensure safety in the neighbourhood.
- Many events are provided throughout the year which provides families an opportunity to meet others in the community and have some fun. Events include Stampede Breakfasts, craft fairs,

- skating parties recycling days, community clean ups and many others.
- The Community Association makes every effort to keep track of development and planning proposals in the areas such as transportation, roads, park and playground development and traffic issues. The City of Calgary often consults with the community association on these issues
- The Community Association communicates to the residents the activities, programs and services that are happening in the community through regular social media announcements.

Wish you all a very Merry Christmas and Happy New Years in advance. 🌸

Shaukat Hayat
President, TCA



CLOCKWISE, ABOVE: New bright green growth on a ZZ plant (Zamioculcas zamiifolia); Snake Plant (Sansevieria); Anthurium.

Moulds may grow on the saucer's damp surface and provide a food source for indoor plant pest such as fungus gnats.

If you notice tiny black flies near your plants, they probably are fungus gnats. To control the gnats, let the surface layer of the soil dry out between waterings. Use a moisture meter to check if the soil is moist at root depth before deciding if you need to water (excess soil moisture is perfect for fungus gnat reproduction). Place a potato slice on the soil surface to capture gnat larvae. Replace the potato slice regularly. Place sticky insect catchers (e.g., Sticky-Stick®) in the pot to capture the adult gnats. A vigorous population of fungus gnats can become real pests, feeding on plant roots and causing stunted plant growth (annoyingly, you may also find them floating, wings out, on the surface of your beverage).

February is when gardeners should check to ensure that everything is ready for seed starting. What are you growing from seed and when do they need to be started? If you are using heating mats and grow lights—do they work? Are the trays and pots clean? Do you have the soil or starting medium you need? Position the lights to the correct height now, create your seed tray labels, and even fill the tray cell so everything is ready for planting. The filled unplanted seed trays can be stored in a shed or the garage. It's okay if they freeze, just be sure to bring them in a day before they are needed to allow them to fully thaw before planting with seeds.

Whether winter ends with a frigid spell or warming chinooks, spring officially starts March 20. The year's begun, let's start thinking about gardening. If you need some inspiration, check out the Calgary Horticultural Society's website calhort.org. There may be a talk, workshop, or course to suit you—or become a Society member and join our growing community. Come grow with us! 🌸

Deborah Maier
Calgary Horticultural Society

Winter Gardening

Most gardening activities in Calgary move indoors during the winter. January is time to plan and prepare for the coming year's garden. Take time to review last year's efforts and outcomes, order uncommon seeds, and prepare a shopping list for a spring garden centre visit.

February is the month that the gardener's heart starts to beat a little faster in anticipation of the gardening season. We're excited because the seed orders we placed in January are arriving. It's when we can become plant nurturers again. The sun is higher in the sky bringing more direct sunlight into our homes, stimulating houseplant growth.

Around mid-February, we should see new leaves on our houseplants. When we see that growth, it's time to return to using fertilizer at full-strength. Whether you like using a liquid or a pelleted (slow-release) fertilizer, be sure to follow the product directions—more is not better—



LEFT TO RIGHT, ABOVE: Check plants roots to see if you need to re-pot/re-plant; Dusting indoor plants improves photosynthesis.

a build-up of fertilizer in the soil can harm plants. If you are concerned that you may have over-fertilized your plant, flush the soil by placing the plant in the sink, add water until it flows out the bottom of the pot, let the pot sit until it stops draining, and repeat (usually three times).

Deborah Maier

TARADALE

10 Tips for Selling Your Home in Winter

You hear a lot of people talk about spring selling but you rarely hear people talk about selling in the winter. That doesn't mean it's not a good time to sell — in fact, there are a lot of advantages to selling in winter. Here are some tips for home owners for preparing your home for a winter sale:

1 TAKE SOME PICTURES BEFORE IT SNOWS

If you're thinking of selling in winter, make arrangements for a few professional photos in summer or fall. Buyers want to see the condition of the roof, walkways, the driveway, and landscaping.

2 MAKE SURE YOUR HOME IS SEALED UP

Seal up any cracks in your windows and doors. Look at wood frames for any sign of rot or decay, and check your weather stripping. If needed, make repair arrangements to deal with drafts.

3 LANDSCAPE EVEN IN WINTER

Trim any tree branches away from the house and clear electrical wire to avoid complications from ice and high winds later in the season. Shovel and de-ice... you don't want a buyer's first impression of your home to be dampened by a slip or fall! Pine boughs at your front door will make your home look well cared for. If there's no snow when buyers come to see your home, make sure leaves are raked and your garden tidy.



4 CHECK THE ROOF, GUTTERS, & DRAINS

Selling in winter means dealing with thaws too. If you suspect a leak, get it repaired. Few things can kill a sale faster than roof problems.

5 SERVICE YOUR FURNACE

Having your furnace serviced will also be a vote of confidence for the buyer.

6 KEEP THE HEAT ON

Use your programmable thermostat liberally during the selling process. If you have people scheduled to visit when you aren't home, program the heat to turn up about 15-20 minutes before they arrive.

7 USE LIGHTS TO YOUR ADVANTAGE

Use lights in your home to make the space look bright and welcoming. If you can, use timers. That way the lights will come on automatically right before buyers arrive.

8 HAVE INFO ABOUT YOUR HOME

Does your home get a ton of sunlight in the kitchen in the mornings? How recently was the flooring put in? These are types of questions buyers might have, and you'll want to make sure the real estate agent has the answers.

9 KEEP YOUR HOME CLEAN & STAGED

Proper staging and a good cleaning never go out of season. Make your home shine inside and out. Inside the front door, have clean mats and boot trays ready.

10 DEPERSONALIZE YOUR HOUSE

Try not to take it too personal. Keep your home as simple and neutral as possible by removing personal items and photos. You want your prospective buyer to feel welcomed and imagine themselves and their family in your house. 🌸

GENESIS CENTRE BOARD OF DIRECTORS: CALL FOR NOMINATIONS

Do you want to make a meaningful contribution to the community while simultaneously building your skillset?

Apply for Genesis Centre's Board of Directors!

The Genesis Centre is a non-profit organization dedicated to sustaining a strong community by encouraging community leadership, promoting volunteerism, and creating a bridge between our diverse cultures within a fun, family environment.

We are currently recruiting new Directors to help us contribute to and sustain success into the future. The ideal candidate(s) should possess one or more of the following professional skills or competencies:

- Strategic or visionary thinkers with proven leadership capabilities.
- Experience with governance or law.
- A capacity to cultivate relationships with multiple and diverse stakeholders.
- Understanding of organizational change and development.
- Sound business acumen, accounting or financial decision-making.

If you are committed to playing a leadership role at the Genesis Centre by contributing to the strategic direction of the organization and possess any of the preceding experiences please consider a nomination. Individuals may express their interest by providing their cover letter and curriculum vitae by **4:00pm on Friday, January 29, 2021** to:

Genesis Centre Board Recruitment Committee
Email: nominations@genesis-centre.ca



7555 Falconridge Blvd. NE | Calgary, Alberta T3J 3X9 403-590-2833 | genesis-centre.ca



stay & play in Northeast Calgary

Calgary's North East Hotels

-  An extension of your home for out of town guests
-  Conference space for both social and corporate events
-  Casual and fine dining options
-  Close proximity to Calgary International Airport

Exciting Attractions

- Come visit the pandas, and over 120 other species, at the [Calgary Zoo](#)
- Experience endless family fun and attractions at [Calaway Park](#)
- Fill your day with health, wellness and community unity at the [Genesis Centre](#)
- Explore and discover science, technology and art at [TELUS Spark](#)

Shopping

- Visit over 200 stores, premium outlets and unique services at the must-see [CrossIron Mills](#)

Find out more at visitcalgary.com/northeast
[f](#) [t](#) [@](#) [v](#) /tourismcalgary #tourismcalgary

Genesis Centre 2021 Advertising Opportunities

The Genesis Centre offers advertisers the ability to advertise their services and/or products across a variety of platforms. The pricing below is based on expected foot traffic in 2021, and was derived from figures ascertained in Fall 2020. Advertisers can find value through bundled packages and/or multi-year commitments. To see Genesis Centre's demographics, or learn more about these opportunities, please email the Business Development Manager, Jonah Ardiel, at jardiel@genesis-centre.ca

STATIC

The Genesis Centre offers advertisers an impressive opportunity to market their brand to a captive audience on a 10'x3' board advertisement or 20' x 15' vinyl wall banner. Two indoor boarded fields play host to a variety of sport groups (soccer, lacrosse, cricket, tennis), spectators, community and cultural events.

10' x 3' Board Ads Annual Cost: One field house: \$750 | Both field houses: \$1,250
20' x 15' vinyl Wall Banner Annual Cost: North wall: \$3,000

PRINT

The *LOTUS LINK* is a quarterly community publication distributed across northeast Calgary, with access to 53,000+ residents each edition. Rates vary based on page size and position:

- Front Cover Banner: \$425
- Inside Cover and Back Cover: \$863.50
- Full page: \$785
- Half page: \$425
- Third page: \$325
- Quarter page: \$275

24" X 36" FULL COLOUR POSTERS inside change rooms at Genesis Centre provide access to athletes, senior high school students, and coaches.

One poster: \$250 | Two-Four posters: \$225/poster | Five posters+: \$200/poster

DIGITAL

DIGITAL INTERIOR ADVERTISING: Across eight high-impact areas inside the building, advertisers can expose guests and spectators to their brand on a 36" television screen. Locations include downstairs lobby (seated area), front desk, and via access points between the gymnasiums.

Annual Cost: Single Screen: \$125/month | All 8 Screens: \$800/month

Email Jonah Ardiel at jardiel@genesis-centre.ca to learn more and discuss bundled options and multi-year options.



Genesis Centre Active Living Program Providers

197 North of McKnight Scouts

197CalgaryScouts@gmail.com
www.myscouts.ca

Alberta Cerebral Palsy Sports Association (ACPSA)

calgary@acpsa.ca
www.acpsa.ca/calgary

Alberta Tunisian Association (ATA) Soccer

info@albertatunisianassociation.ca
www.albertatunisianassociation.ca

All Canadian Karate Union

jbray@acku.org • (403) 232-0228
www.acku.org

Calgary Adrenaline

calgaryadrenalineinfo@gmail.com
www.calgaryadrenaline.com

Calgary Bengal Tigers SC

cbengaltigers@gmail.com • (403) 804-1747 • (403) 554-6426
www.calgarybengaltigers.ca

Calgary COED Rec Soccer

info@calgarycoedsoccer.com • (403) 270-0363
www.calgarycoedsoccer.com

Calgary Hornets Lacrosse

hornetslacrosse.com

Calgary Knights Lacrosse

registrar@calgaryknightslacrosse.com • (403) 568-3573
www.calgaryknightslacrosse.com

Calgary Minor Soccer Association (CMSA)

info@calgaryminorsoccer.com • (403) 279-8686
www.calgaryminorsoccer.com

Calgary Northeast United (CNEU) FC

info@cneu.ca • (403) 585-7500
www.cneu.ca

Calgary Roller Hockey

www.calgaryrollerhockey.com

Calgary Sport & Social Club

info@calgarysportsclub.com • (403) 244-7529
www.calgarysportsclub.com

Calgary United Soccer Association (CUSA)

info@cusa.ab.ca • (403) 270-0363
www.cusa.ab.ca

Calgary Women's Lacrosse League

womenslacrosseyy@gmail.com
www.calgarywomenslacrosse.com

Calgary Women's Soccer Association (CWSA)

office@mycwsa.ca • (403) 720-6692
www.mycwsa.ca

Destiny Martial Arts Club

info@destinymartialarts.com
www.destinymartialarts.com

Dodgeball Calgary

info@dodgeballcalgary.com
www.dodgeballcalgary.com

Eastside Memorial Football Club (EMFC)

office@eastsidememorialfc.com • (587) 225-4372
www.eastsidememorialfc.com

Legacy Academy

legacyacademysports@gmail.com
www.legacyacademysports.com

MAC United Soccer Club

www.maccalgary.ca/mac-united/

MCAC Sports Club

babupetrocanada@hotmail.com • (403) 918-8013

MKan Education

mkaneducation@gmail.com • (587) 703-8847

MSB United Soccer Club

www.msbunited.com

Nachda Punjab Bhangra Academy

(403) 835-8963
www.bhangracalgary.ca

Pre-Kindergarten Educational Services

register@prekindergartened.com
www.pre-kindergartened.com

Spartans Soccer Club & Academy

spartanfcinfo@gmail.com
www.spartansoccerclub.com

Team Rise Collective Inc.

info@riseup-hoops.com
www.riseup-hoops.com

United FHC Calgary

unitedfhccalgary@gmail.com • (403) 973-1012 • (403) 667-2524
www.ufhc.ca

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