

the Silver Springs **SPIRIT**

JANUARY 2021

YOUR COMMUNITY NEWSLETTER

**Happy
New Years**

**Stay Safe
this Winter!**

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In Our Community

Councillor Report

Budget Outcome

In November, Council passed the 2021 Budget that cut property taxes by 1.77%, while still supporting Calgary police funding and addressing the concerns of marginalized Calgarians. Every City department identified budgetary cuts to achieve this goal. The Calgary Police Services (CPS) identified buckets of reductions; \$10M from future growth and \$8M to explore alternative service models for mental health calls.

It's important to note that the Chief of Police along with the Chair and the Board of the Police Commission are independent and proposed their budget to the city. The \$10M was for hiring an additional 60 staff, 30% non-sworn civilian support staff and 70% sworn officers for growth. The CPS is currently hiring and training officers as replacements to replace those lost to attrition and turnover. With COVID-19, the CPS informed Council that they do not have the capacity to hire the additional 60 staff next year, even if they wanted to. To mitigate unknown future hiring concerns for the CPS, Council supported a motion that allows CPS access to further funding for hiring, should it be required. Council also unanimously passed a motion that called on the Province of Alberta to support a joint funding partnership to fund the Community Safety Investment Framework.

Lastly, Council approved a Property Tax Program (PTP), a one-time credit to cap increases for segments of the business warehouse district. Again, the assessment system is broken and requires a more modern approach to dealing with the current and future realities facing all municipalities throughout Alberta. I encourage you to contact your MLA to support Council's request for reform.

Ward Sutherland, Councillor, Ward 1

This Month in History

January 25, 1959

An American Airlines Boeing 707 made the first scheduled transcontinental U.S. flight, traveling from California to New York.



Northwest Warriors Hockey News

Happy New Year NWW Families and community partners! We have had a very different December with the hockey season paused due to increased public health restrictions. We hope that our efforts and our sacrifices led to a happy and healthy Christmas Holidays!

As of this writing we do not know what hockey in 2021 will look like but we are looking forward to returning to the ice with our new teams and beginning the competition phase of this hockey season. Our players and coaches have worked hard in our development cohorts and we look forward to seeing our Warriors compete against other associations!

As challenging of a year that 2020 was we are encouraged by the commitment and teamwork shown by our members and partners! A big thank you to our arenas for working so hard to keep us safe!

2021 is a year of new opportunities and possibilities and we look forward to watching our Warriors once again.

Check out our website for news, events and team highlights (www.nwwarriorshockey.com). We look forward to seeing you at the rink soon. We wish everyone a happy, healthy and prosperous New Year.

The Northwest Warriors

159 Silver Springs Scouts News

Happy New Year from the 159 Silver Springs - Scenic Acres Scout group! Scouts continues to be a place for youth to have a sense of community and belonging as we live in these socially distanced times. We continue to abide by the local health regulations and guidelines set by Scouts Canada. Scouts of all ages (5-18) eagerly await the return of outdoor scouting, but will only do so when it is safe. I am impressed by our leadership group for finding creative ways to deliver fun and challenging programming.

Many members of the community look forward to our youth stopping by to collect unwanted bottles and returnables throughout the year. Due to the regulations this has not been possible so far this year. If you would like to support our group please take your bottles to the Crowfoot Bottle depot and donate some or all of the proceeds to the 159 Scout Group. We appreciate the support!

Thank you,

Kris Canivet

*159 Silver Springs - Scenic Acres Group Commissioner
commissioner@159Scouts.ca*

SILVER SPRINGS 15TH ANNUAL LEGO competition

Dear LEGO enthusiasts!

Did you know that 2021 marks the 15th Anniversary of the Silver Springs LEGO Competition?

Due to the ongoing COVID-19 pandemic we won't be able to host our usual event, but we couldn't let the anniversary slip by without recognizing it in some way.

We are getting creative, doing things a little different for this year's event, and we are going Virtual!

We are going to be offering a Showcase rather than a Competition. We want to showcase all our builder's creative talents, all the unique LEGO artworks you work so hard to produce.

No registration fees, no categories, just build!

Over the holidays, we want you to get busy creating. Then starting on January 4th, we are inviting you to send us a photo of your Build or Builds! Enter as many times as you want! We will be posting all photos we receive between Jan 4th and Jan 18th on the Silver Springs website www.silverspringscommunity.ca and after the event we will be making random draws with some prizes up for grabs.

Send entry photos or questions to programs@silverspringscommunity.ca (please include your name and age)

Questions can be emailed to the above email or give the office a call at 403-288-2616

And please pass this email on to anyone you think might be interested!

Happy Building

Norwest Soccer!

Registration for Norwest Soccer will be delayed while the volunteer organizers wait for direction from public health officials on the feasibility of a 2021 Spring Season. If you would be interested in volunteering your time to help prepare for the upcoming season please email: scenicvolunteers@shaw.ca

Toboggan Safety

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;
- Children should wear a certified, properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Hazards

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

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Attempt to cover any exposed skin;
- Even when properly protected from the elements, the

Blood Month

While donating blood is important every month, January has actually been deemed as the blood giving month out of the calendar year. So if you are healthy and able, please get out to your nearest Red Cross donation site and donate today. Give the gift of life 2021.



By: Doctor Roxanna Bree –
PhD, M.Sc, Sc.D, Msc.D, DM, Intern NMD



- finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual 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.

Emergency Medical Services, Alberta Health Services

Sudoku Corner

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits 1 – 9 only one time each.

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

Answer on Page **XXXXXX**

Compost Your Real Christmas tree

Option 1: Put your tree in your green cart

- Cut your tree into small pieces to fit inside your green cart. Make sure the lid can close.
- Put extra branches into paper yard waste bags, roll close and set 0.5 metres (two feet) to the side of your cart.

Trees that are not prepared this way will not be collected.

Option 2: Bring to a tree drop-off

December 26 – January 31

Tree drop-offs will be available around the city to compost your Christmas tree.

- Remove all lights, ornaments, tinsel, string and tree stands.
- Do not wrap or bag your tree.

Find a list of locations at calgary.ca/christmastree.

City of Calgary

Be a Snow Angel!

“Lucky and proud.”

That’s how a lot of people describe their feelings when they nominate a Snow Angel. Many are seniors without the strength to clear their walks. Others may be on the mend



from surgery or an illness and their physical ability is limited. Sometimes it’s a neighbour who is just having trouble coping with added responsibilities in his/her life.

When you pick up your shovel to clear your walk this winter, take a few extra minutes to help a neighbour too. You’ll make it easier for everyone to travel your neighbourhood and build a sense of community at the same time. For more information, visit calgary.ca/SnowAngels.

City of Calgary

Word Search

- | | |
|-------------|------------|
| BEGINNING | HOLIDAY |
| CALENDAR | HOURGLASS |
| CELEBRATION | JANUARY |
| CHAMPAGNE | KISS |
| CHEERS | MIDNIGHT |
| CLOCK | MUSIC |
| CONFETTI | NEWYEAR |
| COUNTDOWN | NOISEMAKER |
| DANCE | PARTY |
| GOALS | RESOLUTION |
| HAPPY | STREAMERS |

N M E V P A R T Y G G A F Q Y X E Y
 W E N Y X L O F O F B P I T M F W B
 Z H G A R Z B L N H O U R G L A S S
 N K A D H D D T I S R E E H C N E A
 O V P I O H U P A S J A N U A R Y S
 I B M L E C N A D E P D G E A O Z J
 T N A O N O I T A R B E L E C R E E
 U C H H T S Y G S T R E A M E R S W
 L O C T Y P I M B T O X N N C V G C
 O U O L P N O Q K M U O L I D T O B
 S N P A E Z J C N C I N S D G N V L
 E T H U P Z O A A S J U T A F R G Q
 R D X U Y L J L E O M C H E H L D Y
 G O O W C I E M V H Q A T E J C Z A
 O W N U L N A X F I A T K U Z J U O
 A N Y V D K W Q K N I J G I T S A O
 L P J A E O T H G I N D I M S U Z X
 S R R R M I G N I N N I G E B S Z H

Your Calgary Fire Department Wants You to Stay Safe and Warm This Winter!

Home-heating fires can be devastating, but fortunately, most are preventable, just by taking some simple precautions and making sure you're using your home heating equipment properly.

- Install smoke alarms in every bedroom, outside each separate sleeping area and on every level of the home. Interconnect all smoke alarms throughout the home so that when one sounds, they all sound. Test smoke alarms at least once a month.
- Be sure your home has both photoelectric and ionization smoke alarms or combination ionization and photoelectric alarms, also known as dual sensor smoke alarms.
- Practice your home fire escape drill.
- Have your chimney inspected each year by a qualified professional and cleaned if necessary.
- Use a sturdy fireplace screen.
- Allow ashes to cool before disposing. Dispose of ashes in a metal container.
- Space heaters need space. Keep all things that can burn, such as paper, bedding or furniture, at least 3 feet away from heating equipment.
- Turn portable heaters off when you go to bed or leave the room.
- Plug power cords only into outlets with sufficient capacity and never into an extension cord.
- Inspect for cracked or broken plugs or loose connections. Replace before using.
- Install and maintain a carbon monoxide alarm outside each separate sleeping area, on every level of the home, and other locations as required by laws, codes or standards.
- Never use an oven to heat your home.



For more fire safety tips visit: calgary.ca/fire.

City of Calgary

January Trivia From The Doctor's Office

Did you know that we can have a common cold without even knowing it? It's true!

So let's test your knowledge! On average...

- A: Grown-ups have two to four colds per year, and children get six to ten colds per year.
- B: Grown-ups have three to five colds per year, and children get eight to twelve colds per year.
- C: Grown-ups have six to eight colds per year, and children get six to eight colds per year.



The correct answer is answer "A". Grown-ups on average get two to four colds per year, and children get six to ten colds per year.

It's important to remind ourselves and to remind our kids to constantly wash hands, use hand sanitizer, and avoid touching our hands to our face – particularly our mouth and eye region.

By: Doctor Roxanna Bree – PhD, M.Sc, Sc.D, Msc.D, DM, Intern NMD

Sudoku Corner Solution

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

Now Drop Off More Electronic Items for Free Recycling

Finding piles of discarded electronics in your drawers and closets, or upgraded to a new device over the holidays? It might be time to recycle your old and used electronics! Never put your electronics in the blue bin, as it can cause damage to recycling facility equipment and harm workers.

Electronics like cellphones, televisions and computers have been recycled in an environmentally safe way instead of being buried in a landfill since 2004.

The City of Calgary is participating in a two-year pilot to help divert even more electronic items from the landfill, such as:

- Small appliances (hair dryers, irons, toasters, shavers,

- vacuums)
- Audio visual (calculators, radios, headphones and earbuds, microphones)
- Telecom (landline phones, modems and routers)
- Power and air tools (drills, grinders, circular saws)
- Games, toys and music (action figures, toy robots, toy vehicles, guitars)

We will continue to accept the following electronics for recycling. Remember to remove personal data before dropping off electronics.

- Mouse devices, keyboards, cables and speakers
- Laptops, tablets and notebooks
- Printers, copiers and fax machines
- TVs and monitors

Visit calgary.ca/electronics for a complete list of accepted items and City-approved drop-off locations, including City landfills. There is no charge to bring electronics to a City landfill unless your load contains other garbage.

City of Calgary

Put holiday waste in its place

Follow these tips and ideas to make your holiday season a little less wasteful.

	Reduce	Reuse	Recycle or compost
Gifts and wrapping	Support local businesses by purchasing gift cards. Give a gift of a donation to a favourite charity.	Wrap using: <ul style="list-style-type: none"> • Paper bags or gift boxes. • Jars or tins. • Fabrics or dishtowels. 	Crumple wrapping paper into a ball, put in blue cart. No metallic or foil gift wrap. 
Cooking	Check what you have at home before you shop. Make a list and buy only what you need.	Use reusable containers for leftovers instead of plastic wrap or tin foil. Save bones and vegetable peelings for soup stock. 	Compost unusable food scraps, toothpicks, paper napkins and plates, put in green cart. Recycle empty, clean and dry tin cans, glass and plastic containers. 
Holiday cleanup	Keep clean wrapping paper, gift bags and boxes for next year. 	Donate gently used household items like working electronics, furniture, clothing and toys to a local charity.	Recycle Christmas cards, envelopes and cardboard boxes. Take old electronics to an electronics recycling drop-off. 

For more holiday tips, visit calgary.ca/recycleright

What is Seasonal Affective Disorder (SAD)?

Seasonal affective disorder, or SAD, is a type of depression that occurs during the same season each year. You may have SAD if you felt depressed during the last two winters but felt much better in spring and summer. Some people may have SAD during the summer months.

Anyone can get SAD, but it's more common in:

- Women.
- People who live far from the equator, where winter daylight hours are very short.
- People aged 15 to 55. The risk of getting SAD for the first time goes down as you age.
- People who have a close relative with SAD. SAD is sometimes called winter depression or seasonal depression.

What causes SAD?

Experts aren't sure what causes SAD. But they think it may be caused by a lack of sunlight. Lack of light may:

- Upset your "biological clock," which controls your sleep-wake pattern.
- Cause problems with serotonin, a brain chemical that affects mood.

What are the symptoms?

If you have SAD, you may:

- Feel sad, grumpy, moody, or anxious.
- Lose interest in your usual activities.
- Eat more and crave carbohydrates, such as bread and pasta.
- Gain weight.
- Sleep more but still feel tired.
- Have trouble concentrating.
- Symptoms come and go at about the same time each year. Most people with SAD start to have symptoms in September or October and feel better by April or May.

How is SAD diagnosed?

Seek medical advice from your doctor. It can sometimes be hard to tell the difference between SAD and other types of depression because many of the symptoms are the same. To diagnose SAD, your doctor will ask if:

- You have been depressed during the same season and have gotten better when the seasons changed for at least 2 years in a row.
- You have symptoms that often occur with SAD, such as



- being very hungry (especially craving carbohydrates), gaining weight, and sleeping more than usual.
- A close relative—a parent, brother, or sister—has SAD.
- You may need to have blood tests to rule out other conditions that can cause similar symptoms, such as low thyroid (hypothyroidism).
- Your doctor may also do a mental health assessment to get a better idea of how you feel and how well you are able to think, reason, and remember.

What can you do on your own to feel better?

Regular exercise is one of the best things you can do for yourself. Getting more sunlight may help too, so try to get outside to exercise when the sun is shining. Being active during the daytime, especially early in the day, may help you have more energy and feel less depressed.

- Moderate exercise such as walking, riding a stationary bike, or swimming is a great way to get started. But any activities that raise your heart rate—including daily chores—can help, especially if you can do them outdoors or near a sunny window.
- Try to do muscle-building exercises at least two times each week, such as weight training or stair climbing.

Moderate exercise is safe for most people. But it's always a good idea to talk to your doctor before you start an exercise program.

Albertans can also access services by calling the Addiction Helpline at 1-866-332-2322, Mental Health Helpline 1-877-303-2642 or visiting www.ahs.ca/helpintoughtimes.

Alberta Health Services

The Resolution Solution

How To Stick-Out Your New Year's Resolution In 2021

Chances are that you have made a New Year's resolution this year, and chances also are, that you are truly hoping that you can keep it.

Most of us make these grandiose resolutions on the 31st of December at a fun event, but by January 3rd, we are on the verge of breaking them already. But this year? Stop the cycle of resolving to make these awesome changes to your life and then not following through. If your resolution is to take better care of yourself and get healthy? DO IT! No matter what your resolution, you will have a much better year if you actually stick to your goals. After all, you picked the resolution you did for a reason.

Here are some helpful tips to get you on the right path of kicking your resolutions butt this year!

1. Set Realistic Goals!

The most likely way that you will fall short of your New Year's goal is to make your goal unattainable. For example, resolving to NEVER drink a cup of coffee again is setting you up for a major fail. Instead of saying "never", how about strive for a goal that is actually attainable, such as AVOIDING or LIMITING your coffee intake.

2. Outline Your Plan!

Create a plan of action of how to maintain your goals throughout the year, and decide how you will deal with the temptations that are sure to come. Set-up an accountability buddy to go to the gym with you for example, and create a system of how to prevent you from skipping that exercise class or having that piece of cake.

3. Make A Thorough "Pros" And "Cons" List!

Making a list on paper can be more powerful than we think. Sometimes lists help us to visually motivate ourselves and keep us strong. I have found in my own life that developing lists like this over time, and even having close people to us contribute to the list, can really be a great tool to help us keep our resolves.

4. Make Sure To Reward Yourself!

No – rewarding yourself doesn't mean that you can



eat an entire box of pizza. But if your resolution is to eat a healthier diet, reward yourself with a "prize" that has nothing to do with food. This will help prevent temptation or bringing back old cravings. How about you reward yourself by purchasing that fragrance that you have been dying to have? Or treat yourself to a movie with a friend!

5. Please - Don't Beat Yourself Up!

Obsessing over the occasional "slip-up" will not in any way, shape, or form, help you to achieve your end goal. Usually we make resolutions that are in regards to habit or lifestyle change we haven't yet been able to achieve. So it's important to stay positive, do our best each day, and have grace on ourselves the days that don't go as well as we had hoped.

6. Stick To It!

According to many different books, quotes, research studies, and experts, it takes at least twenty-one days of consecutively doing something to make it a new habit, and six months for it to become part of your personality. So new changes, lifestyles, and habits to our life don't just happen overnight. It takes hard work, effort, and time. So be patient! Take things day-by-day, and don't give up when the going gets tough.

There you have it! I hope this list gives you a few tools to add to your New Year's Resolution toolbox. And no matter how hard it is, keep it up! In the end it will surely be worth it.

*By: Doctor Roxanna Bree –
PhD, M.Sc, Sc.D, Msc.D, DM, Intern NMD*

Stay Safe on Ice This Winter

Winter is here! If you're planning to get outside, make plans to be safe. There are things you and your family can do to lower the risk of getting hurt while skating outdoors.

Look First

- Check with local authorities for information on ice thickness. Thick ice is not always safe. Don't go on the ice unless you are sure it is safe. Obey signs on or near the ice.
- Before walking or skating outdoors on ice, check that the ice is smooth and at least 15 cm (6 in.) thick. If you're taking the entire family, make sure the ice is at least 20 cm (8 inches) thick.
- Check for hazards like pebbles, rocks, and branches.
- Check that the ice is in good shape without any bumps or melting/slushy ice.
- Only skate on ice that is monitored and maintained.
- Teach your child to call for help loudly and clearly if in trouble.

To stay safe, don't:

- skate on community wet ponds
- skate where there is ice over running water
- walk on ice on or near moving water
- walk on ice when you are alone (use the buddy system)
- let your child play on or near ice unless a responsible adult is watching

If the ice cracks:

- Call 911 for help.
- Lay down on the ice.
- Crawl or roll back to land.
- If a person is in trouble, push or throw something they can use to get out of the water, or float on, until expert help arrives. If you try to rescue someone from the ice, you can put yourself at risk.

Alberta Health Services



Helping Manage Anxiety After Loss

Loss is difficult—even more so during a pandemic. Worry and anxiety can develop after a major loss. Anxiety is a general feeling of tenseness or uneasiness. Anxiety can cause physical symptoms, such as an upset stomach or a headache. It can also cause you to act in ways that are unusual for you, such as being more demanding, less patient, or more irritable.

Worries and anxiety can sometimes seem to take over your life, making you feel like everything is falling apart at the same time. You may need to slow down and take things one at a time. If you are feeling overwhelmed, ask for help from someone you trust.

You can manage your worry and anxiety by:

- **Talking or writing** about the things that are bothering you. Even if you are not sure what is bothering you, finding words for your feelings often helps you figure out what is causing your anxiety.
- **Taking charge** of whatever you can. Making plans to deal with your day-to-day activities and concerns helps relieve the worry and anxiety that springs from a sense of insecurity. However, resist the urge to make major life decisions when you are anxious or worried.
- **Allowing other people to do** some things for you that you would normally do yourself. This may be difficult. If worries and concerns are interfering with your ability to take care of personal needs such as getting groceries and other responsibilities, ask for help from others. Allowing other people to help you, such as dropping off groceries, also helps them, because it gives them an opportunity to show their care and concern for you.
- **Asking for comfort.** You may need to talk to someone you trust to help you feel less anxious and worried. Talk to someone you trust. This is not a sign of weakness—it is a sign that you are aware of your need and you are taking good care of yourself.

If intense worries and high anxiety last longer than a few days, talk with your health professional or a mental health professional. Counselling, medicine, or a combination of the two may help you manage anxiety that makes it difficult for you to function.

Help is available by calling the Mental Health Helpline 1-877-303-2642 or visiting www.ahs.ca/helpintoughtimes.

Alberta Health Services

Your 2021 Property Assessment Arrives in January

Annually, The City of Calgary assesses more than 500,000 properties in Calgary in compliance with the Municipal Government Act and regulations set by the Government of Alberta and mails property assessment notices. On January 14th your 2021 property assessment notice will be mailed and the 2021 Customer Review Period will begin. We prepare annual market value assessments for the purpose of fair and equitable tax distribution.

Your 2021 property assessment value will be used to calculate your share of taxes. Your value is based on the real estate market on July 1, 2020 and the physical condition of the property on December 31, 2020.

When you receive your assessment notice be sure to review it.

If you have questions about your assessed value these steps can help you complete a self-review:

1. Review your notice for factual errors. If found, contact The City and we will correct them.
2. Log on to your secure Assessment Search account (calgary.ca/assessmentsearch). While logged on you can review your property's details, compare your property's assessed value with similar properties in your area to ensure fairness, and review real estate market trends.
3. Understand your tax implication. The City offers a preliminary property tax calculator to help property owners estimate their upcoming taxes. Please visit calgary.ca/taxcalculator.

Still have questions?

We're here to help. Contact us during the Customer Review Period and one of our property assessment experts will help you. Call 403-268-2888 or visit calgary.ca/assessment.

City of Calgary

DID YOU KNOW??

The New Year is the oldest of all holidays, as it was first observed in ancient Babylon as many as 4000 years ago.



What Should I Do If I Think I Have COVID-19?

- If you have returned from travel outside of Canada or have been in close contact with a known case you MUST self-isolate for 14 days following your return/exposure and monitor yourself for symptoms.
- If you have symptoms you MUST self-isolate for 10 days after the onset of symptoms and until your symptoms have resolved (whichever is longer).
- Complete the COVID-19 Self-Assessment to determine if you should receive testing for COVID-19. As of October 14, 2020 drop-in testing is no longer available.
- If you are quarantined because you recently came back from outside the country, or you are a close contact of a confirmed case of COVID-19, you must remain on your own property. Under no circumstance should you leave your property during the 14 days of self-isolation.
- Most of Alberta's family physicians are continuing to provide services during COVID-19.
- Patients should continue to consult with their family physician for non-urgent health concerns, including care for chronic conditions and any new health concerns unrelated to COVID-19.
- Please call your physician's office before attending in person to determine whether in-person or virtual care is the best option. If you do not have a family doctor, please visit AlbertaFindADoctor.ca.
- If your symptoms worsen, have concerns about your health or questions about COVID-19, call 811.
- Call 911 if you are seriously ill and need immediate medical attention. Inform them that you may have COVID-19.

If you are in mandatory self-isolation:

- Do not go outside for a walk through your neighbourhood or park. This includes children in mandatory self-isolation.
- You can get fresh air in your backyard, if you have one, but you must remain on private property not accessible by others.
- If you live in an apartment building or highrise, you must stay inside and cannot use the elevators or stairwells to go outside. If your balcony is private and at least two metres away from your closest neighbour's, you may go outside on the balcony.
- This directive is consistent with the new federal requirements under the Quarantine Act.

Alberta Health Services