

FEBRUARY 2016

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PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER





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Parkland Community Association

505 Parkvalley Road SE Calgary

Alberta T2J 6M4

parklandhall@telus.net

parklandcommunityassociation.org

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PARKLAND COMMUNITY ASSOCIATION

Parkland Hall
505 Parkvalley Road S.E., T2J 6M4
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parklandca@telus.net
www.parklandcommunityassociation.org



The Parkland Community Association is a volunteer organization that represents the municipal interests of the residents within Parkland. It's your voice in city planning decisions and environmental issues that affect the neighbourhood. Memberships support affordable, local programs and the cost of maintaining the Parkland Hall. Yearly fees are \$25.00.

Board of Directors:

President	TBA
Vice President	TBA
Past President	Cindy Ross
Secretary	Erika Diaz
Treasurer	David Caskenette
Membership and Civic Director	Laura Di Lello
Hall Contacts	Laurie Bradley Caroline Hart
Directors-at-Large	Peter Robinson Stefanie Caskenette Sean Darragh Leanne Black Adam Feuchuk

Board meetings Please telephone for date and time of next board meeting. All members are welcome.

Parkland Hall office hours:

General inquiries and rental information: 403 278 5330 or parklandca@telus.net. Viewing by appointment.
This newsletter is edited by the Community Association.
Editor, news collection Caroline Hart 403 278 5462
Delivery and Great News Publishing 403 263 3044
Advertising

 **We are on Facebook:**
Calgary Parkland Community Association
Park 96

**Get Connected with
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park96.com or parklandca @telus.net

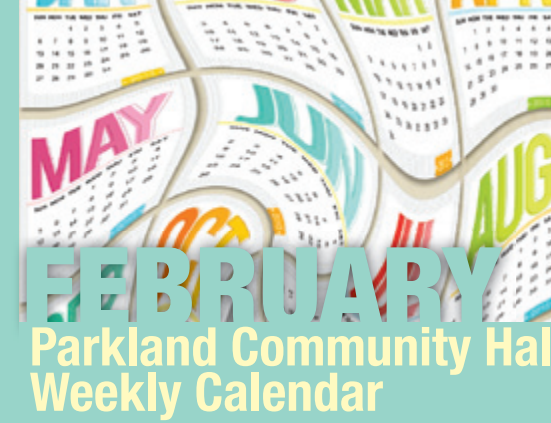
PARK 96 PARKLAND CENTRE

14660 Parkland Blvd. S.E., T2J 6L5
Phone: 403-271-7516 • Fax: 403-271-7517
park96@telus.net • www.park96.com

Park 96 is a private gated facility owned by the property owners in Parkland who have paid all fees owing and are deemed to be "Members in Good Standing" or the designate of such owner. The current fee is \$200.00 due annually on January 1st, part of which is a \$96 encumbrance on each property or residence. This fee is used to maintain operations, support social and recreational programs and finance park improvements. The Park is managed by an elected Board of Directors of up to 15 members. This Board meets at 7:00 pm on the second Tuesday of each month, excluding July and August. Members with questions or concerns are welcome to attend these meetings, with prior notice of their desire to be added to the agenda, or may contact the Board President, Keith Watson, directly at board@park96.com.

OTHER COMMUNITY REPRESENTATIVES

Parkland Baby Sitting Registry	
Eleanor Molina	403 271 2668
Parkland Babysitting Co-op	
Jessie Drevenak	403 764-6730
parklandbabysittingcoop@gmail.com	
Kyokushin Karate	403 225 3516
Parkland Guides Michelle Martin	403 273 3968
Scouts Canada Leanne Black	403 254 6339
Parkland Housesitting Registry	
Dave Wiebe	403 271 9230
Ringette	bowviewringette.com
Foothills Soccer	gofoothills.ca
Parkland Preschool	(day) 403 225 0083
Bonavista Hockey Program	www.lbbreakershockey.ca
LDS Church, Parkland State Centre	403 278 8565
Prince of Wales Elementary	403 777 6880
St. Philip Elementary	403 500 2072
TRICO Centre Anna Poulin	aepoulin@gmail.com
Colts Football	southcalgarycolts.ca
Community Resource Officer	
Cst. Andrew Morton	403 428 6800



Main Room:

MONDAYS		
9:00 AM – 5:00 PM	Parkland Preschool	403 225-0083
7:45 PM – 9:00 PM	Private booking	
TUESDAYS		
9:00 AM – 5:00 PM	Parkland Preschool	403 225-0083
8:00 PM – 9:00 PM	Yoga (call for drop-in)	403 281-7553
WEDNESDAYS		
9:00 AM – 5:00 PM	Parkland Preschool	403 225-0083
7:00 PM – 8:00 PM	Zumba (Drop-in)	bodybeat.ca
THURSDAYS		
9:00 AM – 5:00 PM	Parkland Preschool	403 225-0083
6:00 PM – 9:30 PM	Calgary Kyokushin Karate	403 225-3516
FRIDAYS		
9:00 AM – 5:00 PM	Parkland Preschool	403 225-0083
7:00 PM – 9:00 PM	Private booking	
SATURDAYS		
9:30 AM – 10:30 AM	Fit Families	fitwelltraining.com
1:00 PM – 2:00 AM	Available for private bookings	
SUNDAYS		
9:00 AM – NOON	Redeemed Christian Church of God- all welcome	
1:00 PM – 8:00 PM	Available for private bookings	
Meeting Room:		
MONDAYS		
	Bonavista Figure Skating Club	
	1st Monday of the month	
TUESDAYS		
4:30 – 5:30	Coding 4 Kids	587.969.3009
6:00 – 8:00 PM	Parkland Brownies	403-273-3968
WEDNESDAYS		
6:00 – 8:00 PM	Colts Football	
THURSDAYS		
7:00 – 9:00 PM	Avon Leadership Meetings	
	Progressive Conservative Meetings	
	2nd Thursday of the month	
	Fish Creek Wild Rose Meetings	
	3rd Thursdays of the month	

Parkland Board Meeting 403 278-5330
4th Thursday of the month

FRIDAYS

1:00 PM – 3:00 PM Parkland Book Club 403 278-5462
(Third Friday of the month)

SATURDAYS

9:00 – 10:00 AM Body Brain Energy Yoga
10:00 – 11:00 AM Qigong and Meditation with Look Beyond Wellness
Contact: MyWellnessQigingMovements@gmail.com or BodyBrainEnergyYoga@gmail.com First class is FREE Begins September 5th

BRIDGE AND CANASTA CLUB

12:00-3:00 p.m. Wednesdays at hall bring your friends we will supply the coffee/tea.

GRIEF SUPPORT GROUP

meets 7:00-8:30 p.m. Wednesday evenings
All welcome- Come together to share and heal

PARKLAND SOCCER REGISTRATION

Saturday Feb 27, 11:00-2:00 p.m. and Thursday, March 3, 6:00-8:00 p.m.
Starts May 2016

PARKLAND CLEANUP DAY

Saturday, June 12, 2016

Upcoming Events

Spaghetti Western Dinner
Lobsterfest Sunday
Fall fair
Halloween party
Tween dance
Beer and wine tasting events

For Parkland Hall booking information please contact Caroline Hart at 403 278-5330 or parklandca@telus.net.

Animal Trivia
An iguana can stay under water for 28 minutes.

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The House Sitting Registry matches home owners looking for a house sitter with those wishing to offer house sitting services. This is a great job for a teen, with some parental supervision or a home owner wishing to exchange with another. House sitting duties could include: emptying the mail box, picking up the paper, clearing away flyers, watering plants and generally keeping an eye on things. All service arrangements and remuneration are determined by the owner and house sitter.

This registry service is free of charge and only available to Parkland residences. To have your name included in the registry or to obtain a number of a sitter near you, please phone Dave Wiebe at 271-9230.

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And we'd also like to thank the City for reaffirming their commitment to keeping this service public — and saying *No Thank You* to a for-profit service that would have cost taxpayers *5-20% more!*

Here's to another great year, in Canada's greatest city.

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Nellie McClung District Guider News



Sparks – 5 to 6 years of age
 Brownies – 7 to 8 years of age
 Guides – 9 to 11 years of age
 Pathfinders – 12 to 14 years of age
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For more info about registration or about guiding, please call Michelle Martin at 403-273-3968

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What does a Home-Start volunteer do?


- Visits a family's home once per week
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- Shares their own experiences of parenting and family life

Interested in getting involved?

For more info, or to learn about upcoming training sessions, contact Home-Start or visit www.boysandgirlsclubsofcalgary.ca

North Calgary: 403-660-6809 South Calgary: 403-660-1136



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

February at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address life-cycle issues, improve health and safety components, and take the Aquatics Centre into the next 10 to 15 years. **The Aquatics Centre including pool, hot tub, and slide will be CLOSED starting February 19.** Trico Centre is very excited about the new enhancements and can't wait to share the progress with you. We will be hosting a pool grand opening, so watch for details.

Adults

- Registered adult programs starting in February: Sore Joints Training, Fit 101 for the Absolute Beginner, Strong is the New Skinny: Weight Training for Women by Women
- Check www.tricocentre.ca for two **new registered adult programs that are not in the program guide**: Triathlon Brick Training and What's What of Watts: Spinning for Power in Eight Weeks.
- February workshops include Foundation of Alignment Yoga Workshop and Mindful Relaxation.

Older Adults

- Bone Builders, Chair Yoga multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga, Sore Joints Training. Workshops and clinics include Foam Roller Workshop and Strike It for Seniors!
- New registered program** (not in the program guide so check the website for details): Brain Builders helps develop coordination, agility, and a smooth, synchronized gait through different walking conditions by improving reflexes and increasing...

~continued on page 21~

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ROCK GARDENS

Barbara Shorrock

By the end of January, the Calgary gardener has had a pretty good rest, and is possibly thinking of what might be a good project for the coming spring and summer. Let me help you...

The newest book in my library came as a Christmas gift from another gardener, and I offer it to you as inspiration for a project that can be as small as a generous shallow bowl or as large as an acreage. The Prairie Rock Garden by Donna Balzer isn't a new book (published in 2000 by Red Deer Press) but the ideas it contains are as current as the day she wrote it. Drawing upon her experience as the first horticulturist for the Calgary Zoo and Botanical Gardens and designer of many commercial and private landscapes, she leads the reader through planning, material choices, construction and finally planting a new garden that features rock as its prominent feature.

What is a rock garden, exactly? Briefly, it is a combination of rocks and plants in a single space. Some people will emphasize the geological – choosing big dramatic stones, with low plantings. Another gardener will have a dazzling array of alpine perennials that live naturally on rocky slopes with only a small fraction of the rocks visible to give structure to the scene. There is no right or wrong – what pleases the creator is the best way. There are, however, a few rules: The first to consider is location - where in your garden this feature should be, and how it will be oriented to the sun. Because the focus of this book is the prairie environment, she emphasizes the power of the sun and lack of natural moisture for a great part of the year. The rock garden can face any direction, but its design and choice of plants will vary considerably depending upon how much direct sun it receives during the growing season. The second most important consideration is slope, as it must have good drainage or the alpine plants will not thrive. Third, what is your style? Do you love the precision of a formal garden such as the

Japanese, with its carefully chosen and placed rocks and minimal plantings? Do you tend more towards the informality of the English country garden, with lush foliage and overlapping textures? Or perhaps you are drawn to the natural scenes around us such as a river cutaway, prairie coulee or mountain slabs and faces with their rocky cracks and crevices. The design section of the book was my favourite part, as she takes us through all the different styles, complete with photos of both nature and local gardens fully planted and complete.

Texture of both the hard and soft material needs to be considered, as does ones budget. A small space using local rocks you have gathered on your travels through the province may cost almost nothing except for your time and energy. If you choose to buy your stone, landscape suppliers and garden centres will give you many options, among which our local tufa is the most light-weight and porous. The Rocky Mountains are all limestone, so this material is abundant and available in a range of colours. Sandstone, fieldstone and river rock also make attractive designs. For the ambitious project, bobcat and crane may be involved, along with strong labourers and a substantial bank account.

Once you have the bones of the rock garden constructed (having followed the practical advice in Chapter 4) you get to choose and plant the alpine plant varieties that will thrive in their new home. Pages of detailed descriptions and many photos help with this part, followed by instructions on how to maintain your new rock garden. If you have planned carefully, it should be a joy for many years to come, with four season beauty and minimal work.

Barbara Shorrock is a local gardener and member of the Queensland Garden Club, which meets every first Wednesday of the month in the Queensland Community Centre. Everyone is welcome.



Parkland Babysitting Co-op



Parkland Babysitting Co-op

We are a group of Parkland moms who exchange babysitting services. Imagine grocery shopping alone, or running a few errands without kids in tow. The possibilities are endless.

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email parklandbabysittingcoop@gmail.com

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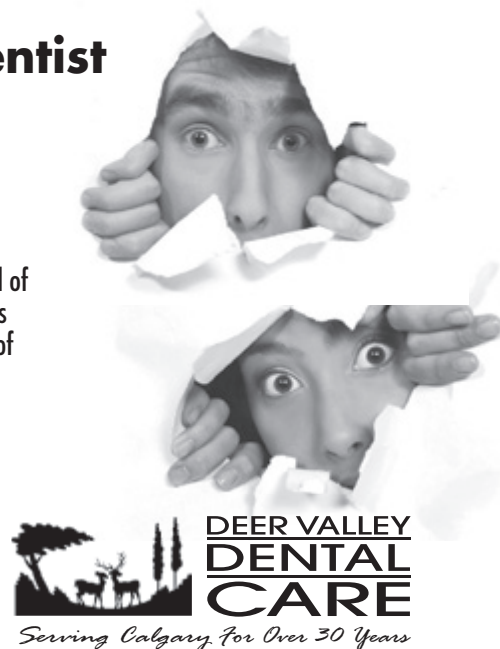
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Southland Leisure Centre - 403-648-6593

Ages 2Y – 4Y: A 10 week healthy eating and activity program for families.

SOUTHLAND LEISURE CENTRE EVENTS AND PROGRAMS:

Friday Night Dance Party at Southland Leisure Centre – February 26 from 7:15-10:00pm.

Family Valentine's Crafts & Cookies

Tuesday, February 9 - 9:30 a.m. – 11:30 am and 6:30 p.m. – 8:30 p.m. – Family Valentine's

Family Day Week-end Climbing & Gymnastics Drop-in

Sunday, February 14 – 3-5 p.m. – Family Day Week-end Climbing & Gymnastics Drop-in at

Calgary AfterSchool at Southland Leisure Centre
South Calgary Youth Council (SCYC) at Southland Leisure Centre

Fridays, 7:30 to 10 p.m. Youth Night at Southland Leisure Centre

Volunteer Opportunities at Southland Leisure Centre

Drop-in Playschool at Southland Leisure Centre

Drop-in Preschool Programs at Southland Leisure Centre

Drop-in Climbing and Gymnastics at Southland Leisure Centre

Drop-in Badminton and Basketball at Southland Leisure Centre

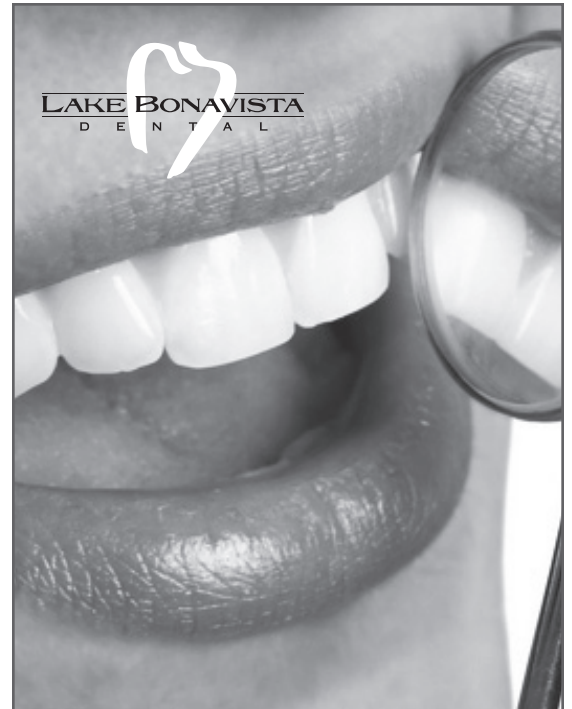
Every Sunday, 8 am to noon. Family Swim at Southland Leisure Centre.

Babysitting Room at Southland Leisure Centre

Day Camps at Southland Leisure Centre

PD School Days at Southland Leisure Centre

Southland Leisure Centre Playschool



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NEW SETON CLINIC ACCEPTING FAMILY PRACTICE & WALK-INS: 19665 Seton Way SE (Inside Seton Superstore). To pre-register please visit our website: www.vineyardmedicalclinic.com. Vineyard Medical Clinic Seton hours: Monday Friday 8:00 am 8:00 pm, Saturday 10:00 am 4:00 pm, closed Sundays.

~continued next page~

FEBRUARY IN FISH CREEK

www.friendsoffishcreek.org

Fish Creek CommUnity Fair

Would You Like to Volunteer in Fish Creek? The Friends of Fish Creek Need You!

Saturday, February 27, 2016 1:00pm - 4:00pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park (13931 Woodpath Rd. SW - Access via 130 Ave. SW and 37 St. SW)

Come to the 3rd annual Fish Creek CommUnity Fair to learn about amazing programs, courses, events and opportunities taking place in 2016. The ground may still be covered in snow, but Spring starts now in Fish Creek!

The February Fish Creek Speaker Series Sticks and Stones: Using Bioengineering to Improve Fish Habitat

Thursday, February 25, 2016 — 7:00pm - 8:00pm

Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park (13931 Woodpath Rd. SW, access via 130 Ave. SW and 37 St. SW).

Presented by Lesley Peterson (P.Biol) Provincial Biologist Trout Unlimited Canada

The process of bioengineering was used to improve fish habitat along a side channel of the Bow River here in Fish Creek. Trout Unlimited Canada undertook this project in the spring of 2015 to improve and enhance the side channel located at Mallard Point. The entire area was heavily impacted by the flood of 2013 and Trout Unlimited saw the opportunity to explore bioengineering as an effective way to repair and enhance the area to improve fish habitat. The presentation will also explore the needs of fish during their life cycle and offer people background on Trout Unlimited and the work they do provincially and nationally.

Park Protectors Needed!

The Friends invite you to join us as a Park Protec-

~continued on page 19~

BUSINESS CLASSIFIEDS

IN HOME PERSONAL TRAINING IN LAKE BONAVISTA: Want to get in shape in a fun, no judgement environment? I have a fully equipped gym and over 10 years experience. Check out what I offer at www.fitnesssthroughhealth.com. Laura Ockey PFT CFC BioSignature PICP NCCP.

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



Parkland Real Estate Update

Last 12 Months Parkland
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2015	\$569,450	\$529,500
November 2015	\$769,450	\$737,000
October 2015	\$573,233	\$557,050
September 2015	\$761,633	\$765,626
August 2015	\$686,583	\$680,966
July 2015	\$596,174	\$586,500
June 2015	\$750,950	\$731,062
May 2015	\$711,740	\$684,000
April 2015	\$604,866	\$587,666
March 2015	\$648,700	\$640,625
February 2015	\$654,900	\$632,125
January 2015	\$549,900	\$555,000

Last 12 Months Parkland
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2015	1	2
November 2015	3	2
October 2015	7	3
September 2015	7	3
August 2015	5	6
July 2015	3	4
June 2015	5	4
May 2015	8	5
April 2015	5	6
March 2015	5	4
February 2015	5	2
January 2015	6	1
Total	60	42

To view the specific SOLD Listings that comprise the above
MLS averages please visit parkland.great-news.ca

IN & AROUND SCHOOLS

Prince of Wales School

Design Thinking Goal of Idea Lab

Nicole Bezugley, Principal

Prince of Wales students are building to learn rather than just learning to build through the new Idea Lab in the Library Learning Commons. The hands-on activity centre allows students to learn to innovate with real-life skills. In the Idea Lab and in classrooms, the students will strive to solve issues by creating, building and yes possible outcomes and solutions to real issues and needs. This includes determining why potential designs fail, re-building, re-test and recreating work.

Research has shown that students who learn through this model are more resilient, become risk-takers, evaluators, synthesizers, discoverers and real-worked problem solvers. Whether it is through taking apart an electronic panel, designing the perfect ball gown or carving a 'soap' inukshuk, the lab will facilitate hands-on learning.

Donations accepted on an ongoing basis include: Lego, K'Nex, hobby tool kits, duct tape, led lights, small tool-boxes, a dress maker's form, fabric, nails, screws, nuts, bolts, washers, bars of soap, wood scraps and anything that a child could tinker with.

For more information about this concept and a detailed 'wish list' of items that would be most welcome, visit <http://powidealab.weebly.com>.

St. Bonaventure School

St. Bonaventure has had a busy start to 2016 with many exciting events to celebrate within the areas of athletics, spirituality, and community building.

Athletically, the annual senior boys and girls basketball tournament was an overwhelming success. We would like to extend a sincere note of thanks to all parents, staff, students, and community sponsors who supported the event. Falcons' players and coaches are to be commended for continuing the tradition of basketball excellence at St. Bonaventure. Good luck in the playoffs! Our junior basketball players are enjoying an introduction into the game of basketball.

Spiritually, the entire school community had the opportunity to join in the St. Bonaventure Feast Day and Shrove Tuesday. We are truly blessed to be able to con-

tinue on our faith journey with the support of the St. Bonaventure parish. The students certainly continue to enjoy learning more and more about the life of St. Bonaventure. Related to this, the theme of humility continues to come to life at St. Bonaventure through our global charity focus. Humility indeed!

In terms of engaging students for success, our senior band students are looking forward to participating in the annual band camp along with the Alberta International Band Festival. Good luck to our students and thanks to our band volunteers! Furthermore, students will once again have the chance to receive instruction from Alberta Netball.

Important Dates:

Teachers' Convention: February 11 and 12

Family Day: February 15

Professional Day: February 16

St. Philip Fine Arts Elementary School

Happy Valentine's Day from all the staff and students at St. Philip Fine Arts School.

Pope Francis has declared an Extraordinary Year of Mercy (December 2015 -November 2016). At St. Philip, we have designated one of the main gym doors a "Jubilee Door" to remind us of this great act of leadership by the Pope and to keep mercy at the forefront of our minds every time we pass through this door.

January was another busy month of teaching and learning. Students in Kindergarten to Grade 4 enjoyed learning the sport of inline skating, and the Grade 5 and 6 students went to the Olympic Oval. We also enjoyed having a travelling art exhibit from the Alberta Foundation for the Arts in our school.

Active Learning
Programs Ltd.



OPEN HOUSE

Feb 21st 1 to 5 pm
1401 Acadia Dr SE

- French Immersion Preschool 19 months to 5 years
- B & A Care for Kindergarten to Grade 6 for Ecole Sam Livingston, Lake Bonavista, Andrew Sibbald
- Summer Camps for children 3 - 12 years available

403.473.0600 | www.activelearningprograms.ca



Parkland mybabysitterlist

Name	Age	Contact	Course
Alana	24	587-888-4854	Yes
Alexa	18	403-700-0149	Yes
Aliyah	13	403-801-9420	Yes
Alyse	16	403-271-2668	Yes
Amanda	14	587-899-8983	Yes
Amber	30	587-438-4789	Yes
Amy	15	403-247-9228	Yes
Andrea	14	403-919-1200	Yes
Anna	13	587-999-5607	Yes
Ashlee	14	403-616-3236	Yes
Ayden	16	403-880-4809	Yes
Blaise	24	587-223-8583	Yes
Brianne	17	403-999-6906	Yes
Calena	19	403-978-5477	No
Calla	16	403-278-8736	Yes
Chantele	25	403-652-0083	No
Claire	16	403-259-8680	Yes
Connor	12	403-483-0828	Yes
Crystle	29	403-714-8050	Yes
Dakota	15	403-993-7525	Yes
Danielle	16	403-991-2292	Yes
Danita	21	403-990-0205	Yes
Dawn	36	403-285-9513	Yes
Deidra	28	587-582-0400	Yes
Dylan	14	403-271-0682	Yes
Eden	15	403-225-2595	Yes
Emily	23	403-999-8525	Yes
Emma	13	403-483-0828	Yes
Evelyn	12	403-475-0919	Yes
Everett	12	403-663-1963	Yes
Gabby	16	403-225-0157	Yes
Garrett	17	403-708-7312	Yes
Gillian	16	403-259-8680	Yes
Gracia	19	587-969-1296	Yes
Heather	28	403-719-5371	Yes

Heather	29	403-966-5233	Yes
Irfana	51	403-398-5219	Yes
Jakarta	18	403-808-8503	No
Jane	50	403-467-3607	Yes
Jessica	20	587-580-5696	No
Kaiya	12	403-805-1446	Yes
Karena	16	403-808-8226	Yes
Kate	22	403-437-3559	Yes
Katelyn	22	403-870-1752	Yes
Kayla	12	403-271-3611	Yes
Maddy	18	587-888-7298	Yes
Maddy	18	587-888-7298	Yes
Maggie	15	403-222-2223	No
Makenzie	18	403-796-7733	Yes
Marina	14	403-708-3657	Yes
Mary	14	403-225-3366	Yes
Maxine	13	403-455-8427	Yes
Megan	24	403-861-3718	Yes
Michelle	31	403-923-5111	Yes
Molly	14	403-630-5365	Yes
Nicole	17	403-862-8692	Yes
Owen	15	403-819-2259	Yes
Rhys	15	403-399-7509	Yes
Sabrina	16	403-512-3171	Yes
Serena	15	403-889-9844	Yes
Shannon	24	403-614-2570	Yes
Shawna	18	403-402-0489	Yes
Shea	16	403-278-0038	Yes
Sonya	20	403-389-5921	Yes

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.



COUNCILLOR, WARD 14 PETER DEMONG

www.calgary.ca/ward14
eaward14@calgary.ca or 403 268-1653

Greetings Ward 14!

Great news! You have an extra day in February! I'll be making sure that the City is using that extra day—and the other 365—wisely, and I want to mention a couple of ways we'll be doing. Let's leap right in to it.

LED Streetlights in Ward 14

The lights we use to brighten our streets at night have a huge impact on this city, and not just in terms of better visibility. They require us to produce energy, they can cause light pollution, and they often need to be replaced. I am happy to say that in 2015 we began retrofitting streetlights for new light emitting diode (LED) bulbs, and will continue into 2018 until the retrofitting of 80,000 streetlights is complete. They will be replacing the high pressure sodium lights that the City has been using for some time now.

The financial benefits of the project are clear. With all the lights installed we expect to save \$1 million annually on maintenance costs, and \$5 million in annual electricity costs. But there are also some benefits that are not as easily represented in a financial statement. They will reduce energy consumption by up to 50%—the equivalent of powering 2,820 homes per year—and will drastically reduce light pollution. I think you'll find you'll be able to see better too.

The LED streetlights are coming to Ward 14 very soon. Silverado is scheduled for retrofitting during the first quarter of 2016, and the rest of Ward 14 will be done during the third and fourth quarters. Let me know what you think of them!

Interactive Parks and Roads Map

As I write this just a little before Christmas, the Roads department, Parks department, and I are hoping for some snow to test a project that we have been working on. We had an exceptional amount of snow during the winter of 2013/2014, and we learned many things from the experience. Based on people's comments to my office, the lack of communication between the City's crews and its headquarters became very apparent. A highlighted map was literally the only way for us to know what had been cleared and what had not.

February in Fish Creek

cont'd

tor. As an alternative to traditional annual membership, you may find that the Park Protector program suits your busy lifestyle a little better. The Park Protector monthly donor program is one of the most convenient ways to support the Friends and the park everyday! In addition to a valuable tax receipt and our newsletter, Park Protectors receive the exclusive monthly e-publication the Park Protector Update, that provides information on how your contribution is making a difference in the park.

Friends of Fish Creek Annual General Meeting

Thursday, January 28, 2016, Registration at 6:30 pm, Meeting starts at 7:00 pm

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

It is because of our members, volunteers and donors that the Friends have accomplished so much. Come and have your voice heard and meet our board and staff at the Annual General Meeting. Refreshments will be served.

The result of our work will be real-time information not only on what roads and pathways have been cleared of snow, but eventually what parks have been mowed as well. It will be available to the public in an online map made possible with GPS outfitted equipment. It is a significant step forward in the level of service that we provide citizens. All we need are two significant snowfalls to test the system out. Hopefully we will have had them by the time you read this.

February Counciltalk

Thank you to everyone who attend Counciltalk in January. If you didn't get a chance, or would like another opportunity, the next one will be on February 27 at the Chaparral Resident's Association Lakehouse (225 Chaparral Drive SE) from noon to 2 p.m. If you can't make that one there are other opportunities listed at calgary.ca/counciltalk, or you could sign up to get reminders of all the Counciltalk dates at calgary.ca/ward14connect.

Have a wonderful February, and don't forget that you can always contact me.

Living the Dream Lakefront in Auburn Bay



Ryan MacDonald, B.Sc.
Sheri MacDonald, M.Sc.
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Trico Centre has been committed to family wellness for over 30 years. Trico Centre has partnerships with more than 40 communities in south Calgary. Residents of partnered communities pay 20% less for memberships than non-residents with payment of the Community Support Fee or presentation of a valid community association membership.

Trico Centre for Family Wellness
11150 Bonaventure Drive SE
403-278-7542 | www.tricocentre.ca



Artisans in quilting, knitting, crocheting, card making and cross-stitching meet to learn and practice their art in a community setting; no experience required: come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends and have a personal time-out!

Wednesday mornings 9-11 from January 6-Mar 23

McDougall United Church (no religious content/ non-denominational).

Registration preferred, but drop-in availability; babysitting supplied.

Please contact Sarah 403-918-3421 for more information.

Newsletter Submissions

Do you have newsworthy items that would be of interest to our community?

Please forward to Caroline Hart at
parklandca@telus.net
Submissions for the newsletter are due

**on the 1st day of the month
for the next month's issue.**

**Only non-profit community or individual notices
will be accepted.**

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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Trico Centre cont'd

- ing neurologic control over movement.
- Ease Parkinson's Disease Workshop, Friday, February 26, members \$32, non-members \$40.
- Check out the Drop-In Gym schedule for drop-in Pickleball times.

Families, Children & Youth

Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

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 Avenue Calgary.com/survey

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SEMINAR	DATES
Tax Advantaged Investing (Lunch provided)	February 4, 5, 8, 9, 10 or 11 at noon
Cash Flow Management	February 10 or March 9 at 7pm
Women Only Investment Seminar (1 evening session)	February 2, 9, 16, 23 or March 1, 8 at 7pm
Women Only Investment Workshop (workshop is 3 evening sessions)	February 11, 18 & 25 at 7 pm
Corporate Tax Strategies	February 4 or March 3 at 7pm
Estate Planning	March 17 at 7pm

Bring a friend or relative and join us! Refreshments will be served.
 Call 403-271-1905 to reserve your seat, or email jennifer.jamieson@raymondjames.ca

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YOKI AND JEFF'S
Recipe of the Month

Banana Muffins

Great recipe for those with Gluten sensitivities.

Ingredients:

- 5 eggs
- 1 1/4 cup of mashed bananas
- 1/2 cup of coconut oil
- 1/2 cup coconut flour
- 1 tsp baking soda
- 1 tsp vanilla
- 1/2 cup honey

Preheat oven to 400.
Put all ingredients in medium sized bowl.
Use an immersion blender and mix until smooth and well incorporated.
Put into greased muffin tins.
Use only 1/4 cup of batter muffin.
Bake 13-18 minutes.

*Add chocolate chips and nuts of your choice.



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