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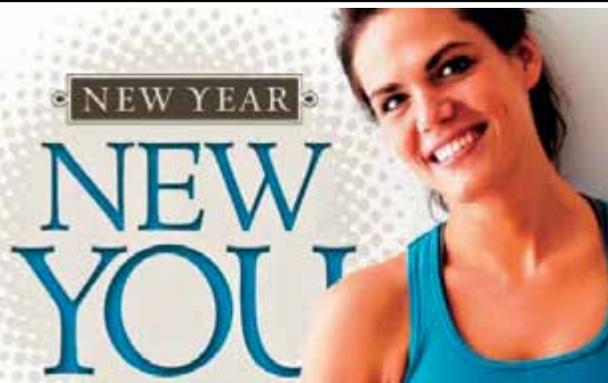
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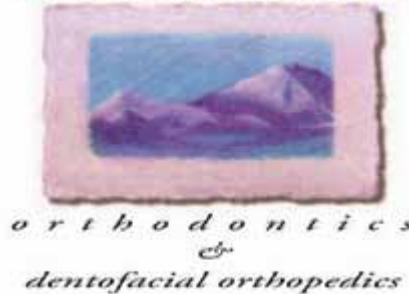
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Elected Officials



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 403-283-4993

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 gginfo@calgarygirlguides.com
 403-283-8348

CITY PARKS & PATHWAYS

Edgemont Ravine

Edgebrook Dr. & Edgebrook Blvd. NW
 35.5 hectares of networking ravines in the northwest section of the city are completely surrounded by the community of Edgemont. The naturalized marsh was one of the first to be constructed as part of the water management scheme in a community development. The community and park were established in the late 1970s. Access to the ravines is available through the parking lot on the east side of Edgebrook Blvd. NW.

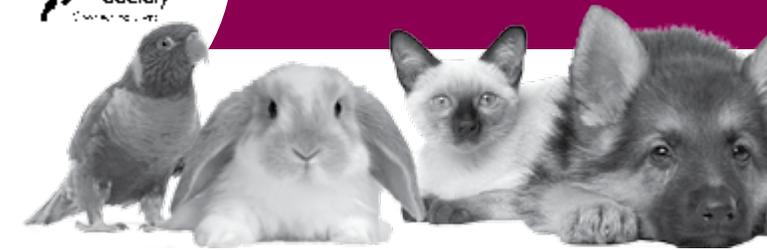
Ranchlands Park

700 Ranchlands Blvd. NW.
 Ranchlands Park occupies about 12 hectares in the community of Ranchlands in the northwest part of the city. The park was established when the community was developed in the 1970s.

Nose Hill Park

5620 14 St. NW
 Area: 1129 hectares
 Nose Hill Natural Environment Park lies in the northwest part of the city, surrounded by 12 residential communities. The park was created in 1980 and covers over 11 square kilometres. The hill most likely gets its name from the fact that, from certain locations and with a little imagination, it looks like a nose.

DOG WALKING SAFETY



Happy January from Calgary Humane Society!

Each year when the cold and snow arrives we start getting a lot of questions at the shelter about winter dog walking safety. How cold is too cold? Does my dog need boots? Should dogs wear coats?

Going for a walk, even in cold winter weather, is an important form of exercise and mental stimulation for dogs, but as the mercury starts to drop going for a run may sometimes require a bit of extra planning!

How cold is too cold to walk the dog? Different breeds of dogs will have very different tolerances to snow and cold. If you have a husky there is a pretty good chance you don't have to worry much about the cold, whereas a chihuahua will become too cold very quickly. Generally animals with thick coats are much more hardy in cold weather, but there are also individual differences. If your dog has arthritis or back/neck problems, they may get a bit sore as the temperature drops. If you are concerned that cold weather is causing problems with your pet, we recommend booking an appointment with your veterinarian.

How do you tell if it's too cold? Well if your dog is holding their paws up or shivering they are too cold and would probably rather be inside. If your dog is running in circles and leaping into snow banks then they are fine to keep enjoying their time outside. If your dog becomes cold easily, or if there is a risk of frostbite, opt for several short walks instead of one long walk.

Should dogs wear boots? If your dog has been trained to wear boots, they can be helpful to protect paws from cold and ice melt chemicals. Boots can be distracting and annoying to a dog that isn't used to them, so if you do decide to use boots a slow and positive introduction to them is vital.

If you are not using boots for your dog then some extra vigilance is needed in the winter time. Many types of ice melting chemicals are toxic and can also cause burns to your dog's paw pads. When encountering possible ice melt on walks, encourage your dog to walk in the snow or (if you have a small dog) lift them over patches of ice melt. When you return from winter walks, be sure to wipe your dog's paws well to keep them from licking any salt/ice melt off their feet. If you are purchasing ice melt for your own property, invest in a pet-friendly version! Pet friendly ice melt won't burn paws and is non-toxic.

What about a coat? Does my dog need one? If you have a small dog or a dog that gets cold easily then a jacket could be a great idea. Choose a jacket that is the right size and one that doesn't restrict your pet's movement.

What other winter hazards could my dog face outside? Antifreeze. Just a few sips of antifreeze can be lethal to a pet, so keeping this winter chemical far away from curious noses is an absolute must. Keeping your pet on leash is the best way to make sure they stay out of winter chemicals. If you are purchasing antifreeze, look for brands that have bittering agents added. Antifreeze is naturally sweet, so some companies now add these bittering agents to prevent pets from drinking it.

From all of us at Calgary Humane Society, we wish you a safe and happy January!



**FEBRUARY 16 TO 21
THE WIZARD OF OZ**

Join Dorothy, Scarecrow, Tin Man and Lion on a journey down the yellow brick road. This new production of The Wizard of Oz adapts the classic book for the stage and contains the well-loved songs from the Oscar-winning film.
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- **February 1 to 29 - YYC Hot Chocolate Fest:** Participating restaurants and cafes across Calgary each create a signature hot chocolate and try to win Calgarians' hearts — the hot chocolate with the most votes takes home the title of Calgary's Best Hot Chocolate. www.yychotchocolate.com
- **February 3 – Calgary Flames vs Carolina Hurricanes** at the Saddledome 7:30 pm. www.calgaryflames.com
- **February 5 to 20 - Lord of the Flies:** Remarkably true to the novel in spirit... the theatre lends itself particularly well to the ritualistic aspects of the story - chanting, dancing, marching, forming a circle round the victim, stamping out a fire. You end up feeling you have seen a fable of infinite implications enacted in a little room. www.storybooktheatre.org
- **February 12 – Calgary Hitmen & Red Deer Rebels** face off at 7:00 pm at the Saddledome. www.hitmenhockey.com
- **February 12 to 14 - Block Heater: A Winter Music Extravaganza:** There's a new music festival in Calgary over the Family Day long weekend. More than 20 artists perform at three Inglewood venues over three days. www.calgaryfolkfest.com
- **February 12 to April 17 - Suite Surrender:** Mistaken identities, overblown egos, double-entendres, and a lap dog named Mr. Boodles round out this hilarious riot of a love note to classic farce. www.stagewestcalgary.com
- **February 21 to 22 - Spinosaurus: Lost Giant of the Cretaceous:** Meet Spinosaurus, the largest predatory dinosaur yet discovered and hear the incredible story of how this prehistoric giant was almost lost to science, before being brought back to light with the help of a remarkable young paleontologist. www.artsccommons.ca
- **February 26 - Calgary Hitmen vs Royals** at the Saddledome 7:00 pm. www.hitmenhockey.com
- **February 27 – Calgary Flames & Ottawa Senators** face off at 8:00 pm at the Saddledome. www.calgaryflames.com
- **February 28 - Night With the Stars:** This year, Theatre Calgary's annual fundraiser has an otherworldly theme. This gala takes participants to a different galaxy. www.theatrecalgary.com



- 1. Don't be coy about your budget but do be realistic.** Make sure you do your homework, find out what is realistic by talking to friends who have done similar things. Tack on an extra 20% for those inevitable unforeseen issues. Your contractor should have regular meetings with you to keep you updated on the budget.
- 2. Hire well and trust.** Choose someone who you connect with and can be honest with. In the early phases of the design stage, there may be options that are not perfect or that you may not have thought of. Having the conversation about what you like and what you do not like is important. Check Renomark and Alberta New Home Warranty for firms to interview.
- 3. Details are crucial but start at the end.** As you get further into the process the details become more important so remember start at the end with the big picture and work your way down to the details.
- 4. Renovate for the long term.** Make sure your renovation is up to date and save the trendy things for less permanent items such as accessories. Do it once, do it right and put as much quality as you can afford, but do not overbuild for your home.
- 5. Always be appropriate.** Remembering to "start at the end", make sure your renovations will be **appropriate** for your lifestyle, **appropriate** for your budget, and **appropriate** for your house.
- 6. Have fun!** I hope these tips help make your renovation journey enjoyable. Remember renovations are done by human beings and human beings can make mistakes. Be patient; Trust your team to make anything that goes wrong (and it will), right.

By Lynn Donaldson

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IN & AROUND CALGARY

Pet Safety—Keep Your Pets Indoors This Winter

Humans are not the only ones who need to keep warm during the winter months. Your pets do too. Although they might be covered in fur, your pet can still fall ill during the colder months or even get frostbite when temperatures drop below freezing. But have no fear, here are a few tips on how to keep your pet warm this winter.

Keep your pet indoors. This is the number one way to keep your pets safe and warm in the winter. For dogs, take shorter walks when the weather is severely cold. A good rule of thumb is to go out with them and when you're ready to come in, chances are your dog is too. If your dog must stay outside, make sure she has proper shelter and a source of fresh water at all times, and make sure her water cannot freeze.

It's important to remember that cold cars can pose a significant risk to your pet's health. Leaving your cat or dog in the car is just as dangerous in winter as in the summer. Limit car travel to only that which is necessary, and don't leave your pet unattended in the vehicle.

If you lose your pet during the winter months, do not delay. Call 3-1-1 to see if Animal Services has picked up your pet. If not, file a lost pet report with Animal Services.

For more information about pet safety please call 3-1-1 or you can visit us on our Facebook page or on Twitter @yycbylaws.

Give new life to your Christmas tree

You can turn your real Christmas tree into useful mulch instead of waste through The City's Christmas Tree Recycling program. Trees are collected from homes that receive residential garbage collection. Place your tree on the ground near your black cart collection spot **by 7 a.m. on Friday, January 8**. Make sure the tree is not blocking the street, lane or sidewalk and is at least one foot (30 centimetres) away from your carts. Please **leave your tree out** and it will be picked up by the end of January.

If you live in an apartment or condo, tree drop-off locations are open from December 26 to January 31:

- Bowness Fire Station #15 – 6328 35th Ave. N.W.
- Spyhill Landfill – 69th Street and 112th Avenue N.W.*
- Prairie Winds Park – 223 Castleridge Blvd. N.E.
- Bottomlands Park – St. George's Drive and Seventh Avenue N.E.
- Marda Loop Communities Association – 3130 16th St. S.W.
- Parks Compound – 10312 Sacramento Dr. S.W.
- East Calgary Landfill – 17th Avenue and 68th Street S.E.*
- Shepard Landfill – 114th Avenue and 68th Street S.E.*

*Landfill locations are closed Sundays.

To prepare your real tree for recycling, remove the tree stand and any ornaments and lights. Do not bag or tie your tree.

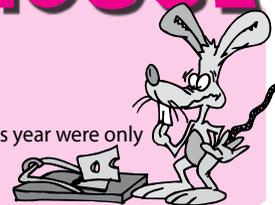
The mulch from recycled Christmas trees is available to residents at no cost at the East Calgary landfill, while quantities last.

For more information, visit calgary.ca/christmastree.

THE MOUSE

Bev Smith

Back Porch 5 AM
Check the traps
It's November and the mice this year were only
About five.
But end of season
This one is very smart.
Eerily.



I lined up the traps my patented way
Five, in a circle. He'd have to step on one to get to another
Surely.
A bit of cheese placed just outside one, to entice.

Seems cruel but I have rules.
Out there in the yard, under trees. Fine.
He's in his world
But the porch is my territory.

Each morning the cheese is gone.
I marvel
I rearrange them to a straight row, back to front
I rearrange them to no pattern
I put them in other locations to surprise him
I buy more traps

Yesterday I put six in two rows, face to face
With an end one so he'd be physically unable to not mess up
And I waited.
This morning the cheese was gone from three of them
anyway.
He had moved the end trap farther away, brilliantly
And then gotten access to the first pair from the side.
I had not thought of that.
Wish I had motion-sensor camera to watch him

Does he have a friend?
Does he reach through with tiny paws?
And I realize a mouse brain has outwitted my own -again.
I went to the store to get better traps
They had them.
Kill traps with huge metal bars to slam down on him
Or poison pellets -
Costly but guaranteed.

And I could not bring myself to buy them.
We are returning to our routine
I feed him cheese daily
In some sort of devious but gentle way that tests his IQ
If he dies, he dies.
But it makes it a fairer challenge.
Respect.

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JANUARY MOON CALENDAR



Last Quarter
Jan 1



New Moon
Jan 9



First Quarter
Jan 16



Full Moon
Jan 23

EMS: Sledding Safety

Alberta Health Services, EMS, would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking 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 to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the 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 water (not hot; ~41°C max.) until re-warmed.

Crowchild Trail Study

Let's continue the conversation in 2016!

Thank you, Calgarians! Throughout November 2015, we heard you share hundreds of ideas on possible changes to Crowchild Trail at workshops, drop-in sessions, idea boards, and online.

In February and March, attend a drop-in session to see how ideas from Calgarians are being used to develop preliminary concepts. You will be able to see what commonly-heard ideas look like when applied to the Crowchild Trail corridor, and help evaluate how the benefits, impacts, constraints and trade-offs align with the direction of the study. We want to continue the conversation with you.

The City of Calgary is conducting this transportation study to identify short-, medium- and long-term upgrades for Crowchild Trail between 24 Ave. N.W. and 17 Ave. S.W.

For specific event dates, times, and locations, or to learn more about the study, visit calgary.ca/crowchild or call 311.

Fire Safety

A message from the Federation of Calgary Communities Building Safe Communities Program

Each year the Calgary Fire Department responds to over 1000 fires in Calgary. Here are some tips on staying safe from the Calgary Fire Department:

- Ensure your bedroom doors are closed while you are sleeping
- Ensure there are smoke alarms and carbon monoxide detectors on every level of your home
- Ensure there are at least two exits out any room where people are sleeping (ex. a window and a door)
- Prepare a home fire escape plan including a meeting place



A recent study indicates when men crave food, they tend to crave fat and salt. When women crave food, they tend to desire chocolate.

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Focusing on the future

The 2015 calendar year has come to an end, but the Calgary Board of Education school year is in full swing and it's a great time to reflect on the year so far.

More students

This fall the CBE welcomed a record number of students in our schools, bringing our total enrolment to 116,987 students. We are proud to be the dynamic learning community of choice for students from kindergarten to adult education.

Great results

We are also proud of the academic results our students are achieving. In the 2014-15 Grade 6 and 9 provincial achievement tests and diploma exams, CBE students continued to outperform the province in most subjects, particularly at the excellence standard.

Building for student success

The CBE continues work on an unprecedented 31 capital projects including: 21 new schools, three re-

placement schools, six major school modernizations and one modular extension. We are currently on schedule to open 15 new schools during the 2016-17 school year. For information on these projects, visit cbe.ab.ca/schools

Working together

The CBE is committed to involving people in decisions that affect them. To do this more effectively, we are developing a new system-wide approach to public engagement.

This approach will help people understand how their contributions influence decisions within the CBE, clarify roles and responsibilities and allow us to have a consistent approach across our system.

If you are interested in participating in this process, please sign up online at cbe.ab.ca, under Get Involved.

The Board of Trustees would like to wish you and your family a happy holiday season and wish you all the best in the new year. We always welcome your comments, feedback and questions. You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca.

Follow the Calgary Board of Education on Twitter @yycedu



DO YOU READ WHAT I READ?

Barbara Shorrock

All the information you could ever want to access is on the internet now, but I still believe there is nothing so satisfying as a beautiful book with glossy photos, whether it be a cookbook, a travel book or a book about gardens. The research for today's article has been done in my own house where the serious bookshelves are laden with the collection of many years of gifts and purchases. Winter is upon us (as I write this we are experiencing a major snow and wind event with wind-chills at a dangerous level; in Saskatchewan we used to call these blizzards) and it is the best season to browse and dream of what might be possible in a few months when spring arrives. So pour yourself a cup of tea, add a plate of cookies, and browse with me through some of my favourites:

Front Yard Gardens – Liz Primeau. Large or small, bold or subtle, formal or cluttered – it is all good. Liz covers the whole spectrum of that space between your front door and the street.

Favourite Plants – Liz Primeau, editor. From Canadian Gardening Magazine, this features the best plants to choose for your Canadian Garden. Not meant to replace your "Encyclopedia of All Things Plants" it helps the gardener to make wise choices when adding to old beds and creating new ones.

The Flower Gardener's Bible – Lewis and Nancy Hill. Much more than a series of beautiful pictures and descriptions, this book tells you how to and why to and where to, assuming the reader doesn't have a lot of knowledge to begin with.

A Year In the Garden – Steven Bradley. Season by season, he takes us through projects that are manageable by most handy gardeners. This isn't a Canadian book, so you get a glimpse of what works in the

US and Britain, but the illustrations and photos are excellent.

The Calgary Gardener Vol 1 and 2 – The Calgary Horticultural Society. I can't tell you how many of these I have given to gardeners new to Calgary. Our climate and soil can be a bit of a mystery to immigrants, particularly those who have migrated from British Columbia and Ontario, never mind other countries. No glossy pictures in these guys, just page after page of down-to-earth useful information on how to deal with winter Chinooks, alkaline soil, lovely summers that are interrupted by blasts of winter now and then, and what to plant and where.

The Northern Gardener: Perennials that Survive and Thrive - Barbara Rayment. Zone 3 choices for our part of the country, all organized and alphabetized. Well written and easy to navigate.

No Work Garden - Bob Flowerdew. I must confess I bought this solely for the title, and also the author's name, but it really does have lots of advice to lighten the work load. I would have named it "The Less Work Garden", but his title sells more books, I am sure.

No Guff Vegetable Gardening – Donna Balzer and Steven Biggs. They call themselves Garden Coaches, and this unusually arranged soft-cover volume is full of cheerful graphics by a couple of artists from Gabriola Island's Feedlot Studios (love that name). Of course, there is much useful info among the charming photos and amusing drawings. A fun read.

One of the benefits of attending the Queensland Garden Club monthly meetings is access to the freebie's donated by members who are culling their collections of books, magazines, house plants, succulents, pots, baskets, etc. etc. 1st Wed. each month at the Queensland Community Centre.



Bohemian Waxwing: Visitor from the North

By: Katie Fisher
Photo: Niket Sura

As the snow sets in and sunlight runs at a minimum, we prepare ourselves for what might feel like the longest months of the year. Many of the pretty songbirds have flown south for warmer climates, however, our friend, the Bohemian Waxwing, will at times, fly south to us from the north to escape some of the harshest conditions.

The Bohemian Waxwing is a medium-sized songbird who is brownish gray in colour, equipped with a black mask, a yellow tip to tail and a crest on top of his head. He earns his name from the nomadic movements of the winter flocks; much like the inhabitants of Bohemia who live unconventional lifestyles or like the lives of gypsies. He does not hold breeding territories like other songbirds, simply for the reason the fruits he enjoys to snack on are abundant, but only available for short periods of time. Unlike songbirds, the Bohemian Waxwing has no true song as he doesn't require it to defend a territory.

He spends much of his time in the forest, foraging for fruit and insects. The Bohemian Waxwing is elegant in flight, catching insects in mid-air or hovering to snatch fruit. He must be careful when choosing his fruit, as the Bohemian is susceptible to alcohol intoxication, and even death, from eating fermented fruit. He chooses to

build his nest with his monogamous partner, on branches, closest to the trunk of the tree; constructed with twigs, grasses and camouflaged with mosses and lichens. From time to time, he will visit city parks and gardens in hopes of finding fruit.

Both parents are responsible for feeding their young, who will leave the nest anywhere from 14 to 18 days old. Like most songbirds, they feed insects to their young at first, but switch to feeding them berries within a few days. Most Bohemian family units stay together through the fall until they prepare for migration. Flocks are the most common form of migration and will, at times, be mixed in with Cedar Waxwing flocks, creating quite a sight to be seen.

If you come across an injured Bohemian Waxwing, or any other wild animal in distress please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488 for tips, instructions and advice.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 17



Keep Your Paws Warm!

walks rinse and dry your pet's feet if you suspect he has walked through chemicals.

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

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

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

New products are always coming on the market. Check with your veterinarian and don't forget to protect the rest of your pet from the cold by keeping them well groomed. A clean well-groomed coat insulates from both cold in winter and heat in summer better. Finally remember, like us, as dogs become elderly or arthritic they may require more protection from the elements than they did in their prime. Be as conscious of a senior pet potentially slipping on the ice as you would be of an elderly relative.

Jennifer L. Scott, D.V.M.

Well we are about to enter the heart of winter when we see temperatures of minus 20 degrees and lower outside and I don't want to walk my dog, although he is always ready and willing. Most dogs are amazingly well equipped to deal with the cold weather, but not every breed or individual can deal with this kind of cold without precautions.

When dogs first walk on the cold snow you often see them limp or hold a paw up as they run around. Then given some time they seem to become more comfortable. A dog's pads are equipped with a very effective heat exchange system. Once the paw's blood vessels adjust to the cold, and as long as the pad is dry and healthy, the average dog can tolerate most very cold surfaces. Smaller dogs tend to be less tolerant than large breeds. There are exceptions. Dogs with long guard hairs and thick downy undercoats like shepherds and huskies do fine, but dogs with short fine fur like Dobermans have little tolerance for cold. Fortunately stores now stock doggie coats from your basic knitted sweater to fine sartorial splendour depending on the taste of the human companion.

Some people believe a mat of hair over the dog's foot pads will protect them. Not true. Matted fur and excessive hair tends to stay wet, collect ice balls, and hold chemicals such as de-icing agents and salt against the skin. A dog's paws will adjust to the cold more effectively if the hair is kept reasonably short and clean. After

CULINARY FILE: Breakfast / Supper

Chicken & Gnocchi Dumplings

January is all about comfort food and ease of preparation. After the holidays, you can take break but you don't have to sacrifice the taste.

Get all the flavors of chicken and dumplings without having to make the dumplings when you use gnocchi in their place.

Makes: 4 servings **Serving Size:** 2 cups
Active Time: 40 minutes **Total Time:** 40 minutes

INGREDIENTS

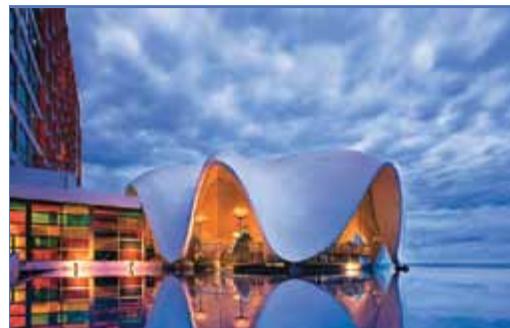
- 1 16-ounce package shelf-stable gnocchi
- 1 cup thawed frozen peas
- 1 pound boneless, skinless chicken thighs, trimmed, cut into 1-inch pieces
- 1/3 cup all-purpose flour
- 2 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon salt
- 1/2 teaspoon ground pepper, divided
- 2 cups diced carrots
- 1 cup sliced celery
- 1 medium onion, diced
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- 1 3/4 cups low-sodium chicken broth

DIRECTIONS

Bring a large saucepan of water to a boil. Add gnocchi and cook, stirring frequently, for 2 minutes. Stir in peas and cook until the gnocchi are tender, 1 to 2 minutes more. Drain.

Meanwhile, toss chicken with flour in a bowl until coated. Heat 1 tablespoon oil in a large skillet over medium-high heat. Transfer the chicken to the pan (reserving the flour remaining in the bowl) and sprinkle with 1/4 teaspoon each salt and pepper. Cook, stirring occasionally, until lightly browned, about 5 minutes. Transfer the chicken to a plate.

Add the remaining 1 tablespoon oil to the pan. Add carrots, celery, onion, thyme and the remaining 1/4 teaspoon pepper; cook, stirring occasionally, until the vegetables are crisp-tender, 5 to 7 minutes. Sprinkle the reserved flour over the vegetables; stir to coat. Stir in broth and the chicken. Cook, stirring occasionally, until the stew is thickened, about 3 minutes. Add the gnocchi and peas and cook, gently stirring, until the gnocchi are hot, about 2 minutes.



Interesting ARCHITECTURE

In San Juan, Puerto Rico, architect José R. Marchand and interior designer Jorge Rosselló restored and updated historic **La Concha hotel**. Colorful bridges connect the shell-shaped restaurant, originally designed by Osvaldo Toro, to the hotel.

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I would like to take this opportunity to wish everyone a Happy New Year. Every New Year, many of us make resolutions for better health, more exercise, or being kinder to others around us. However, statistics show that less than 10% of us actually keep our New Year's resolution. If you are part of the majority that have already broken your New Years resolution, you can make up for it by being a "Snow Angel". The act of shovelling a neighbour's sidewalk or driveway is a simple way to help out a neighbour which will also help make local pathways safe for everyone. To learn more about the "Snow Angel" program or to find out information about recognizing a Snow Angel, visit calgary.ca/snowangels.

An important project that I am looking forward to seeing completed is the pathways at Robert Thirsk High School. The tender has been put out for this project and I am hoping to see this project complete by summer 2016.

I would also like to address the issue of Uber. Many Calgarians have been advocating for allowing Uber into the Calgary market to provide for more choice for consumers. I agree with these sentiments as I believe we need to encourage more choice for consumers and competition amongst Transportation Network Companies (TNCs). That is why I support a new framework for TNCs. This new framework will allow TNCs like Uber to operate legally in Calgary if drivers have appropriate vehicle insurance, meet specified training, security and licensing requirements. It will also require drivers to be licensed, have police background checks, undergo vehicle safety inspections and only provide services through the use of a Smartphone application. City Council has asked for a new bylaw to be developed and brought back to Council by February 22, 2016. This time-frame allows for The City to work through the details of the new bylaw with stakeholders including Uber. While it is important that we have more choice and competition amongst TNCs, it is also important that the new bylaws are developed correctly so that they provide adequate safety and security for both drivers and passengers of TNCs.

As always, if you have any snow removal challenges in your neighbourhood, or any other civic issue please do not hesitate to contact me or call 311.

Joes Tip:

When you're shoveling snow, don't create huge piles right along the edge of your driveway or sidewalk. These snow piles will end up falling or blowing back into your driveway, meaning you will have to remove them twice. You will save time in the long run by taking the effort to shovel the snow further away from your driveway or sidewalk making it safer for you and your neighbours.

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BRAIN GAMES SUDOKU

1	2	3	5	6	7	8	9	4
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9	7	2	4	5	8	3	6	1
3	8	5	6	7	1	9	4	2
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News from the Friends of Nose Hill

by Anne Burke

What is new **and** ancient on Nose Hill? Hint: as an offering site, one of the largest in North America, it has a spiritual connection to traditional territory and stewardship. You will find it off pathways south of the 14th Street parking lot, in the south east corner of the park. You can read more on the City Blog or the Royal Alberta Museum website.

Answer: as of September there is a traditional medicine wheel of rocks in the shape of a circle (Siksikaitstapi logo) of all four tribes: Siksika, Blood, North and South Peigan. It represents the north, south, east, and west, a spiritual location. Each wheel is unique but there are eight general types.

This landmark project was part of the annual Siksikaitstapi Blackfoot Confederacy conference. Diamond-shaped stones were used for construction. They are considered rock art sites which deserve respect. The Native Heritage Site is a sacred place. The wheel provides for physical, emotional, mental, and spiritual dimensions.

Because of a view of the valley, Nose Hill was a lookout used for other tribes and game during the summer and winter. Celestial or astronomical events (such as vision quests, stars, sunrises, solstices, and sun dances) are ceremonial in nature for large social groups.

Such wheels date back 1000s of years and across the northern plains of North America (most are in Alberta)

from 4500 - 5000 before the present (BP). Suitable offerings go in a rock cairn at the centre, with spokes from the centre; "four" is a sacred number, whether for directions, seasons, elements, life states; kingdoms, medicines, such as sweetgrass, cedar, willow, and sage.

Whether you walk or bike (in a clockwise direction) remember the wheel is for everybody to enjoy, to count our blessings, for the circle of life; offerings such as prayers, songs, ribbons, flowers (no plastic). Remember the intention is to be thankful.

The BiodiverCity Advisory Committee is comprised of 13 members appointed by City Council. City Parks will be a resource. Chair and Vice-Chair are nominated and elected. Citizen members must abide by the Code of Conduct. The Committee may establish subcommittees for priority short, medium, and long-term biodiversity initiatives. Meetings are open to the public. (For details 403-268-3527 or: Steven.Snell@calgary.ca). The Committee generally meets monthly, reports to the SPC on Community and Protective Services, and will provide an annual progress report.



School of Athens, c. 1510

By: Raphael Raffaello Sanzio, or Raphael, was born on April 6, 1483 in the town of Urbino, Italy. He was a painter and architect during the High Renaissance period.

School of Athens refers to a famous fresco painted by Raphael in the Apostolic Palace in Vatican City. Depicts Raphael's interpretation of philosophy as a branch of knowledge. Showing a gathering of Greek philosophers engaged in various activities, the fresco is considered a prime example of High Renaissance art and considered Raphael's masterpiece.

Calgary



On Jan. 5, 2016, The City of Calgary will mail 2016 property assessment notices.

Watch for your assessment notice in the mail – it contains important information including:

- Your assessed value
- Your access code to log into *Assessment Search*
- Dates to contact Assessment if you have questions.

Go to *Assessment Search* to:

- View information about your assessment and other details
- Search for comparable properties
- Search for sales of similar properties in your area
- View other detailed assessment information.

Assessment Search – getting started

First-time users will need to complete a two-step registration process:

1. Create a City of Calgary personal myID account. Visit calgary.ca/myID to register.
2. Link your property assessment to your myID account.

When you receive your 2016 assessment notice go to *Assessment Search* at calgary.ca/assessment:

- Login with your myID account and password.
- Enter the roll number and access code displayed on your notice.

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