

JANUARY 2017

YOUR OFFICIAL COMMUNITY NEWSLETTER

**HIDDEN
VALLEY**



**HANSON
RANCH**

VOLUME 119

WWW.HIDDENHUT.ORG

屬於您的社區通訊





Dr. Philip Love
Dr. Michele Spooner
Dr. Huda Jergeas
Dr. Tanya Chacko

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FREE Family Membership to Indoor Playground when registering your child in Preschool or Summer Camps

OPEN HOUSE - Saturday Feb 4 (12-3 pm)
PRESCHOOL Online Reg - Monday Feb 6
SUMMER CAMP Online Reg - March 1, 2017

SW Location: Unit 505-722 85th Street SW
NW Location: Unit 100-12018 Symons Valley Rd NW
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WWW.JOSOS.CA

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HIDDENVALLEY HANSONRANCH



Area Schools

St. Elizabeth Seton School (K-9) 10845 Hidden Valley Dr. NW Calgary, AB T3A 6K3 403-500-2105	Valley Creek School (4-9 Regular & French Immersion) 10951 Hidden Valley Drive NW Calgary, AB T3A 6J2 403-777-7995
Hidden Valley School (K-3 Regular & French Immersion) 10959 Hidden Valley Dr. NW Calgary, AB T3A 6J2 403-777-7236	



Local Churches

North Point Community Church Sunday 10:00am	Valley Creek School 10951 Hidden Valley Drive NW
Holy Trinity Anglican Church Sunday 10:00am	18 Hidden Creek Road NW
Ascension Catholic Parish Saturday Mass: 5:00pm and 7:00pm Sunday Mass: 8:30am, 10:30am, 12:30pm and 5:00pm	1100 Berkshire Blvd. NW.
Symons Valley United Church Sunday: 10:30am	38 Kincora Rise NW

Community Organizations

Simons Creek Scouts simonscreekscouts@yahoo.com	Nitanisak Girl Guides nitanisakdistrict@yahoo.ca
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Community Resources

Community Rec Coordinator	Amanda Turvey	amanda.turvey@calgary.ca
Community Liaison Officer	VACANT VACANT	
Ward 4 Councillor	Sean Chu	ward04@calgary.ca
MLA Calgary - Northern Hills	Jamie Kleinsteuber	calgary.northernhills@assembly.ab.ca
MLA Calgary - Foothills	Prasad Panda	calgary.foothills@assembly.ab.ca
MP Calgary - Nose Hill	Michelle Rempel	michelle.rempel@parl.gc.ca
Public School Trustee	Lynn Ferguson	lcferguson@cbe.ab.ca
Catholic School Trustee	Margaret Belcourt	margaret.belcourt@cssd.ab.ca
YYC Noise Concern Hotline		403-735-1408



Learning Opportunities Ahead

Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer's disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer's disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.
Delta Calgary South (135 Southland Drive SE)

Register today

Visit www.alzheimercalgary.ca
Call (403) 290-0110
Email info@alzheimercalgary.ca

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MESSAGE
FROM THE BOARD

2017! - HAPPY NEW YEAR!!

Please read through this entire article, as we need your assistance!

With every New Year we seem to think this is the time where we should make a commitment to making changes or improvements to something we have done over the past year, and what we feel we should improve upon. Whether it is a change to our habits or routines, to make some form of change for our family, the community we live in, or something for ourselves. We promise to exercise more, eat properly, take more time for ourselves, stop smoking, do more activities with family, save money, etc.! These are called "Resolutions", and we all know how difficult they are to keep intact for a month, let alone a full year!

Our resolution as a "Hidden Valley/Hanson Ranch Community Association Volunteer Board" has not changed from year to year, or month to month. We continually make every effort to have increased participation from within our community, and that is not just as a "volunteer" for an event (although without volunteers they would not be successful events!) It is much more than that. We are more than a voice for the community or a liaison with many different areas that this community may require. If we are not a resource we will assist in finding the right resource!

We need "you" to be a participant within our community where you have a voice, to tell us what you would like to see take place within our community, and to communicate with us if you have an idea for an event or activity, or if you require any assistance we could possibly assist with, please step forward as we all want to improve what we do as a community.

We are a community of 3,900 homes and we have a membership of 220 (approximately). That is only 6% of our total community. This means "94% do not have memberships. It cannot be the cost of our membership, as fees are only \$30.00 annually, and for the month of January, we have an early bird special of \$25.00 for an entire years membership! The reasons we want you to join the Hidden Valley/Hanson Ranch Community Association are numerous, as we have stated many times and are even listed in this newsletter. The most important reason is that it allows you input and a

voice into how and what we do, and who we are as a community! Plus attend all our events and activities!

Many of us volunteers on the "board" have tried to come up with ideas that would assist in increasing membership, or if "you" have specific expectations of what we, the HVCA Board, could or should do for our community, we want to hear from you.

When we have events such as our January Winterfest, the amount of people who come out to share some outdoor activities and enjoy their neighbours is enormous! Or the "Sports Wind Up where there are hundreds of people who come out to participate. Our "community clean up" that keeps our community clean and beautiful is an annual overwhelming success because so many care about the look of where we have chosen to live, and bring up our children. We also celebrated this past summer with an awesome Stampede Bar-B-Que, which was attended by over 300 people who came out for our "free" Bar-B-Que! The "Skate Park" was a huge success and we are considering bringing it back again in the summer, however, we need memberships and sponsors to assist in the costs of doing this. This and other events we hold are very well attended, and supported by all the people who volunteer their time to help bring people together, yet we still only have 220 memberships, and so many of you come out to participate in the events.

Help us be successful with our "Resolution" to get more memberships from those who live in our community. Please purchase a membership so we can continue to bring the community so many wonderful events and activities, along with our sports programs!

Without a specific amount of memberships we will lose funding opportunities from the City and will be forced to evaluate the programs, services and events we provide to this community.

In this newsletter it provides the names and e-mail addresses of the volunteers on our Hidden Valley/Hanson Ranch "board" and anyone of us are more than willing to hear any ideas, suggestions or thoughts on what you want in "your" community! We will even sign you up for a membership that we so desperately require! We will reply, as your voice is extremely important to us!

We also accept "associate memberships from people who live outside our community, and attend the events we put on! You too can take advantage of the "January" early bird membership rate of \$25.00 for an annual membership.

You are also welcome to attend any and all of our monthly "Board Meetings" to share your thoughts, or hear what is being planned or is happening in the community. Also check out our website. www.hiddenhut.org

Help us with providing the best for our community so our families can enjoy our community to the fullest!

Please don't just put down this newsletter and forget about it. Send anyone of us on the "board" an e-mail with your thoughts. Positive, negative, neutral will all be appreciated.

Wishing you all a Happy and Healthy New Year!!!

From your,
Hidden Valley Community Association Board Members
and Volunteers!

BRAIN
GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 17



Gardening by the
phases of the moon

January 5

First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

January 12

Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

January 19

Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

January 27

New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

8 JANUARY 2017 | Call 403-263-3044 for advertising opportunities

LETTERS TO THE EDITOR

Hello Hidden Valley Community Association Board! We read your Hanson Ranch Signage article and the area around the historical sign looks great. Thanks for cleaning that up, removing the dead trees and fixing the sign. It looks fabulous! You are correct that we as a community should not just rely on the "board" to do all the work, and we should all be involved. Maybe we could start a committee where we identify the areas that require "tender loving care" and then spend a few hours, or a weekend in the spring, to "beautify" areas of our community. I for one, plus our family would love to help out!

Claire T.

Claire, thanks so much for mentioning this important information to keep our community looking great! We as a "board" think this is very important and would support a "committee (as you call it)" to identify the areas that we should focus on, and then gather people to assist us in the beautification. In saying that if there is anyone who has an interest in assisting with this project we ask that you send us an e-mail to newsletter@hiddenhut.org and we will discuss this project further with you. We need the community's assistance with this one!

The HVCA Board

I took my dogs for a walk through the Hidden Hut area (and yes I pick up after them) around 8:00 pm, and there were two vehicles in the parking lot. They were smoking "something" and it must have been very enjoyable as they were sharing it between themselves. There were approximately 3 young gentlemen and a young lady. They were speaking and the profanity was terrible, and it sounded like it was just a general discussion! That parking lot is so dark, and always cars are sitting there doing whatever they are doing in the "dark". It's to the point now where I have to change my travel, as I am concerned with the people who sit there in this very dark parking lot. Our home backs on to the area and I am asking if there is anything we can do to get a police presence or at the very least "light up" the area so these people don't have such a secluded place to do whatever it is they are doing? Who can I speak to about this issue?

Jan B.

Hello Jan, we as a "board" have recognized the issue and this is something that we have been pursuing to resolve for quite some time. Contact has been made with the Calgary Police Service as we have requested a police presence, to at a minimum, drive through or do a patrol, of the parking lot on an intermittent basis. We are also working with the City of Calgary for lighting in the Hidden Hut parking lot! This proposal went to the fiscal planning committee in November and we are awaiting their response at the time of this writing. We presented our case as not only one from a security standpoint; however, we also have major safety concerns in the parking lot. We have Councilor Sean Chu presenting on our behalf. This is City property and we have to follow specific guidelines and protocol in this project. This is a very high priority project for us and will keep you updated. Anyone with concerns can contact 311 or send an e-mail to Marl at vp1@hiddenhut.org as he is working on this project.

The HVCA Board

Great idea to have a "Halloween Theme" for Hidden Valley next year! We decorate our home and it is now a tradition where people expect this of us. And we love it! If you could have a "map" of the participants with their Halloween homes, more people could enjoy! Even if there were some small prizes or awards, or mention them in this newsletter, would be awesome! I have noted this in my calendar to contact you next year!

Dennis M.

Sounds like a plan Dennis! Lots of fun for those of us that enjoy your efforts! We have also marked in our calendar to include this in our "events" planning for next year!

The HVCA Board

I have signed up for the "fishing club" and have spoke to the people involved and must say that their passion makes me want to go fishing right now! The plans/thoughts they have to make this a real fun "club" for the entire family is going to be great! We even get to name the "club"! I am very interested in meeting "Mr. D" and hearing his fish tales!

James G.

Hello James! Yes the "Hidden Valley Fishing Club" (or whatever we decide to name it) is gaining popularity! We have approximately 12 people who have responded already,

~continued next page~

and its winter! Shows their passion! Our first initial meeting will be held very soon and those that have expressed interest will be e-mailed. We will publish the dates of the meetings once we, as a "club" decide the best times to have them. We have already been contacted by a sister community, who have heard of our fishing club, and wish to participate with us. , They would also like to share fishing stories and tales from their community. We will participate as "our" Hidden Valley Fishermen and Fisherwomen catch bigger and more fish than any other community, so our stories and tales will be much bigger and better! See, it's starting already! Once again, if you wish to participate, or just come out and see what we are all about, or assist in creating what we are all about, cast an e-mail to Marl at vp1@hiddenhut.org

The HVCA Board

Should you have a comment, question or concern that you wish in the Letter to the Editor please forward to newsletter@hiddenhut.org with your first name and we will make every effort to publish in our next newsletter.



HVCA Outdoor Hockey Program

REGISTRATION IS STILL OPEN!!!

IT ISN'T TOO LATE TO SIGN UP!!!

VISIT THE HVCA WEBPAGE
(CLICK ON HOCKEY IN SPORTS) FOR MORE INFO.

ONE MONTH ONLY \$25.00!

It's January again! Can you believe it? Here's an offer to warm you up! This month only, you can join or renew your membership for only \$25.00! This discounted HVCA Membership is valid January 1st – 31st 2017. HVCA Memberships can be purchased during our Family Winter Festival or on our website: www.hiddenhut.org . Otherwise it is \$30.00 after January 2017.

Did you know, your HVCA Membership helps us cover:

- Operational costs for our outdoor rink and storage shed, which includes electricity for lighting, Furnace, machinery, repair and servicing
- Maintenance fees associated with website, email and telephone systems
- File with Alberta Registries as a community association in Calgary
- Expenses associated with our awesome programs and events

In addition, you will receive from us:

- A community association that supports YOU, as a resident of Hidden Valley/Hanson Ranch
- Active participation with one vote for every registered adult at our Annual General Meeting
- Monthly communication and public alerts through our Newsletter, HVCA website and email
- The ability to reserve half the outdoor rink, hidden hut and grill for private functions
- Enhancements to our great new outdoor rink and playgrounds
- Community pride via initiatives such as cleanups, tree planting
- Many community events for you to attend and socialize, get to meet your neighbour

Thank you everyone for your contributions and we are looking forward to another successful year!

Aileen
Membership@hiddenhut.org

Riddles of the Month

Please send your e-mail with your riddles to newsletter@hiddenhut.org



We ask for a riddle from all children. If your child's riddle is selected, we will publish the riddle in our monthly newsletter along with just their first name and their age. We hope to have multiple entries and will publish as many as we can each month. Please encourage your children to submit their riddle, along with the answer! Following are this month's "ridiculous riddles":

Riddle: Why did the "Foal" cough?

Answer: "Because it was a little horse!"

Author: Alex R. – age 8

Riddle: Why did the pig cross the road, and then cross the road again?

Answer: "Because he was a dirty double crosser!"

Author: Elias – age 7

Riddle: Why didn't the skeleton go to the party?

Answer: "He had 'No' Body to go with!"

Author: Elias – age 7

Riddle: Why did Red (Angry Bird) go to the hospital?

Answer: "Because he needed Tweetment!"

Author: Caliana – age 4

Riddle: What do you count cows with?

Answer: "A cow-culator!"

Author: Kian G – age 9

Riddle: If there are 3 apples and you take away 2 how many do you have?

Answer: "If you take away 2 then you have 2!"

Author: Noah G. – age 12

Riddle: What is Big, Yellow, and comes in the morning to brighten Mom's day?

Answer: "A School Bus!"

Author: Laura – age - 13

Riddle: A boy was rushed to the hospital. The doctor saw the boy and said, "I can't operate on this boy, he is my son!" But the doctor was not the boy's father. How could that be?

Answer: "The doctor was his Mom!"

Author: Carol – age - 11

Please send your e-mail with your riddles to newsletter@hiddenhut.org

Rink Rats Needed!

If you missed our "Rink Rat Orientation Evening" we still need you to join our team of dedicated individuals who want to assist in making our Hidden Valley Outdoor Ice the best in Calgary!

We are flexible with the schedules and will conform to your individual schedule, or time you may have available to lend a hand! Whether you have one hour or multiple hours you wish to participate in the making and maintaining of our two ice surfaces, we can fit you in to help the community. Plus over the Christmas season, there are so many people who utilize our rinks; we require "additional" special attention to keep our rinks the best possible for the community.

All training is provided and working with a fun, hard working group of individuals who have passion for providing the best outdoor rinks possible, and seeing the results of your efforts in the faces of children and families enjoying the outdoor skating experiences we are able to provide, is a reward in itself! We are creating more than ice surfaces; we are creating memories for children and their families for the rest of their lives!

Don't you remember skating with your friends on the outdoor ice surfaces when you were a child? Ever wonder how the ice got there? At the time I didn't either, and when I finally did realize it was a team of individuals who went unnoticed, put in their volunteer time, just to provide for the children of the community, that is why I got involved! This is my "payback" to all those folks who quietly made the ice, myself and all my friends enjoyed as a child. It's our way of thanking all those "Rink Rats" who came before us!

If you can help with being part of this exceptional team please contact me at rink@hiddenhut.org

Also check out our website www.hiddenhut.org for more information regarding our community.

Thanks and hope to hear from you!

Marl
rink@hiddenhut.org

Hidden Valley Community Association Membership

Join YOUR Community Association TODAY!

Benefits

Successful, healthy communities are those with active and sustained membership and involvement of community residents. Your support today is important and ensures new energy to continually address community issues.

Regular Membership - \$30 (Voting)

- Voting Regular Memberships must reside within boundaries of Hidden Valley and Hanson Ranch. Includes two adults and children in the residence.
- Regular Membership must provide adult ID with current address at the Annual General Meeting to vote. Valid January through December

Associate Membership - \$30 (Non-voting)

- Non-voting Associate Memberships are available for residents living outside our boundaries. Valid January through December

For DETAILS and to JOIN, visit: www.hiddenhut.org TODAY!



Support from the Hidden Valley Community Association through:

- ✓ Liaison with City of Calgary representatives (Political Action)
- ✓ Voting rights at the Annual General Meeting (Regular Membership)
- ✓ Community Newsletter (Delivered through Canada Post)
- ✓ Community Activities (see Calendar of Activities)
- ✓ Sport Programs (Organized Teams, Field Rentals and Equipment)
- ✓ Hidden Hut and Outdoor Rink (Maintenance and Repair)
- ✓ Operating Costs (including Utilities, Inspections and Insurance)
- ✓ Community Sponsorship of #38 Simons Creek Scout Group
- ✓ Plus many upcoming projects as needed in our neighbourhood!

How Can You Support Your Community?

The Hidden Valley Community Association has many Volunteer Opportunities for you to choose from: (PLEASE CHECK BOXES)

- ☐ Community Activities (Winter Festival, Egg Hunt, Block Party)
- ☐ Sports (Indoor Soccer, Hockey, Outdoor Soccer and Baseball)
- ☐ Hidden Hut and Outdoor Rink (Maintenance, Repair, Ice Installation and Snow Removal)
- ☐ Fundraising (Bottle Drive, Run the Loop, Skate-a-thon, Casino 2014)
- ☐ Committees (Hidden Green Playground, Building Safer Communities, 'NeighbourWoods' Tree Planting Program, Community Clean-up)
- ☐ Join our Board of Directors! There are many volunteer Board positions to choose from.
- ☐ I consent to accepting emails from HVCA

Do you like helping and meeting people? Are you good with technology? Can you maintain equipment and machines? Do you enjoy sports? Want to keep Hidden Valley /Hanson Ranch a nice place to live in? VOLUNTEER AS A COMMUNITY BOARD MEMBER



To obtain your membership please visit www.hiddenhut.org OR MAIL this form with \$30.00 payment to:
10504 Hidden Valley Drive NW, Calgary AB, T3A 4Z2
Please make all cheques payable to: Hidden Valley Community Association (no abbreviation)

Family Name: _____
Applicant's Name: _____
Spouse's Name: _____
Address: _____
Postal Code: _____
Email Address: _____
Resident Phone #: _____
Current Membership #: _____

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Store management reserves the right to reject any coupons not being used according to the intended purpose.

Hidden Valley/ Hanson Ranch mybabysitterlist

Name	Age	Contact	Course
Casey	14	403-313-3978	Yes
Chloe	17	403-805-4180	Yes
Emelie	13	403-613-2703	Yes
Jocelyn	14	403-295-9592	Yes
Julia	16	403-618-0842	Yes
Kaiya	13	403-805-1446	Yes
Katelyn	13	403-374-0415	Yes
Katelyn	14	587-315-7090	No
Katherine	14	587-580-9075	Yes
Lindsay	30	403-383-1474	No
Madison	14	403-850-6001	Yes
Mariah	17	403-973-3008	Yes
Maya	15	403-226-7023	Yes
Phaedra	14	587-229-2692	Yes
Ty	15	403-295-6065	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.



There is no single cat called the panther. The name is commonly applied to the leopard, but it is also used to refer to the puma and the jaguar. A black panther is really a black leopard.

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Wednesday • 7am - 8pm
Thursday • 7am - 8pm
Friday • 8am - 4 pm
Saturday • 9am - 4pm

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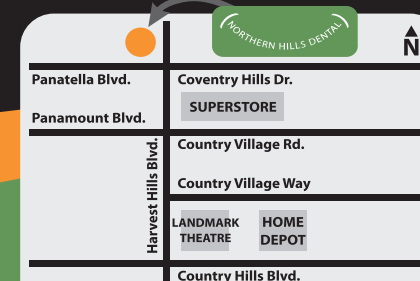
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#38 SIMONS CREEK SCOUT GROUP



Winter, Still a Time for the Outdoors
It may come as a surprise or maybe not, but our scout group is equally active outside in the winter as the rest of the year. We still have camps, sleep in tents, do hikes, conduct bottle drives and all sorts of other fun stuff. Be Prepared, is what we always say before going on an outdoor adventure especially in winter, dress for the weather and make sure you have the right gear.

With that in mind, I thought I would share this article I read the other day. It applies to scouts, but really it applies to all of us.

5 Unexpected Health Benefits of Enjoying Outdoor Winter Activities by Sarah Freishtat
Winter is the perfect time of year for gliding around an ice-skating rink or zooming down ski slopes. But many of us are too busy to take advantage of the season or think it is too cold to head outside.

Well, we have a good excuse for you to get outside and play. It turns out that outdoor activity in the cold has many health benefits. Whether you want to go for a winter walk or jog, or try snowshoeing or cross-country skiing, you can feel good about enjoying some winter fun knowing that you're burning calories and getting your heart rate up.

As long as you prepare properly, there is no need to worry about some of the dangers the cold can pose. If you're exercising or staying active, it's very difficult for your body temperature to drop dangerously low, said Dain LaRoche, an associate professor at the University of New Hampshire who has researched winter sports performance. Just be sure to bundle up and watch out for ice.

So, next time you are looking for an excuse to take your kids – or yourself – sledding, think about these health benefits that come with playing outside during the winter.

1. Cold can increase your resting metabolism
People who are consistently exposed to cold often have speedier metabolisms, LaRoche, a University of New Hampshire professor, said. Even spending an hour or

two outside every day can help you burn more energy, as long as you are doing it consistently, he said.

Try taking a walk around the block every day or build a snowman with your kids. In addition to the cardio benefits you'll get from those activities, just being outside in the cold will help you stay slim.

2. It can help cure the winter blues
Getting outside and into sunlight can help drive away winter depression. When the days are shorter and many people feel trapped inside, seeing a little sunlight can work wonders, LaRoche said. "I think there's a lot to be said for just getting outdoors in the winter," he said.

Exercising also causes your brain to release epinephrine, or adrenaline, and norepinephrine, which make us happy. And getting active in the cold can cause your brain to release even more of the substances, LaRoche said.

So don't be afraid to have a snowball fight or try cross-country skiing one weekend. It just might cheer you up.

3. Winter activity can help your body produce vitamin D
Sunlight causes your body to make vitamin D, and it is especially important to get outside during the daytime in the winter, when the shorter days and cold weather often keep us inside. Even 15 minutes of sunlight on your face and hands two or three times each week will help you get enough of the vitamin, according to Wheaton Franciscan Healthcare.

Vitamin D helps build healthy bones and keep them strong as you get older, and has some other health benefits as well. So next time you're out sledding with your kids or skiing, take your gloves off for a few minutes and soak up the sun.

4. You burn more energy
Not only do many typical winter activities provide a great cardio workout — have you ever noticed how tired you are after an hour of ice skating? — but you are likely to burn more energy in the cold.

Your body is less efficient in the cold weather, LaRoche

said. And, he added, you are carrying around the added weight of a winter jacket, hat, gloves, and any other winter gear you might be wearing.

That is why running a mile in cold weather takes more energy than a mile in the summer. And, LaRoche said, even cold-weather activities that might not seem like they require a lot of energy, such as snowshoeing, burn a ton of energy.

5. Cold can cause your body to burn fat
Your body likely burns up stored fat when you get cold, according to some preliminary studies. Researchers have discovered that a certain type of fat starts to fuel itself when you get cold by using up regular fat in your body.

The tissue, called brown fat, is found in rodents and babies, neither of which can shiver to keep warm, according to the New York Times. Several years ago, it was also discovered in adults.

According to the New York Times, one researcher found that when the fat was turned on, it burned about 250 calories over three hours. But, the New York Times notes, much remains unknown about brown fat and the effects it can have.


BRAIN GAMES

SUDOKU

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



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It's a New Year for Healthy Sleep!

2017 is upon us, with our good intentions to improve our health through diet and exercise. But sometimes it's a struggle to get more physical activity and healthy foods. Why? It may be due to our lack of quality and quantity of sleep.

Sleep balances our hormones, leptin and ghrelin, that influence our hunger and cravings.

Sleep cleanses and detoxifies the brain, so that we have the clarity and focus to make good decisions.

Sleep replenishes us, and provides us with the energy and willpower we need.

Take action on the 4 Sleep Fundamentals:

1. Create a dark, cool, clean, quiet, and comfortable electronic-free bedroom that you love.
2. Build your sleep drive all day long with healthy lifestyle habits.
3. Improve your thinking about sleep. You probably get more sleep than you realize, and you can still have a great day after a bad night. Don't distress. Use your

mental skills to refocus on relaxation, and don't let your busy mind cause insomnia.

4. Learn three simple skills that help you get back to sleep quickly when you wake up for any reason: journal a little before bed, take deep

slow breaths when you awaken, and learn to scan and relax the body for a quick return to sleep.

Improving your sleep may be the single best thing you can do to improve your health! Focus on sleep first, and then tackle changes in nutrition and activity.

Tips for today and tonight: stop caffeine by 2 PM, make sure you

get some time out in the fresh air, practice a regular sleep ritual before bed (maybe some relaxed stretching or yoga), don't watch the clock during the night, and keep a regular bedtime and wake-up time all week long.

Sleep Well Tonight!

Chris Carruthers PhD is a sleep consultant in Palliser, who is on a crusade to help people feel great all day long with better sleep and more energy.



剛搬到這個社區？或是社區裡的元老住戶但從沒跟我們聯絡過？若是不善於用英語與我們聯絡也沒有關係，就用您最熟悉的語言寫電子郵件給我們。社區協會裡的義工會想辦法讓您的聲音被聽見。不論是對社區的意見、希望看到社區裡有哪些活動、或是需要改進的地方，我們希望聽到您的聲音。別遲疑，今天就寄個電子郵件或在臉書上留言給我們，就算只是一句鼓勵的話。我們要讓您看見我們為尊重每一位社區居民所做的努力。
newsletter@hiddenhut.org

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newsletter@hiddenhut.org



Helping Your Children with Social and Emotional Skills

As parents, we strive to help our children learn new things in the early years of their lives. These things include learning to walk, dress themselves, use the potty, and many, many more things. Teaching your child social-emotional skills are just as important. These skills are: recognizing and understanding their thoughts and feelings; making healthy decisions and learning right from wrong; being a friend and making friends (teaching conflict resolution and cooperation); self regulation (calming themselves down in an appropriate manner); being empathetic to others.

Here are some tips on how to foster social emotional development in a baby:

1. Responding to the baby when they cry. They need to know that they can depend on you in times of need.
2. Hold and hug your child.
3. Learn their cues for tiredness, hunger, happy, upset, etc.
4. Being gentle and comforting in times of being upset. Rock the baby, sing a soft song, cuddle, or walk with them.

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: ncecmmap@weconnectyou.ca.

IN & AROUND CALGARY

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

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damage, 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 properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

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;
- Attempt to cover exposed skin from the elements;
- 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 cheeks may be affected by the cold;
- If a cold-related emergency has occurred, treat it by first removing the individual from of the environment;
- Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (~41°C max.) until re-warmed.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose clothing (i.e. scarves), or clothing containing drawstrings which can present a choking hazard if they become caught or snagged.



News from the Friends of Nose Hill

by Anne Burke

For the Nose Hill Trail and Pathway plan (2004) there was a commitment of \$4.5 million from the Enmax Legacy Parks Program of the total \$6.6 million. From 2007-2012, this was for ongoing trail repairs, renewing degraded land, restoring damaged habitat, adding interpretive and orientation signs. Trail work was expected to continue for several more years. The paved pathways were intended to manage use and help protect the prairie grasslands (plants and wildlife).

There was a recent urgent item of business for City Council from a Community Services Committee report which was received for information. An update on City Parks Projects contains more information about capital funding for Nose Hill Park.

Council created the ENMAX Legacy Parks Program in 2003. The purpose was to develop new regional parks

and improve existing ones, local community parks, and open spaces. A steering committee is responsible for managing the funds, including an investment plan for infrastructure, in some cases. City Council invested over \$135 million through this program. In addition, Council approved \$75 million for more projects to 2017.

Due to the economy, part of the 2016 ENMAX dividend is no longer available. So, there are shortfalls in funding for future priority projects. Some projects are already in progress and others are on hold, although design work was already done.

There is no shortfall for Nose Hill, because the Legacy-funded portion is complete and the construction in north and south zones is underway and ongoing. The total amount was \$4.4 million from phases 1 and 2; the non-Legacy budget was \$1 million and total project budget is \$5.5 million. The total actual cost to date is \$4.6 million, in addition to about \$54 thousand for existing purchase orders not yet invoiced. The remaining allocations are \$800 thousand.

An action plan for Calgary will enhance the urban forest and landscape, protect the environment by encouraging public awareness, and ensure that we have access to nature. In general, parks support biodiversity: a variety in the number and types of plants and animals in a particular area, such as Nose Hill, or in the world. Our parks network and open spaces offer recreational opportunities and help to offset carbon in urban spaces.

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Hidden Gem Photo Contest

Thank you to all who participated in our December photo contest. The winning December photo is currently featured on our facebook page (HVCA Hidden Valley Community Association) and will also be printed in next month's newsletter. This is an ongoing, monthly contest, so please continue capturing moments of beauty within Hidden Valley/Hanson Ranch and sharing them with us. Please email all submissions to facebook@hiddenhut.org and make sure to read the contest rules below.

Hidden Gem Photo Contest Rules

- To enter the contest you must be a Hidden Valley or Hanson Ranch resident.
- Photos must be taken in public spaces within Hidden Valley or Hanson Ranch.
- Photos must reflect the season for the month in which they are submitted.
- Photos cannot contain people.
- Submit in jpg/jpeg format, preferably with a 8 megapixels (3264x2448) resolution.
- By entering the contest you give HVCA the right to feature your photo in promotional materials.

"Beauty in things exists in the mind which contemplates them" - David Hume





The Indoor GARDENER

by Cindy DeJager

PRAYER PLANT

(marantaceae leuconeura erythronura)

Origin: Brazil

In the evening the leaves stand up facing each other, like praying hands, and lay flat during the day.

This is one of my favourite house plants! I love a plant that has something special about it – and this one certainly does.

HOW DOES A PRAYER PLANT PRAY

Circadian rhythm, the change in light from day to night, triggers water to move in and out of the plant cells causing them to fold up at night, hence the name, Prayer Plant.

The most popular are the colourful marantaceae leuconeura erythronura (Herring bone, Red-nerve plant, Red-veined prayer plant) with its burgundy veined leaves (pictured above), and the green m. leuconeura kerchoviana (Rabbit track).

These plants don't like the cold – so a windowsill in the winter may cause the edges of the leaves to brown. Browning of the leaf edges may also indicate low humidity.

Maranta loves humidity but not wet soil – make sure that your tropical potting mixture has some vermiculite or perlite in it for good drainage.

Feed it every 2 weeks with a 10-10-5 plant food.

Moderate lighting; no direct sunlight for this beauty; otherwise you will notice the color fading from the leaves.

As a matter of fact, most vibrant and colourful foliage does not need direct sunlight at all; rather, pale foliage and variegated houseplants require brighter or direct sunlight to produce photosynthesis.

The secret to success with the Prayer Plant is high humidity.



Keep Out the Cold with Chili

Nothing like a pot of chili to warm you up this month. Tried and true and it cooks while you sit back and read a good book. You can also substitute Textured Vegan Protein for the beef. Works and tastes just as good.

Crock Pot Chili

Seasoning Mix

- 4 Tablespoons chili powder
- 2 ½ teaspoons ground coriander
- 2 ½ teaspoons garlic powder
- 1 teaspoon oregano
- ½ teaspoon cayenne pepper

Mix together seasoning mix. Store in an airtight container in a cool, dry place as we will not use all of it for this recipe

Chili

- 1 ½ lbs ground beef (or 1 ½ cups TVP)
- 1 Tablespoon minced onions
- 1 (28 ounce) can diced tomatoes
- 1 (15 ounce) can tomato sauce
- 2 (15 ounce) cans kidney beans

Directions: In a skillet, cook ground beef until no longer pink. Drain any excess fat and add onion and 3 tsp of seasoning mix and continue to lightly brown. (If using TVP, just throw this in with the ingredients in the crock pot and do NOT try to brown in the skillet)

In Crock Pot add tomatoes, tomato sauce, one can of beans and two more teaspoons of seasoning mix.

Please the other can of beans in a blender and process until smooth. Add beans and meat to the crock pot. Stir together.

Cook on low for 6 to 8 hours. And ENJOY



MLA Calgary - Northern Hills

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calgary.northernhills@assembly.ab.ca

Greetings residents of Calgary-Northern Hills,

I hope everyone had a restful Christmas and Holiday Season, and are ready for all the opportunities the 2017 New Year has in store for us. I would like to take a moment to provide a review of 2016. Reviewing some major events and community engagement allows me to share what is happening in our community, and how local residents have been part of driving a number of initiatives.

After reviewing my calendar, I held over 90 constituency meetings, and attended over 70 events in Calgary-Northern Hills. Some local community highlights include the Canada Day celebration at the Panorama Hills e-Community Centre, Alberta Culture Days at VIVO, and of course, the Annual MLA / VIVO Stampede Pancake Breakfast that attracted a record number of participants last year. As well, I attended nearly 100 events and activities within the city. Such events include the Premier's Pride Brunch in Support of Camp Firefly and Making Treaty 7 at the Calgary Grey Eagle Resort.

During the fall, I hosted a Constituency Office Open House which provided the opportunity to speak with constituents about their most important concerns. Constituents discussed \$25/day daycare program, physician assisted death, carbon levy, and the Province's curriculum review. It was an important occasion to share information and ideas. I appreciate that residents took time to speak with me. The information I gathered is extremely important. With this information, I am a stronger advocate for Calgary-Northern Hills in caucus and government meetings.

This past year, I have worked with stakeholders on a number of major initiatives. Hundreds of residents contacted my office in support of a new high school. With the groundswell of support, I shared the important need to staff at the Ministry of Education.

I have also been working with advocacy groups and community members to support the Green Line LRT. The current plan has train stations located at 96th Ave N and North Pointe (across from Notre Dame High School and VIVO). At time of writing, Brian Mason, Minister of Trans-

portation, requested the City provide a more specific cost estimate for the project. The project is also being considered for funding with revenue from the carbon levy.

As well, I have been part of VIVO's initiative to expand its facility. The project will add another 85,000 square feet to the existing facility and would include a swimming pool and fitness centre, community space and courtyard, indoor park, and a research and innovation centre. I have been outspoken with my colleagues in government that it is a high priority for residents of Northern Calgary.

I look forward to making contact with new constituents and building on existing relationships. Please feel free to contact me about issues that concern you. I wish everyone the best as we approach the year of the Rooster with the upcoming Chinese New Year!

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Relationship Tips 101

Now that the holidays are over it's time to get back into normal routines, and it's also a good time to refocus on your connection with your partner. Since 1973 Dr. John Gottman has been studying what he calls the "Masters and Disasters" of relationships and came up with some very interesting findings. From these studies he has been able to predict with 90% accuracy which relationships will last, and which will fail. Dr. Gottman suggests the following tips that the Masters of relationships do to keep your relationship strong:

- 1. Seek help early.** The average couple waits six years before seeking help for relationship problems. Keep in mind, half of all relationships that end do so in the first seven years.
- 2. Edit yourself.** Couples who avoid saying every angry thought when discussing touchy topics are consistently the happiest.
- 3. Soften your "start up."** A partner can sometimes escalate an argument from the get-go by making a critical or contemptuous remark in a confrontational tone. Try a softer approach that will invite conversation.
- 4. Accept influence.** A marriage succeeds to the extent that the husband can accept influence from his wife. A husband's ability to be persuaded by his wife (rather than vice-versa) is so crucial because as research shows, women are already well practiced at accepting influence from men, and a true partnership only occurs when a husband is able to do so as well.

5. Have high standards. Happy couples have high standards for each other. The lower the level of tolerance for bad behavior in the beginning of a relationship (which sets the tone), the happier the couple is down the road.

6. Learn to repair and exit the argument. Happy couples know how to exit an argument, and how to repair the situation before an argument gets completely out of control. Successful repair attempts include changing the topic to something completely unrelated, using humor, or stroking your partner with a caring remark ("I understand that this is hard for you") to name a few. If an argument gets too heated, take a 20-minute break and agree to approach the topic again when you are both calm.

7. Focus on the bright side. In a happy relationship couples make at least five times as many positive statements to each other, about each other, and about their relationship, as opposed to negative ones. A good relationship must have a rich climate of positivity and a focus on making deposits to the "emotional bank account".

If you are in a relationship where there is a climate of negativity or you are not feeling as close to your partner as you'd like, don't avoid the signs. Seek help early if you need to, and start to build up the positivity that may currently be missing. The key is having a healthy "emotional bank account" in your relationship, and these seven tips can give you a head start.



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As this is the first newsletter for the New Year, and since I've been on the job as your MLA in Calgary-Foothills for a full year now, I thought I'd summarize the kinds of things that my staff and I have been working on for you:

- Improvements to the Shaganappi Trail and Stoney Trail interchange including painting of an extra southbound lane to improve commuter traffic flow, and also encouraging significant progress toward allowing direct access to northbound Shaganappi Trail and Stoney Trail for Hidden Valley motorists
- Helping individuals with their dealings with Alberta government departments like Human Services, Alberta Health, and the Solicitor General
- Advocating in the Legislature on issues important to families in the riding, such as supporting infrastructure spending on the new Cancer Centre at Foothills Hospital and the Green Line LRT, plus fighting against the carbon tax and policies that hurt the economy and jobs
- Helping individuals to navigate through the different levels of government, including federal, provincial, municipal and the school boards
- Organizing a Veterans' Food drive in November each year – thanks to our volunteers and the generous people of Hidden Valley we raised about \$5000 worth of food donations for veterans and their families
- Attending countless events including: Community Association board meetings & AGMs; community & cultural celebrations; and of course Stampede breakfasts & BBQs
- Staying in touch by inviting you to our town halls & open houses, knocking on your doors, and sending out newsletters, surveys & emails

Perhaps due to my background as a professional engineer and as a manager of major projects, I take pride in working collaboratively, yet fearlessly fighting when necessary, to help solve the problems that affect the people and communities of our riding.

You can always count on me to look after the interests of the residents of this riding, no matter who you may have voted for. After all, you are my bosses.

I'd like to remind you of our office hours. We are open 9:30AM to 5:30PM Monday-Friday, except on statutory holidays. Contact us by phone, email or in person. It is best if you call ahead for an appointment, but feel free to stop by and say hello to my staff if you are in the area.

May 2017 bring you renewed prosperity. Happy New Year!



**Councillor, Ward 4
Sean Chu**
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ward04@calgary.ca
www.calgary.ca/ward4
www.seanchu.ca

Greetings Residents,

Sunny side up! New map shows the solar potential of your roof

Wondering about the potential amount of sunshine on your home's roof and how it compares to other homes? Check out the City of Calgary's Solar Potential Map to find out!

The new map is intended to be a starting point for Calgarians who are curious about the viability of solar as an energy source for their particular home or building. Using data collected in 2012 and 2013, the map shows all buildings in Calgary's city limits and their varying degrees of solar exposure, on an annual basis, in generalized optimal conditions.

"The solar potential map can be the first step in determining if a solar energy system could work on your home," says Liz Findlay, manager of Geospatial Business Solutions, the group who created the map. "People considering a solar installation should contact a solar system professional to conduct a thorough assessment for their particular building and location."

The best place to look for solar professionals is the Canadian Solar Industries Association (CanSIA), which has an online member directory.

Solar energy isn't just for homes. Various City facilities already have solar systems installed to off-set some of their electricity needs and costs. You can find the particular locations on the solar potential map using the information icons on the map or scrolling through the project listings on the left side bar. To find your home on the map, simply type your home address in the search bar.

Visit maps.calgary.ca/SolarPotential/ to check out the City of Calgary's new Solar Potential Map.

FEB. 9 - 12 CALGARY BOAT AND SPORTSMEN'S SHOW AT STAMPEDE PARK BMO CENTRE

The Calgary Boat and Outdoors Show is Southern Alberta's Biggest and Best Boat and Outdoors Show! More info www.calgaryboatandsportshow.ca



FEB. 25 - 26 2017 ISU WORLD SPRINT SPEED SKATING CHAMPIONSHIPS AT OLYMPIC OVAL

The Organizing Committee Calgary will be hosting the 2017 ISU World Sprint Speed Skating Championships at the Olympic Oval from Feb. 25-26. More info www.speedskating.ca



UNTIL APRIL 30 SHOWCASE: TOM COCHRANE AT NATIONAL MUSIC CENTRE

See important artifacts in Cochrane's acclaimed career, including the 1963 Gretsch guitar, used by Cochrane in the music video for 1988 single "Big League". More info www.studiobell.ca



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Feb. 8 This Is That Live at Jack Singer Concert Hall

Hot on the heels of a new season of radio and a string of viral videos Pat Kelly and Peter Oldring are hitting the road with a new version of their popular live show - This Is That LIVE! If you have ever been curious how just two guys provide all the voices for this completely improvised radio comedy, well this is the show for you. Tickets and info www.artsccommons.ca

Feb. 11, 25 D&D Meet-up at The Sentry Box, Upper Mezzanine, 10 am - 5:30 pm

Whether you're a seasoned player or just curious about this type of role playing game, this D&D meet-up could be for you. Join this group who are dedicated players and welcome everyone, and with multiple ongoing campaigns new dungeon masters are encouraged to step up as well. More info <http://dnd.meetup.com/157/about/>

Feb. 14 - 25 Skylight at Theatre Calgary

On a crisp London evening, two former lovers from vastly different worlds find themselves locked in a dangerous battle of opposing ideologies and mutual desire. At times deeply personal, at times shockingly confrontational, this is one of the greatest intimate plays ever written. Watch, up close, as the embers of a broken relationship spark, ignite, and illuminate exciting possibilities. Tickets and info www.theatrecalgary.com

Feb. 24, 25 Winefest at Stampede Park BMO Centre

2016 Winefest Calgary was a delicious success! Attendees were afforded the opportunity to sample hundreds of red, white, port, sparkling, fruit and dessert wines from 15 different countries! To complement the delicious sips a selection of palate pleasing hors d'oeuvres will be served, along with a variety of tantalizing bites available from local businesses! Tickets and info www.celebratewinefest.com

Feb. 25 Coldest Night of the Year Walk Fundraiser at various Canadian cities

Walk with us on the Coldest Night of the Year, a super-fun, family-friendly fundraiser that raises money for the hungry, homeless, and hurting across Canada. Coldest Night of the Year 2017 officially launches on December 1, 2016, but you can register now! You'll see more and more features magically appear on the site as we get closer to launch. More info and registration www.canada.cnoy.org

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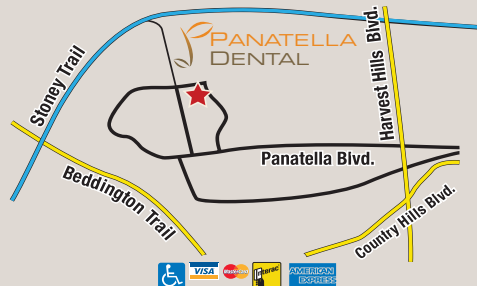
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