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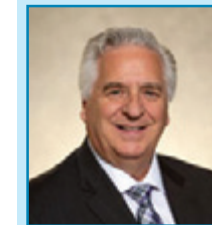
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CONTENTS

Friends of Nose Hill	4
6 Tips for a Successful Renovation	6
Calgary Wildlife	9
The Indoor Gardener	12



GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING PANORAMA HILLS/COUNTRY HILLS FOR 1 YEAR!



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 (Siksikaitsitapi 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 Siksikaitsitapi 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 stages; 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.

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by Anne Burke

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6 Tips for a Successful Renovation

- 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

building for student success

Registering for the New School

The Calgary Board of Education is excited to be building a new second elementary school in Panorama Hills, which is expected to open for September 2016. Kindergarten registration for the new school, named Buffalo Rubbing Stone School, will take place at Panorama Hills School located at 1057 Panorama Hills Dr. N.W. beginning on Jan. 11, 2016.

Registration at CBE schools is not determined on a first come, first served basis, so it is not necessary to register on the first day registration opens. However, registering your child as soon as possible helps our principals plan and prepare accordingly for the new school year.

Buffalo Rubbing Stone School will offer kindergarten to Grade 3 in its first year. Students from the community, currently attending their designated regular program school, will automatically be transferred to the new school.

The documents that you need to register your child include: the registration form (available at the school or at cbe.ab.ca/registration); your child's proof of age and legal name (birth certificate or passport); and proof of your address (driver's licence, offer to purchase, offer to lease or utility bill) to the school. Your preference for morning or afternoon kindergarten can be made at the time of registration and will be considered, but not guaranteed.

For information on the designation area, walk zone and construction status, please visit cbe.ab.ca/schools. If you have questions about kindergarten, we encourage you to visit cbe.ab.ca/childcare.

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.



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CALGARY WILDLIFE



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.

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~continued next page~



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Climate Leadership Plan

Albertans are blessed with an abundant of natural resources and a breathtaking environment of forest, lakes and mountains. Developing a new climate leadership plan will keep our economy strong and our air, land and water clean.

Our plan accelerates the transition from coal to renewable electricity sources, puts a price on carbon pollution for everyone and sets emissions limits for the oil sands. Alberta's plan includes achievable carbon pollution measures, while using revenues from the plan to help Alberta adapt and thrive in a lower-carbon economy.

Electricity and renewables

- Alberta will phase out all pollution created by burning coal and transition to more renewable energy and natural gas generation by 2030
- To do that, our government aims to replace two thirds of our existing coal electricity with renewable energy
- Carbon pricing
- A price on carbon provides an incentive for everyone to reduce greenhouse gas pollution that causes climate change
- Methane reduction
- Alberta will implement a methane reduction strategy to reduce emissions by 45% from 2014 levels by 2025
- Revenue neutral
- One-hundred per cent of proceeds from carbon pricing will be reinvested in Alberta, and will not be put into general government revenues.

Alberta's Climate Leadership Plan is based on advice from the Climate Change Advisory Panel whom have heard from thousands of individual Albertan's. Our Government is very excited to take these historic steps to position Alberta as a world leader in progressive energy production that protects both the environment and the economy for future generations.

We take pride in the actions of our government that are going to mean better health and a more stable and diversified economy in Alberta. In the days ahead there will be much discussion about various aspects of this historic and major policy initiative. If you have any questions or feedback about various aspects of this announcement our constituency office is here for you.

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IN & AROUND CALGARY

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

Editorial Content 1st of each month for the next month's issue
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THE indoor Gardener

by Cindy deJager

SOLEIROLIA HELXINE
(Baby's Tears)

A Baby's Tear Plant is a delicate looking house plant that resembles a mat or carpet of tiny green leaves as it spreads over the sides of its pot. Baby's Tears plants, which originally came from Corsica and Sardinia, have tiny round or bean-shaped leaves that grow on thin fragile stems. Baby's Tear houseplants can be used as table plants or small hanging plants.

My mother had this plant under a table lamp when I was a child, and I can still remember being irresistibly attracted to the tiny, fat leaves. I just bought myself a plant recently – you don't see them very often in the stores and I'm not quite sure why.

To be really successful with this plant it requires bright indirect light and only enough water to moisten the soil. Mist this little plant often because it needs more humidity than we have here in Calgary.

Soil:
I have read that it gets tiny white flowers in the spring but I have never seen one in bloom.

The Baby's Tear is a non-poisonous houseplant.



COUNCILLOR, WARD 4
SEAN CHU

403-268-3727 • ward04@calgary.ca
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Friends,

The next few months will see a new chapter in Ward 4's development. The Green Line, Alberta largest infrastructure project to date is taking shape, and will directly impact our Ward. It will go along Centre Street, and will head north to the future community of Keystone. I have been working hard over the past few months to make this a reality.

The Green Line will extend from Seton in the deep SE, to the far Centre North. Nearly 290,000 Calgarians live along the Green Line's 40 Km route and it will double Calgary's LRT system when completed in 2024. The Green Line will be wind powered, and will have a large impact on taking vehicles off the road, and will alleviate pressure off Calgary's main road arteries.

What this means for you? Centre Street will change as it will now incorporate the Green Line. Ward 4 residents who use the bus to move around will have their transit routes change, as they will now feed into the LRT stations as the transit hub of each community. Some parts of the Green Line will be underground so as to not impact businesses. This is going to be a huge – but positive – change for Ward 4.

I will be having a few Town Halls over the next few months in each community to make sure you as a resident have the info you need, businesses are aware of the changes coming, and transit uses know what to expect in the years to come. The Centre North Green Line LRT stops has not been finalized and your feedback is very important.

I look forward to hearing from as many as you as possible on this major change to Ward 4.

Thank you

Councillor Sean Chu

JANUARY MOON CALENDAR

 Last Quarter Jan 1	 New Moon Jan 9	 First Quarter Jan 16	 Full Moon Jan 23
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Animal Trivia



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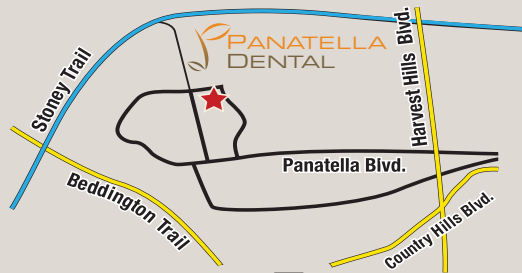
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