

DECEMBER 2017

DELIVERED MONTHLY TO 1,700 HOUSEHOLDS

your



PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



# BK LIQUOR STORE

*Wishing you all a Merry Christmas & Happy Holidays!*

## Special Sales in the store from Dec 7, 2017 to Dec 17, 2017

### VODKA

Polar Ice 1.14L .....	\$27.99
Smirnoff 1.14L.....	\$29.99
Three Olives 750ml.....	\$19.99
Russian Standard 750 ml.....	\$18.90

### RUM

Kraken 750ml .....	\$29.99
All Lamb 1.14L .....	\$27.99

### RYE

Alberta Premium 750ml .....	\$17.99
Canadian Club 1.14L .....	\$28.99

### GIN

Bombay Sapphire 750ml .....	\$23.99
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### TEQUILA

Sauza Gold 1.14L .....	\$36.99
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### WINES

INTO ZIN 750ML .....	\$11.99
Masi Campofiorin 750ML .....	\$17.99
BIN 555 & 222 .....	\$12.99

All Santa Emma 750ml .....	\$11.99
Alamos (Melbec/ cab sauv)750ml ..	\$10.99
All Mirassau 750ml .....	\$11.99
Folonari Valpolicella & pinot grigio 750ml .....	\$10.99
All Bear Flag red/ white 750ml .....	\$9.99
All Coppermoon 750ml .....	\$6.99

### LIQUOR

Blarney Irish Cream 1.14L .....	\$31.99
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### SPECIAL FROM COOLER

Molson Canadian 24 PACK CANS ....	\$39.99
Stella 24 btls .....	\$43.99
Coors Light 15 pk cans .....	\$26.99
Keystone Light/lager 15 pack cans ....	\$21.99
Original 16-15 Pack cans.....	\$26.99
FREE 16 oz Stien	
Sleeman Honey Brown btls .....	\$25.99
Guinness 8pack cans.....	\$19.99
Somersby mix pack cans .....	\$24.99
Smithwick 4pk cans .....	\$8.99
Champagnes starts at.....	\$10.99
Boxer Pilsner 8 pack cans.....	\$8.76

All prices exclude GST and deposit.

Every Sunday is seniors' day, come and enjoy our specials and services.

Thanks for the business. Happy Holidays everyone.

**4708 16 Ave NW | 403-288-0707**

## CONTENTS

- 5 PARKDALE FARMERS' MARKET
- 9 SPORTBALL
- 11 IMPORTANT NEWS: PARKDALE COMMUNITY ASSOCIATION SOCCER REGISTRATION OPENS SOON!
- 12 CANADA 150 SKATING DAY
- 13 CROWCHILD TRAIL UPDATES
- 14 BUTTERFLY AND BEE GARDEN ON COMMUNITY ASSOCIATION SITE
- 16 ABOUT WINE
- 18 COUNCILLOR DRUH FARREL'S REPORT







## PARKDALE COMMUNITY ASSOCIATION

3512 - 5 Avenue NW, Calgary AB T2N 0V7  
403-283-5767  
office@parkdalecommunity.com  
www.parkdalecommunity.com

Delivered monthly to 1,700 households and businesses for 2 years!

### Editorial Submissions

communications@parkdalecommunity.com  
All editorial content must be submitted by the 5<sup>th</sup> of the month for the following month's publication.

### Advertising Opportunities

403-263-3044 | sales@great-news.ca  
All advertisements must be submitted by the 1<sup>st</sup> of the month for the following month's publication.

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YEARS

*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Parkdale Community Association.*

*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

*Great News Publishing and Parkdale Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654



PARKDALE

# Farmers' Market

Thursdays – 3:00 pm to 7:00 pm  
3512 – 5 Avenue NW – Main Hall

Buying locally allows you to support local agriculture, local business owners and Mom and Pop vendors. This means that the food you are eating comes from nearby, and does not require us to waste lots of energy and petroleum to ship the food halfway around the world. You are eating food in your own environment, where it has perfectly-created nutrients for your specific climate and region. You are also supporting the environment by reducing the usage of fossil fuels. Many of the prepared foods are cooked right in the Parkdale Kitchen!

**New Vendors every week!**



# PARKDALE COMMUNITY ASSOCIATION

3512 - 5 Avenue NW, Calgary AB T2N 0V7 • 403-283-5767 • [office@parkdalecommunity.com](mailto:office@parkdalecommunity.com) • [www.parkdalecommunity.com](http://www.parkdalecommunity.com)

The PCA Office is usually open 7:30 a.m. to 3:00 p.m. Monday to Friday.

Please call or email and leave a message if you need support from the PCA Office. The PCA Office is closed on all statutory holidays.

EXECUTIVE		
President	Colin Brandt	<a href="mailto:communications@parkdalecommunity.com">communications@parkdalecommunity.com</a>
Vice-President	Jon Balkwill	<a href="mailto:jonbalkwill@gmail.com">jonbalkwill@gmail.com</a>
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City Representative	Gini Clark	<a href="mailto:virginia.clark@calgary.ca">virginia.clark@calgary.ca</a>

## ABOUT YOUR PARKDALE POST

Editor David Wing [editor@parkdalecommunity.com](mailto:editor@parkdalecommunity.com)  
Editor-in-Chief Colin Brandt [communications@parkdalecommunity.com](mailto:communications@parkdalecommunity.com)

If you would like to get your community article printed in next month's issue of your Parkdale Post, please submit it to [communications@parkdalecommunity.com](mailto:communications@parkdalecommunity.com) by the 10th of the month prior to publication. For details and a copy of the PCA Style and Editorial Guide, visit <http://parkdalecommunity.com/news/styleguide/>

## FOLLOW US ON SOCIAL MEDIA

### TWITTER

[@ParkdaleYYC](https://twitter.com/ParkdaleYYC)  
[@ParkdaleMarket](https://twitter.com/ParkdaleMarket)

### FACEBOOK

<https://www.facebook.com/parkdalecommunity>  
<https://www.facebook.com/pcggs>



## PARKDALE COMMUNITY ASSOCIATION (PCA)

3512 - 5th Avenue NW, Calgary AB, T2N 0V7

Tel: (403) 283-5767 E-mail: [office@parkdalecommunity.com](mailto:office@parkdalecommunity.com)

### TIME BLOCK RENTALS AND BASE RENTAL RATES (2017)

TIME BLOCKS (Minimum rental period/cost, i.e., no partial blocks fees allowed)	REQUIRE? Y=Yes	RENT FEES	RENTAL COST
Weekday Time Blocks			
Mon; Tue; Wed; and/or Thur.			
Morning (8 am to 12 noon)		\$350	
Afternoon (1 pm to 5 pm)		\$350	
Evening (6 pm to 11:30 pm*)		\$350	
All day (8:00 am to 1:00 am*)		\$700	
* Extra late charges of \$70 per hour apply beyond these closing hours			
Weekend Time Blocks:			
Fri; Sat; and/or Sun.			
Morning (8 am to 12 noon)		\$500	
Afternoon ( 1 pm to 5 pm)		\$500	
Evening ( 6 pm to 1 am *)		\$750	
All Day (8 am to 1 am*)		\$950	
* Extra late charges of \$70 per hour apply beyond these rental hours			
EXTRA SERVICES			
Kitchen Use: -For Storage Only		\$100	
-Full Use of Kitchen		\$175	
PCA to Set Up - (Tables and Chairs, etc)		\$150	
PCA to Take Down (Tables and Chairs, etc)		\$150	
PCA to Open and/or Lock Up (Fee also charged if PCA responds to alarm)		\$100	
Sound Equipment		\$150	
Rehearsal Hall A or B		\$60/hr	
SOCAN Music Fee (any function playing music)		\$20	
Elevator		N/C	
Security Guard (Mandatory requirement if alcohol is being served)		\$33.00/hr	
Cleaning Fee (If Rentee hires PCA to clean)		\$250	
Total			
5% GST – Reg# 10781 4949			
TOTAL FEES FOR RENTAL			\$ XXX
Damage Deposit		\$950.00	XXX
TOTAL INCLUDING DAMAGE DEPOSIT			XXX





## PARKDALE COMMUNITY ASSOCIATION

3512 - 5th Avenue NW, Calgary AB, T2N 0V7  
Tel: (403) 283-5767 E-mail: parkdale@telusplanet.net

### MEMBERSHIP APPLICATION FORM

<b>Date Purchased:</b>		<b>Membership No.</b>	
		<b>Expiry Date:</b>	
<b>Full Name of Member(s):</b>			
<b>Residential Home Address, including postal code:</b>			
<b>Phone:</b>		<b>E-Mail:</b>	
Home Work Cell			
<b>Membership Category and Cost Per Year</b>			
Resident Associate		Non-Resident (No Voting Privileges)	
<input type="checkbox"/> Family \$26.25		<input type="checkbox"/> Family \$26.25	
<input type="checkbox"/> Individual \$21.00		<input type="checkbox"/> Individual \$21.00	
<input type="checkbox"/> Senior \$5.25 (per member)			
• Memberships run for one year from February 1 to January 31 of the following year. • Please allow up to 3 weeks for your membership card to arrive by mail (or you can pick up).			
<b>Volunteers</b>			
The Parkdale Community needs volunteers to continue to grow and thrive, and to enrich the community for everyone. Please indicate (✓) areas you would be interested in volunteering:			
<b>General Services</b>		<b>Special Subgroup Services</b>	
<u>Community Events &amp; Socials (CE)</u> <input type="checkbox"/> AGM and Town Halls (A) <input type="checkbox"/> Children's Activities (CA) <input type="checkbox"/> Holiday Parties (HP) <input type="checkbox"/> Garage Sales (GS) <input type="checkbox"/> Special Events (SE) <input type="checkbox"/> Other (OT) _____ <input type="checkbox"/> Farmers Market (FM) _____  <input type="checkbox"/> Arts and Crafts Fair (AC) <input type="checkbox"/> Other (OT) _____		<u>Sports and Recreation</u> <input type="checkbox"/> Baseball (B) <input type="checkbox"/> Skating Rink (R) <input type="checkbox"/> Soccer (S)  <input type="checkbox"/> PCA Members' Assistance (MA)  <u>Other:</u> <input type="checkbox"/> General Volunteering (GV) <input type="checkbox"/> Other Skills or Talents (Z) Please list on back:  <u>PCA Newsletter</u> <input type="checkbox"/> Editorial Panel (NE) <input type="checkbox"/> Delivery Routes (ND)	
		<input type="checkbox"/> Planning & Development (PD) and/or its Subcommittees: <input type="checkbox"/> Escarpment (ES) <input type="checkbox"/> Heritage (H) <input type="checkbox"/> Playground (PG) <input type="checkbox"/> Parkdale School (PS) <input type="checkbox"/> Seniors Affordable Housing (SH) <input type="checkbox"/> SSADS/SSAPG (SS) <input type="checkbox"/> Traffic and Parking (TP) <input type="checkbox"/> Tree Huggers (TH)	
		<b>Service Enablers</b>	
		<input type="checkbox"/> Casino and/or Fundraisers (C) <input type="checkbox"/> Grants and Donations (GR) <input type="checkbox"/> Facilities Rentals (FR) <input type="checkbox"/> Marketing & Website (MW)	
		<b>PCA Governance &amp; Admin</b>	
		<input type="checkbox"/> Board of Directors (D) <input type="checkbox"/> Memberships (MB)	

The Parkdale Community Association respects the privacy of its members and shall not disclose, distribute or rent its email subscriber news list to any third party, not shall it permit anyone else to do so. Members will only be contacted for providing community-related information or volunteer opportunities they have indicated on this form.

☐ I agree that my contact information may be used for the sole purposes of community information provision or volunteer opportunities.

pca precedents - copy only-membership form.doc

updated April 28, 2017



Please visit our website to register or book a trial class!



Sportball is proud to offer multi-sport programs in partnership with

**Parkdale Community Association**

An annual PCA membership is required and can be purchased from Parkdale CA.

Day	Time	Age	Program Type	Dates	No Run	Wks	Price
Sun	9:00-9:45am 9:50-10:35am 10:45-11:45am	1.5-2 yrs. 2-3 yrs. 3-6 yrs.	Parent & Child Parent & Child Drop-Off	Jan. 7 – Feb. 25	Feb. 18	7	\$133
Mon	9:30–10:15am 10:15-11:15am	1.5-3 yrs. 3-5 yrs.	Parent & Child Drop-Off	Jan. 8 – Feb. 26	Feb. 19	7	\$129.50
Mon	3:30-4:30pm 4:30-5:30pm 4:45-5:30pm	3-5 yrs. 5-7 yrs. 1.5-3 yrs.	Drop-Off Drop-Off Parent & Child	Jan. 8 – Feb. 26	Feb. 19	7	\$129.50
Tue	1:00-2:00pm	3-5 yrs.	Drop-Off	Jan. 9 – Feb. 27	n/a	8	\$148

Prices and schedules are subject to change. Applicable taxes will be applied.

Soccer | Hockey | Football | Volleyball | Baseball | Basketball | Tennis | Golf

1-877-678-5437 | brentf@sportball.ca | fb.com/SportballCalgary

**www.sportball.ca/Calgary**

## LOOKING FOR A NEW SOCCER DIRECTOR!

*Traci Nayeri, PCA Soccer Director*

I have greatly enjoyed my time as volunteer Director of the Parkdale Youth Soccer Program for the past five years but my children's sports focuses have changed to another sport, so I am not able to be as involved with our local soccer program as I have in the past. I look forward to shadowing another person this 2017/2018 season, to take over this rewarding position. My children grew up getting their shin pads grass stained on our local fields, creating some of their fondest community memories out there! They continue to wear their vast collection of Parkdale Soccer Jerseys from years past and look back at their impressive array of soccer photos, outlining the evolution of their many hair styles over the years!

As volunteer Director of the Parkdale Youth Soccer Program you have the opportunity to oversee, grow and improve the youth soccer program in Parkdale. This is a key community program, with over 200+ youth enrolled each year. As Director of Soccer, you coordinate with other inner-city communities and communicate the various components of our program to our community and players, which are largely outlined in a Procedures Timeline that will be shared with you for guidance.

Over the past 5+ years, a key focus has been understanding the various needs of this soccer program and breaking down the program into core volunteer sub-groups. This has led to an even more successful & balanced soccer program, where the Director over-see the various elements that come together, creating a program that flows smoothly and leads to an even more positive experience for our players and their parents.

The Soccer Director over-see and manages various other community-based volunteers/core volunteer sub-groups, to ensure important components are fulfilled, like:

- Referee Coordinator
- Coaches & Team Managers
- Field Coordinator
- Field Chalk Manager & Assistant
- Equipment Manager & Coordinator
- Volunteer Coordinator
- Registration/Team Formation Coordinator
- Communications Coordinator
- Awards Coordinator
- Photography Coordinator

You will become a member of the Parkdale Community Association Board and:

- attend monthly meetings [as you can]
- work with the Board and the community to ensure a successful soccer year.
- develop and track annual budget and expenses
- communicate with volunteers, coaches and parents as needed
- meet with other local soccer communities and groups to setup various rules and agreeable start/end dates to the soccer season,
- support on-line registration starting in January
- hosting Coaches & Managers [+ equipment] Evening in March/April
- be available and present as the season starts on the soccer fields for first nights
- support the season-end Family Fun Day by organizing Photos and Medal presentations
- support, if needed, the setup and co-running of Equipment distribution and collection evenings.
- Get to have tons of fun interacting with so many fantastic Parkdale parents and children! The smiles on everyone's face is the best reward possible!



## Important News:



**Parkdale  
Community  
Association**

# SOCCER REGISTRATION OPENS SOON!

**Registration for the 2018 Parkdale  
soccer season opens January 5th, 2018!**

**For more details or to register, go to:  
[www.parkdalecommunity.com/soccer](http://www.parkdalecommunity.com/soccer)**

**REGISTRATION RUNS  
JANUARY 4TH - 31ST, 2018**

**Late fees will apply to all registrations after  
January 31st, so get yours in early!**





## CANADA 150 SKATING DAY

DECEMBER 10

2:00 - 4:00 PM

Parkdale Community  
Association

Outdoor Rink  
3512 - 5 Avenue NW

Hot Chocolate & Cookies

## LET'S SKATE TOGETHER

Join your Parkdale neighbours and the rest of Canada as  
we celebrate #Canada150 Skating Day

Canada

## CROWCHILD TRAIL UPDATES

### Next Steps: Crowchild Trail Plan

Since receiving funding approval from Council on April 24, 2017, the project team has completed detailed design and prepared contract documents for the short-term plan work. We are on track to begin construction in late October with completion expected in late 2019. Graham has been selected as our contractor and together, we will ensure that citizens know to expect the following along Crowchild Trail:

- Reduced speed limit to 50km/hr between 17 Avenue S.W. and 16 Avenue N.W., for the safety of citizens and crews.
- Narrowed traffic lanes to make space for crews.
- No lane closures during weekday peak hours (Monday to Friday between 5 a.m. – 9 p.m.)
- One to two lane closures during weekday off-peak hours (Monday to Friday between 9 p.m. – 5 a.m.)
- One lane closure on weekends (beginning Fridays at 9 p.m. and ending Mondays at 5 a.m.)
- Nighttime construction work between the hours of 9 p.m. – 5 a.m.
- The building of road and pathway detours where required, to ensure people can still access their destinations.
- The removal of trees where necessary, replanting, and landscape replenishments as part of this project.
- Our commitment to keeping business accesses open throughout construction.

The volume of work will increase leading up to the 2018 construction season, which will include road work north of the river as well as work on the Memorial Drive, Bow River and Bow Trail bridges. In an effort to provide neighbouring communities with the opportunity to review the detailed construction plans and ask questions of the project team, we have arranged the following information session:

### Crowchild Trail Construction

On October 29, 2017, The City began the first phase of Crowchild Trail upgrades over the Bow River, between Bow Trail and Memorial Drive, and then further north up to 5 Avenue N.W.

The objective of this two-year project is to upgrade Crowchild Trail so that it will manage traffic better over the Bow River, move traffic more efficiently on and off Crowchild Trail, and improve connections for people who walk and cycle in the area.

Crowchild Trail is a critical part of Calgary's transporta-

tion network; it sees up to 107,000 vehicles a day, has thousands of people using the pathways below, and communities on either side. "We have to keep this road open while we work because it's the main north-south link across the west side of Calgary, provides access downtown, and connects to major destinations across the city", Jeff Baird, Senior Transportation Engineer, City of Calgary explains.

"For the safety of crews and people travelling in the area, we're slowing people down through the site, but we're keeping all the traffic lanes open during weekdays and focusing on more of the road impact work through the night." Baird adds: "Our team is working to ensure the noisier work is minimized through the night and we'll be communicating our night schedules to our neighbours and posting it online."

When pathway closures and detours are necessary, notices will be put in place (For example: Crowchild Trail pedestrian bridge which is closed from Nov. 6 to spring 2018, to accommodate bridge work. People can use Edworthy Park bridge or 14 Street S.W. bridge to cross the Bow River).

In an effort to provide neighbouring communities with the opportunity to review the detailed construction plans and ask questions of the project team, The City of Calgary has arranged the following information session:

### Crowchild Trail Upgrades Project Information Session

Wednesday, December 6, 2017

6:30 – 8:30 pm (Doors open at 6:30pm)

Hillhurst-Sunnyside Community Association – South  
Social Hall - 1320 5th Avenue N.W.

For more information, visit [www.calgary.ca/crowchild](http://www.calgary.ca/crowchild).

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for  
the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

- ♦ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ♦ Forty word limit

**HOSPITAL VOLUNTEER OPPORTUNITY:** The Alberta Children's Hospital Gift Shop is looking for energetic adult volunteers, interested in providing compassionate retail service to patients, visitors and staff, in a beautifully merchandised, retail environment. Weekend opportunities available. Please contact: Vivian. [Ng2@albertahealthservices.ca](mailto:Ng2@albertahealthservices.ca).



## Christmas Party Thank you to Sponsors!

A huge thanks to all of our amazing sponsors for this year's Children's Christmas Party. Your contributions have made such a difference for this successful event!

**Falk Jiwa Group • Flourish Flower Shop • Brookfield Homes • Notable Restaurant • Terry Allardyce**

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The Parkdale Community Association is in the early planning stages of creating a vibrant butterfly and bee garden in the green space in front of the Nifty Fifties. We are excited to announce that Mary Jane Novokowsky has donated \$4414.95 through the Dr. Bernie Novokowsky Legacy Fund. Special thanks to Mary Jane for choosing this project as legacy to her husband's memory.

Currently the green space is unattractive and provides limited interaction with people using the facility. Our goal is twofold. There is a need in Calgary to provide spaces for pollinating species, which plays a vital role in honey bee sustainability. Our second goal is to create a space of beauty, where residents enjoy the wonders of nature, and the opportunity to interact with other users of the space.

The number of honey bees worldwide is on the decrease. According to Green Peace "The main reasons for global bees-decline are industrial agriculture, parasites/pathogens and climate change. The loss of biodiversity, destruction of habitat and lack of forage due to monocultures and bee-killing pesticides are particular threats for honeybees and wild pollinators. It is becoming increasingly evident that some insecticides, at concentrations applied routinely in the current chemical-intensive agriculture system, exert clear, negative effects on the health of pollinators—both individually and at the colony level. The observed, sub-lethal, low-dose effects of insecticides on bees are various and diverse."

The Parkdale Community Association is currently meeting with a landscape architect who will be tasked with designing a space we can all be proud of. Although we do not know the costs at this time, we know that the expense will be considerable. We will be applying for funding through several grant opportunities available to us, and may need to ask for support from the community.

Please watch for updates in future editions, as we share important information on this project with the residents of Parkdale.

## UNIVERSITY DISTRICT UPDATE

### CONNECTIVITY

#### Road Network:

On November 14, (weather dependent) we are looking to restore pre-existing conditions and traffic patterns which include the following:

- Opening of **University Ave & McLaurin Intersection** which will coincide with the opening of all of McLaurin.
- **Children's Way** (adjacent to Rotary Flames House) will be open to McLaurin (right turn only).
- The entrance to Lot 57 will be restored to its original location. See the map below. Please follow the signs and proceed carefully to park.

#### Multi Modal (Pedestrians and Cyclists):

- The pathway detour installed this spring will remain.
- A temporary pathway will be established along University Ave to provide an additional pedestrian connection and a more direct route to the main campus from the western portion of the site.
- Please use care when walking through the site as it is still an active construction area.
- The existing pedestrian corridor along the east side of 39th street will remain.

### SAFETY

- Additional digital signs will be placed next week to provide travelers with advance warning of upcoming changes.
- Standard construction signage will be in place to instruct motorists at key intersections, and other areas requiring extra caution.

### COMMUNICATING WITH US

Our hotline is available 24/7 at 1-855-400-5556. You can also visit [www.wcdt.ca/construction](http://www.wcdt.ca/construction) for ongoing updates as they become available.



## SAFE & SOUND

## Cold Weather Safety

Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

### Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

### Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Call 9-1-1, or seek further medical attention as required.

### Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



# About Wine



by Nik Rasula

About Wine features wines not typically on one's shopping radar. Special wines—made from grapes or blends, regions or countries—that may not be common or well known. About a wine, or winemaker, with a story to tell; of place, process or style. Highlighting artisanal producers making unique, reasonably priced (under \$50 retail) wines, all-the-while offering careful earth stewardship.

2014, Celler de Capçenes, Mas Donis Old Vines ([www.cellercapcanes.com](http://www.cellercapcanes.com))

**About the Region:** Located 140 kilometres southwest of Barcelona, the village of Capçenes is 30 kilometres inland of the Mediterranean. Here it forms the heart of the region of Montsant, vineyard territory dating back centuries.

**About the Maker:** Founded in 1933 to offer scale to the smaller producers of the area, Celler de Capçenes originated as a low-end bulk-wine cooperative. It re-invented itself in 1995 after recognizing quality wine production was key to its success. From humble beginnings it now produces world-class wines.

**About the Land:** A combination of clay, llicorella slate, limestone, and sand make up the earth of the Montsant region. Each benefit unique attributes to the 50-year-old bush-vines of the region.

**About the Blend:** A blend in the style of France's southern Rhône Valley, the 2014 Mas Donis is a combination of Grenache (70%), Syrah (25%), and Merlot (5%). It offers a luscious alternative to the signature Spanish reds made from the Tempranillo grape.

**About Sustainability:** Sustainable farming practices from smaller, family-owned vineyards.

**About the Wine:** A lovely medium purple in-glass, distinct allspice aromas combine with notes of black cherry. On the palate, a concentrated attack of plum, spice, and liquorice impress and finishes clean and long.

About Pairing: Barbequed dry-rubbed back ribs or Fall evenings.

About Availability: Check [liquorconnect.com](http://liquorconnect.com) (call the listed store too) confirming availability.

**CSPC #784606**

**About Price: \$25**

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I wish to take this opportunity to acknowledge and thank each and every one for your support. This past year seems to have gone by so quickly. It has been busy and full, with each of us in our own way having faced challenge, opportunity and change. It is by your actions and contributions that I am continually reminded of our collective strength in sustaining a sense of stability and "can do" philosophy. This is evidenced in the support and good work of people across our community, coupled with the achievements of our younger generations. I am inspired by the wisdom and inquiry of those 'young and old' who have visited my office or sent emails of concern or inquiry. Responding to hundreds of emails and meeting with numerous constituents have kept me apprised of your priority areas requiring attention. I appreciate your thoughtful comments and commitment to bring issues forward.

And now, December is upon us. This is such a special time of year—a month when millions of homes all around the world are decorated with Christmas trees, lights and candles. This is Christmas. It is a time of when we remember others, when we make extra effort to contact all those special people who quietly support us in so many different ways throughout our life. It is a time to slow down...to fill some of our days with fun, family, friends and festivity.

For me, this festival celebrates the birth of Jesus Christ. Over the years, Christmas has become a time of gift giving and rejoicing in peace. We have taken many customs from different places around the world and mixed them together to form our modern celebration of Christmas. But one tradition remains universal—the tradition of sharing and love, in fellowship and togetherness. It is in spreading the warmth in our hearts to touch the lives of others with joy and good cheer that the true meaning of Christmas unfolds.

I hope we can pause to consider our blessings often forgotten or taken for granted...take some time to think about and plan for a future that encourages opportunity, is sustainable and values family and community...where we can share ideas, listen, learn and preserve a quality of life we all hold dear.

I am truly honoured to represent you in the House of Commons. I will continue to work to the best of my abilities to be sure your voice is heard in government.

My family and I join in extending our very best wishes to you this holiday season. May the wonderful blessing of Christmas be with you throughout the coming year.



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**Councillor, Ward 7  
Druh Farrell**  
ward07@calgary.ca  
druhfarrell.ca  
@DruhFarrell Druh Farrell

Happy Holidays from Ward 7!

On October 23rd, a new City Council was sworn in to represent Calgarians. It is an honour to serve the residents of Ward 7, and I look forward to delivering on a shared vision for a more sustainable, progressive, and resilient Calgary.

On Election Day, Ward 7 boundaries changed. We say goodbye to departing communities and wish them the best of luck in Ward 4. Ward 7 welcomes Montgomery, University Heights, University District, University of Calgary, Tuxedo Park, and Winston Heights/Mountview. I am excited to work together to enrich all of our neighbourhoods.

It is also that time of year when we gather 'round the kitchen table to spend time with friends and family. We reflect on good fortune and happy times, as well as look forward to an even better 2018.

Sadly, not all of our neighbours will be as fortunate this holiday season. Whether due to the recession, loneliness, poor health, or other challenges, many Calgarians could use a kind word and a helping hand. Here are just a few of the ways we can help:

- Call 211 ([www.ab.211.ca](http://www.ab.211.ca)) to access social programs and services.
- Make a donation to a non-profit. For information on charities and their finances, visit [www.cra-arc.gc.ca/charitiesandgiving/](http://www.cra-arc.gc.ca/charitiesandgiving/).
- Volunteer! From visiting seniors' centres to reading to children, you can make a difference. Call 211 to connect to volunteer opportunities.
- Start a conversation about poverty. To learn more about poverty in Calgary, visit [www.enoughforall.ca](http://www.enoughforall.ca).
- Learn what it feels like to live in poverty at [www.makethemonth.ca](http://www.makethemonth.ca); *Make the Month* is a simulation that shows how Canadians living in poverty face choices that make or break their monthly budgets.
- Watch for people in your neighbourhood who could use help shovelling snow and lend them a hand. You can recognize a neighbour's good deeds at [www.calgary.ca/snowangels](http://www.calgary.ca/snowangels).

From the Ward 7 family to yours, we hope all Calgarians can enjoy a happy and compassionate holiday season.



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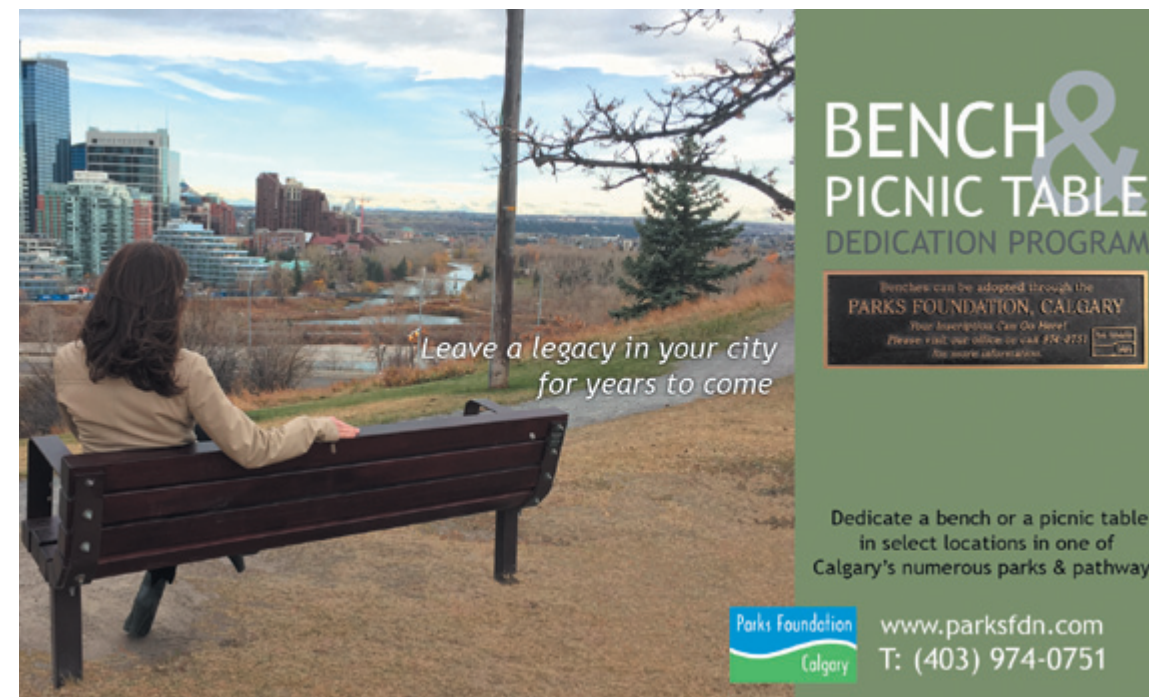
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