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IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654

January 2017



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TGCA COMMUNITY CENTRE

Main Office		403-274-6840
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Office Email		admin@tgcacalgary.com
Bowling, Racquetball & TG Lounge		403-274-5574
Forbes Innes Arena		403-274-1466
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General Manager	Kevin Kromm	403-274-6840 403-274-1466

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SPECIAL INTEREST GROUPS

58 th Scouting	Jenn Riley	587-350-1364
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Guides	Jackie Fietz	403-295-2927
Deerfoot United Soccer Club	Cory Abel	403-650-1791

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Slopitch	Kevin Darrah	403-875-3469
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HORIZON NEWSLETTER

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TGCA HOURS
 HOURS MAY BE SUBJECT TO EARLY CLOSING

Complex closed
 Closed February 20th for Family Day

Administration Office
 Mon, Tues, Wed, Thurs 9:00 am – 9:00 pm
 Fri 9:00 am – 4:30 pm
 Saturday & Sunday Closed

Lounge & Rec Centre
 Monday – Thursday 9:00am - 12:00am
 Friday & Saturday 9:00am - 1:00am
 Sunday 11:00am - 6:00pm

PRESIDENT'S REPORT

by Leslie DeGagne

Freezing cold seems to have descended upon Calgary this winter. Spoiled by El Nino for the last few years has made this endless cold hard to take. The good thing is that we now appreciate the Chinook winds that create a window of relief through the long winter months. I do not know about you but our family has taken to spending time in arenas and out playing in the snow to make the days more bearable. On a cold day, a cup of hot chocolate tastes like the nectar of the gods. I always look forward to February; the one month of the year, that has a unique character. The shortest month that sits exactly in the center of winter. This is the month where in Canada hockey becomes serious with games making a difference for playoffs and major tournaments looming on the horizon. This is when our budding young superstars bloom and they ooze confidence in everything they do. February is the month we celebrate all things that are good about the winter season. February is the month where we take a breath, pat ourselves on the back and then get back to work knowing spring is around the corner.

This community Celebrates winter sports every year. We put aside a weekend to gather with friends and do all things winter. This year our celebration happens on the weekend of the 10th and 11th and will revolve around the arena. Trooper is coming

to town to help us celebrate the shortest month of the year and we hope everyone will come join the party. It should be a lot of fun and when all done we should be well on our way to helping pay for a new Olympia machine for the arena. We will have free public skating, tobogganing, an Ice show and Jam Can curling. Saturday afternoon will have free hotdogs for all served in the arena. Let us bring the community together and have a great celebration of winter.

Speaking of fundraisers the adult volleyball league is selling raffle tickets to raise funds for new nets. The prizes are framed mosaic prints of the Tragically Hip and the second one is a print of The Calgary Flames featuring Sean Monahan and Johnny Guadreau and a wine fridge. Buy tickets by getting in touch with Dianne Stewart. Come down to the lounge and see the prints. Tickets are limited and the draw takes place at the Volleyball windup.

Good luck to all our young people involved in winter sporting leagues we wish you much success in the coming months. Remember to thank your hard working coaches, managers, parent coordinators and parents for making your season happen. These people volunteer their precious time to ensure the kids play, a smile and a thank you go a long way.



Trivia

Groundhog Day

Groundhog Day, celebrated on February 2, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last for another six weeks. If there was no shadow, spring would come early.

TG MEMBER'S CORNER

Birthday Wishes Go Out To:

February – Diana Christie, Nancy Douglas, Kevin Kromm

In Memory Of:

Condolences go out to Carolyn and family on the passing of Carolyn's mother, Emma Jackson in December

Condolences go out to Bill Roffel and family on the passing of Bill's wife, Flo in December

Condolences go out to Wes and Dot Jamieson and family on the passing of Dot's mother in December

Condolences go out to Dianne Stewart and family on the passing of Dianne's sister in December

Any TG Member that would like to submit a tidbit for this section may do so by email to admin@tgcacalgary.com or by phone to the office at 403-274-6840.



JACKSON, Emma Christine

September 18, 1937 – Innisfail, AB
December 30, 2016 – Calgary, AB

Emma Jackson, beloved wife of James of Calgary, passed away on Friday, December 30, 2016 at the age of 79 years.

Emma will be lovingly remembered by her daughter, Carolyn; grandson, Andrew and many nieces and nephews in Alberta and Ontario. She was predeceased by her loving husband, Jim in 2009; and over the past years all her siblings, brothers Askel, Edward, Carl; dear sister, Edith and also her parents Niels and Christine Lind.

TG's Children's Christmas Party



This year's Children's Christmas party we changed things up and still had a great turnout. The children's party was attended by 60 children and their parents.

The morning started early but that was okay as all the craft tables got filled up and the children went station to station building and creating masterpieces. From making some hot chocolate Santa or reindeer bags to creating their own Christmas snow globe. Painting ornaments and creating tea light ornaments had the volunteers busy helping to cut and glue. The most enjoyed table was the cookie recipe in a jar, layering the ingredients and doing it all by themselves had the kids lined up to get their chance, I heard many parents comment about the great Christmas presents their children got to make.

Santa arrived to a room of everyone singing jingle bells. Santa was walking around and chatting with the kids and had a couple of them jumping in excitement. Santa's silly hat had the kids laughing to take a turn to see what it would do next. Pictures were had and treat bags handed out to all.

Many thanks again to our local stores Sandstone Pharmacy, Shoppers Drug Mart, Beddington Co-op and Safeway for their donations. Also to Notre Dame High school students for volunteering their time to make this a great event for our community members.

Our next event will be an Easter Family dinner and dance on Friday April 7th. Stay tuned for more details about dinner and pricing, tickets will be pre-sold for this event.

Happy New Year

Michelle Starzynski

Celebration of Winter Sports Schedule of Events

Friday February 10th		
6:45-11	Adult Jam Can \$40 per team of 4. Registration opens Jan 12th to teams of 4 with a minimum of 2 members per team. Space permitting, Jan 27th open to all.	Old Arena Lobby
Saturday February 11th		
12:30-2	STARSkate Showcase	Arena
2:30-4	Free Public Skating	Arena
4:15-5:30	McKnight Atom 1 vs. Simons Valley Peewee 1	Arena
5:45-7	McKnight Peewee 1 vs. Simons Valley Peewee 1	Arena
7:15-8:30	McKnight Midget 5 vs. McKnight Midget 4	Arena



BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 22



STARSkate SHOWCASE

The Thorncliffe Greenview Ice Skating Club (TGISC) is excited to be doing a "STARSkate SHOWCASE!" at the TGCA Winterfest on Sat Feb 11. The Showcase will run from 12:30-2:00 PM in the Forbes Innes Arena and will consist of Freeskate and Interpretive performances by our higher level figure skaters. We hope you will come to the arena to watch the show!

Liz Sawatzky, President
Thorncliffe Greenview Ice Skating Club

TGCA Presents

TROOPER

Let's Raise a Little Cash!

Opening act; featuring the music of Punch Drunk Cabaret!! This Canadian classic will kick off the evening that you won't forget!



Saturday Feb 11, 2017

Thornccliffe Greenview Community Hall

*Doors open at 6:30
Dinner*

*Getto Boys Burgers and Ribs
7 - 8:30*

Show starts at 9



Door prizes including travel voucher!

More information and tickets, contact the TGCA office www.tgcacalgary.com

Tickets: \$100 and \$125

proceeds raised go toward purchase of a new ice resurfacing machine!

Members and Guests Only



Legendary Canadian Recording Artists Trooper

For one night only Saturday February 11, 2017 (Members & Guests Welcome)

Hello friends of TGCA

The Forbes Innes Arena is raising funds to purchase a new electric resurfacer. To raise money for this costly but vital piece of equipment, Trooper is coming to play at the Thornccliffe Greenview Community Association!! (5600 Centre Street North)

NOT A BAD SEAT IN THE HOUSE

"Red Section" Seating is located closest to the stage and provides the greatest view and sound quality possible. 210 tickets are available at \$125.00 plus GST.

"Yellow Section" Seating is located between 65' and 120' from the stage. Tickets are \$100.00 plus GST. All tickets include dinner and a chance to win a destination vacation package.

Only 624 tickets will be sold to this intimate evening in the TGCA main hall with a band we all know and love. So many songs, too many to list, but you'll sing to them all.

It's going to be a night of good food, good music and lots of good fun.

To purchase tickets please fill out the ticket order form.

For Mastercard and Visa purchases, scan completed form to: troopertickets@tgcacalgary.com
For Cash purchases, please return completed form with cash to the TGCA Main Office.

All ticket requests will be processed in the order they were received.

Tickets will be distributed on a first come, first serve basis.

Best available seating will be allocated upon purchase. When \$125 tickets are sold out, next best available seating will be filled. You will be contacted when your order is filled.

Thank you for supporting the Thornccliffe Greenview Community Association & the Forbes Innes Arena!

Trooper Ticket order form

Name:

Phone number:

Email:

	Ticket Price (GST included)	How Many Tickets	Ticket Total
Example	\$131.25	2	\$262.50
	\$131.25 ____	\$105.00 ____	\$
		Cash Total	\$

Credit Card Information:

Name on card: Phone:

Card Type: Mastercard or Visa Expiry:

Credit card number: Signature

If paying by credit card, please return this completed form to: troopertickets@tgcacalgary.com

If paying by cash, please return form and cash to TGCA office.

Monday 9 am – 9 pm, Tuesday 9 am – 4:30 pm, Wednesday 9 am – 9 pm

Thursday 9 am – 9 pm, Friday 9 am – 4:30pm

FEBRUARY 2017 THORNCLIFFE/GREENVIEW CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Gym night 7:00pm Seniors Public Skate: 10:30-11:30am	2	3 Public Skate 3:30-5:00pm Gym Night 7:00-8:30pm	4
5 Bingo! 6:15pm Public Skating 11:45-12:45pm	6 Bingo! \$5000 Guaranteed Bonanza 6:15pm	7	8 Gym Night 7:00pm Seniors Public Skate: 10:30-11:30am Gym Night 7:00-8:30pm	9	10 NO Public Skate TG WINTERFEST. Jam Can 6:45-11pm	11 TROOOOOOOOOO -OOOOOPEF!!!!!!
12 Bingo! 6:15pm Public Skate 11:45-12:45pm	13 Happy Valentines Day Bingo! 6:15pm	14	15 Gym Night 7:00pm Seniors Public Skate 10:30-11:30am Gym Night 7:00-8:30pm	16	17 Public Skate 3:30-5:00pm	18
19 Bingo! 6:15pm Public Skate 11:45-12:45pm	20 Bingo! 6:15 pm	21	22 Gym Night 7:00pm Seniors Public Skate 10:30-11:30am Gym Night 7:00-8:30	23	24 Public Skating 3:30 pm – 5:00 pm	25
26 Bingo! 6:15pm Public Skate 11:45-12:45pm	27 Bingo! 6:15 pm	28				



GOOD FOOD BOX PROGRAM

What is the Good Food Box? It's a monthly program where community members can buy fresh fruit and vegetables for a very low cost. Thorncliffe Greenview Community Association now has a Good Food Box Depot. You receive top quality produce at wholesale prices. There are three sizes of boxes to choose from. The large box (\$35.00) contains 40 plus pounds of produce. The medium box (\$30.00) contains 30 plus pounds of produce. The small box (\$25.00) contains 20 plus pounds of produce. You only order the size you want, when you want. How do you get a food box? Bring your exact cash to the Horizon Room at Thorncliffe Greenview Community Centre between 2:00 and 5:00 p.m. on the scheduled pick up day. This will secure your order for the next month or bring your exact cash to the Administration Office no later than the order deadline listed below. If you have any questions feel free to call M.J. at 403-275-6752.

Order Deadline	Pick up Day
February 17	March 2
March 13	March 23
April 24	May 4
May 29	June 8
June 19	June 29
September 18	September 28
October 16	October 26
November 13	November 23

PISCES

PET EMPORIUM THE FRIENDLIEST PET STORE ON EARTH



SAVE 15%
On ONE regular priced item with this ad
Expires March 31, 2017

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www.piscespets.com 403.274.3314

Not valid on G.F. Cases, Cat & Dog Food, Fleeces, Kennel Stalls, etc. & Sale Items. "No Cash Value"
 One coupon per customer per month. Applies to amount before taxes.
 Cannot be combined with any other offers. Must be presented at time of purchase.
 Store management reserves the right to reject any coupon not being used according to the intended purpose.

FORBES INNES ARENA PUBLIC SKATING SCHEDULE

5600 Centre Street N. • 403-274-1466

Check out our website for changes or additions.
www.tgcacalgary.com

Seniors Only Wednesdays

10:30 a.m. - 11:30 a.m.

Members Only Wednesdays

1:30 p.m. - 2:30 p.m.

Fridays 3:30 p.m. - 5:00 p.m.

Sundays 11:45 a.m. - 12:45 p.m.

The cost for the Public Skate is free to TG Community members, and for non-members the cost is \$5 per adult, \$3 per child or \$10 per family.

Forbes Innes Arena Skate Shop Hours

HOURS OF OPERATION

Monday	5:30 – 9:00 pm
Tuesday	6:00 – 9:00 pm
Wednesday	6:00 – 9:00 pm
Thursday	5:30 – 9:00 pm
Fridays	5:30 – 9:00 pm
Saturday	11:00 am – 7:00 pm
Sundays	9:00 am – 5:00 pm

No Public Skating February 10

Did you know that we sharpen, repair and rent skates?

Mark Your Calendars!

February 10	Adult Jam Can
February 11	Celebration of Winter Sports
February 11	Trooper!
March 27	TGCA General Meeting

TG Lounge & Rec. Centre News

Did you know?

TG has 4 racquetball courts and four 5-pin bowling lanes

CALL (403) 274-5574 TO BOOK!

Racquetball Multi-Passes Available (Gift Certificates)

Happy Hour Pricing

3:00 pm – 8:00 pm daily

Friday & Saturday until 8:00 pm & all day Sunday!

Free Shuffleboard, Darts

Satellite TV Watch CFL, NFL Games, NHL Centre Ice Package

8 TVs, 2 Pool Tables

Monday - Thursday 9am - 12am

Friday & Saturday 9am - 1am

Sunday 11:00am to 6:00pm

Hours may be subject to early closing.

Bowling, Pool, Dart & Racquetball Leagues
Book your Tournaments with the T.G. Lounge &
Recreation Centre
403-274-5574

*Consider Going Bowling for Your Next Family Get Together
Children's Birthday Party Packages Are Also Available*

TG LOUNGE & RECREATION CENTRE

Bowling, Pool, Dart & Racquetball Leagues
Book your Tournaments with the T.G. Lounge &
Recreation Centre
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*Consider Going Bowling For your Next Family Get Together
Children's Birthday Party Packages Are Also Available*



News from the Friends of Nose Hill

by Anne Burke

Calgary has over 8,000 hectares of parkland and natural areas, including 800 kms. of pathways. Public off-leash areas are also multi-use, so let's share these spaces. It is illegal to harass wildlife in parks and natural areas. Keep dogs on leash on paved pathways, even in an off-leash area if wildlife are near. Better to be safe than sorry. Keep your dog away from porcupines and coyotes.

Conservation in an urban world means protecting natural areas, according to Alberta Wilderness Association guest speaker Chris Manderson, urban conservation lead for the City Parks Department. He explored how Calgary has been shaped by its natural environments and, in turn, how they are impacted by a growing city of 1.2 million in an urbanising world. Although Calgary is blessed with a rich fabric of parks and protected areas, he acknowledged some of the new challenges and approaches to protecting Calgary's natural heritage. The Alberta Wilderness Association is a non-profit, federally registered, charitable society since 1965. Dedicated to the completion of a protected areas network and conservation of wilderness, the group has a provincial office and resource centre in Calgary, active members, volunteers, and sponsors in Alberta and beyond. Go to: www.albertawilderness.ca.

Since 1996, communities have had the option to pay a public tax for enhanced landscape maintenance in parks and other green spaces.

Usually, community associations and residents organizations are responsible for overseeing irrigation, weed management, mowing, trimming, and clean-up. The levy per household ranges from \$39 to \$219. City-wide standards for local parks were reviewed. If a \$5 levy was added city-wide, the increase would not be enough. Instead, the Canada 150 banner/flower pilot program in 16 communities will be extended for another two years and possibly expanded. Using native plantings instead of annuals would help reduce cost and watering. The City will ask for feedback, partner with garden and community groups, and explore options. The focus will be on community entrances, major intersections, and open spaces. The plan is to introduce flower beds and street light banners in each community. The aim is to add 20 communities a year, while 14 communities were involved in the This Is My Neighbourhood program. www.engage.calgary.ca/TIMN.

Alberta Ecotrust announced a 2nd annual Environmental Gathering: "Breaking Through", Feb. 23 – 25, 2017 at the Shaw Conference Centre, in Edmonton. Details are at www.albertaecotrust.com.



AHS Public Health Forum Invite

Alberta Health Services (AHS), in partnership with Alberta Health, is initiating conversations across Calgary and Central Zones to look at the delivery of health services in 2031 and beyond.

A public blog on AHS' website invites all community members across both zones to share their perspectives and participate in conversations about how healthcare could be structured in 15 years.

The blog site builds upon in-person meetings that have taken place across both zones through late November and early December. These included visioning sessions, smaller group workshops and meetings that involved community members (including individuals typically under-represented in formal engagement activities), health partners and stakeholders. They were asked to examine ways to co-design and co-deliver a sustainable, quality health system that promotes healthy communities and provides appropriate access to services, programs and facilities across Alberta.

"We are exploring new, innovative ways to structure and deliver care," says Lori Anderson, Senior Operating Officer at the South Health Campus. "It's important that we work together because the healthcare model of the future involves more

community-based services and shared opportunities between AHS and community partners."

Projections of health service delivery in 15 years show an increase in older demographics and more chronic health conditions.

"In the healthcare system of the future, the emphasis needs to be more preventative with proactive measures that will keep all Albertans, including our children and grandchildren, healthier," says Larry Albrecht, Chair of the Prairie Mountain Health Advisory Council. "It's also expected that health services will be more community-based."

Opportunities for community member input will continue throughout the year-long planning process. The feedback and ideas will contribute to informing a high-level health system strategy proposal, which will be further developed in 2017.

AHS is currently focusing long-range planning efforts on Calgary and Central Zones. Similar planning in Edmonton Zone is ongoing. Long-range planning for North and South Zones will follow. For more information on how you can be involved, please contact community.engagement@ahs.ca or join the conversation at www.ahs.ca/longrangeplanning.

HOME GARDENING WITH BARBARA



Succulents & Cacti

Barbara Shorrock

If you are growing plants indoors, there is a good chance you already have a succulent or two. Perhaps you have cactus or aloe. The word "succulent" comes from the Latin word "sucus", meaning juice or sap. This category of plants has leaves or stems (and sometimes roots) that are thick and fleshy to enable the plant to store water to survive dry conditions. It is a huge family of plants that originate from many parts of the world ranging from desert to forest. All cacti are succulents, but not all succulents are cacti. Many of them flower, such as *Schlumbergera*/Christmas Cactus, which only flowers at Christmas if forced in a greenhouse environment. In our homes, it blooms according to hours of sunlight, typically October-November and again less vigorously in early spring. After it is finished, it should be given a rest and pruned or re-potted. I have several that are decades old who are pruned annually. They are given a light fertilizing and maybe top dressing when new growth appears, because they live in the same pot year after year.

Another popular indoor succulent is *Sedum Morganianum*, also known as Burro Tail or Donkey Tail. It has long rope-like stems heavily laden with plump juicy leaves that can grow up to 6 ft. long. A mature plant will be very heavy, and needs to be hung from a good hook that will support the weight. If you cannot turn it regularly, it will grow on the sunny side and need to be secured to its shelf (I find wire coat hangers useful). These plants do not tolerate transplanting, as the leaves fall off with the slightest touch, so choose your pot wisely when the plant is small. There are many different varieties with leaves from tiny to huge, and if you have outdoor sunny space that is sheltered from the wind and hail, they will enjoy living outside in the summertime. Remember, though, that they are tropical and cannot tolerate cold temperatures, so must move inside in the fall.

We all have some sort of Hen and Chicks in our gardens: small ground-hugging fleshy succulents in rosette form of the *Crassulaceae* family. You will often find them labelled as genus *Echeveria* and *Sempervivum*, among others. The "hen" is the main parent plant, and the "chicks" are the offsets or baby plants, which are attached by a not very sturdy stem. A good strong rain will knock the baby off, allowing it to roll down the slope and come to rest where it will put down roots and start a new colony. These are probably the most shared plants in the gardening community, as some varieties are hardy to our climate and propagate easily. There are many others that come from warmer and drier climes, such as Central and South America and Africa, that make interesting house plants because of their beautiful shapes. Plant them alone, or together in a shallow pot in a sunny window, and they will reward you with years of slow growth and the occasional bloom on a long willowy stalk. The most important thing to remember about growing succulents is that their original home is typically arid. The quickest way to kill your new succulent or cactus is to water it weekly on the same schedule as your other house plants. Root rot is deadly. During the winter season when daylight hours are short, these plants need watering only monthly, or at the most every two weeks. Soak the pot and then leave it until it is totally dry; never let it sit in a saucer of water. And do not fertilize until the days are longer and you see new growth. When re-potting (some of these babies come from the nursery in very tiny pots) use either a commercial cactus medium, or regular potting medium mixed with perlite (1:2). Perlite is good for drainage; Vermiculite is like a sponge and holds water. Horticultural sand will also work. Enjoy your succulents; how many things do we have in our lives that thrive on neglect?



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(entrance on 54th Ave. behind the strip mall)

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Christmas Bird Count

116 year-old annual tradition with an interesting origin

In 1900, to counter the so-called “side-hunt,” wherein groups of gunners would compete in seeing which could kill the most wildlife on Boxing Day, American ornithologist Frank Chapman, instead, asked birders across North America to head out on Christmas Day to count the birds in their home towns and submit the results as the first “Christmas Bird Census.” His suggestion has evolved into one of the world’s largest citizen science projects in the world, and a holiday tradition during the Christmas season for well over 50,000 birders in the Americas each year.

The Christmas Bird Count (CBC), as it is now called, is conducted in over 2,400 localities across Canada, the United States, Latin America, and the Caribbean. These bird observations, collected during one-day field counts within defined circular areas, have been amassed into a huge database that reflects the distribution and numbers of winter birds over time.

Each Christmas Bird Count (CBC) is now conducted within a standardized circle with a radius of 7.5 mi (12 km). About 370 Canadian CBCs are reported to Bird Studies Canada - and many hundreds of others are conducted, reported only to their provincial naturalists’ organization. In all, some 15,000 to 22,000 people participate across Canada.

This year the Calgary CBC took place on Sunday December 18th under a mostly sunny sky and a balmy temperature of 3C. S2G+ joined Gus Yaki and 6 other individuals. Of the 32 territories in Calgary our area included Mount Royal, Elbow Park, Stanley Park, Parkhill, Ertlon, and Rideau/Roxboro. Nineteen bird and 4 mammal species were counted plus 3 animal tracks observed.

SP	Birds	Count
1.	Canada Goose-460	460
2.	Mallard	25
3.	Bald Eagle	1 AD
4.	Sharp-shinned Hawk	2
5.	Rough-legged Hawk	1
6.	Merlin	3

7.	Downy Woodpecker	3
8.	Hairy Woodpecker	1
9.	Northern Flicker	4
10.	Black-billed Magpie	198
11.	Common Raven	42
12.	American Crow	3
13.	Black-capped Chickadee	120
14.	Red-breasted Nuthatch	22
15.	White-breasted Nuthatch	5
16.	Darky-eyed Junco	3
17.	Rock Pigeon	55
18.	House Finch	7
19.	House Sparrow	

Mammals		
1.	Red Squirrel	1
2.	Eastern Gray Squirrel–grey morph	23
3.	Eastern Gray Squirrel–black morph	45
4.	White-tailed Jack Rabbit	1
5.	European Rabbit (feral)	39

Tracks		
	Meadow Vole	
	Deer Mouse	
	Coyote	

Overall number of species recorded in Calgary: 61 (four below the 20-year average)

Individual birds counted in Calgary: 39,249 (significantly below the average of 50,000)

Highest count species: Mallards (10,676) and Canada Geese (9,315) led the way, followed by House Sparrows, Black-billed Magpies and Black-capped Chickadees.

Biggest drop in sightings: Bohemian Waxwings at 1,650 and a 90% decrease in the number of House Finches

Returns: a Golden Eagle not counted since 1987 and 3 Sharp-tailed Grouse which were first seen since 1997. Both the eagle and the grouse were found on Tsuu T’ina lands.

Other uncommon birds: Ring-necked Duck, Pied-billed Grebe and Ring-billed Gull (one of each).

Final results will be posted on the Audubon database by mid- January 2017. Next year’s count will be on Sunday December 17, 2017. Mark your calendars!

Information from Gus Yaki and Phil Cram

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous benchlands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus



Plantar Fasciitis

Causes and Treatment Options

By Dr. Alma Nenshi, Family Chiropractor

Chronic foot pain is no fun, and can spoil your enjoyment of life. One of the most common causes of pain in the feet, affecting nearly two million people yearly, is plantar fasciitis, an inflammation of the plantar fascia ligament that connects the heel bone (calcaneus) and the toes. This ligament is composed of fibrous bands of tissue, and runs along the entire bottom of the foot supporting 26 bones, 33 joints, 107 ligaments and 19 tendons and muscles during standing and movement. Plantar fascia may become inflamed when tiny tears occur in these delicate tissues.

The most common symptom of planar fasciitis is a burning or aching pain on the bottom of the foot in the mornings, often near the heel. The pain tends to decrease with activity, but may recur after periods of walking or standing. Half of people diagnosed with plantar fasciitis say that their pain is constant; 90% say that it hurts when they press on the area around the heel.

There are many potential causes of plantar fasciitis. Overuse during exercise or physical activity is one of the most common, and athletes who run, jump, or perform other repetitive movements that put pressure on the feet are prone to this condition. It may also be caused or aggravated by arthritis and diabetes, especially in the elderly. Wearing the wrong shoes or shoes with little or no arch support or cushioning can put strain on the tendons and, over time, cause plantar fasciitis symptoms. Improper footwear is even more likely to be a cause if you have flat feet, high arches, overpronation, or underpronation. Being overweight can also place additional strain on your feet that can lead to foot, ankle, knee, hip and back pain symptoms.

Whatever the cause, plantar fasciitis can take all the fun out of walking or even moving around easily. More important, it is a condition that should be diagnosed and treated early, before it becomes more serious. Traditional medical treatments tend to focus on reducing the pain (via anti-inflammatory medications such as Ibuprofen or more serious pain relievers) and alleviating pressure on the heel. Unfortunately, this regimen does not address the potential causes of the disorder. For many, chiropractic adjustments of the feet and related joints (in addition to traditional approaches such as icing and avoiding for a time the movements that seem to exacerbate the pain) may help to restore a proper range of motion, and thus remove the cause of the problem.

More advanced computer technologies like our GaitScan measures how you walk or run and can provide valuable data for the accurate diagnosis and treatment of your symptoms. Custom orthotic therapy is often covered by health insurance plans. Our modern slim but supportive custom inserts are not only comfortable and fit easily into your shoes, but they outperform popular over-the-counter cushion inserts by both relieving pain and preventing future occurrences of it. Combine this with appropriate lifestyle modifications, anti-inflammatory diets and Frequency Specific Micro-current therapy that clinically reduces inflammation and pain while healing scar tissue, tears and adhesions in the fascia, and you’ve got a recipe for success!

Of course how quickly these therapies may provide relief depends on each individual case, but relief can be found. Mention this article to receive a free computer GaitScan assessment and consultation to help you diagnose the root cause of your plantar fasciitis symptoms (\$50 savings!)



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TGISC offers Skate Canada sanctioned programs in:



Thorncliffe Greenview Ice Skating Club 2016-2017 Sessions



Forbes Innes Arena
5600 Centre St. N.

www.tgiceskatingclub.com

TG Community Hall & Meeting Room Rental Information

Main Hall (maximum capacity 800)

250-500 people \$1050
501-800 people \$1350
Damage Deposit \$1050
Plus \$4.00 mandatory corkage charge per person, based on a minimum of 250 people.

Thorncliffe Room (maximum capacity 125)

Rent \$412.50
Damage Deposit \$412.50
Plus \$4.00 mandatory corkage charge per person, based on a minimum of 75 people.

Greenview Room \$34.50/hour

Fitness/Sports Classes only

TG Room \$25/hour

Bowling Parties (adjacent to lanes)

Board Room (maximum capacity 20)

Meetings only \$35.00/hour

5600 Room (maximum capacity 30)

Meetings only \$35.00/hour
Parties \$175.00

Horizon Room (maximum capacity 15)

Meetings only \$15.00/hour

ADD GST TO ALL PRICES

Classes, Meetings, Conferences, Programs, Children's Parties, Adult Celebrations, Silent Auctions, Weddings, Receptions, Parties, Family Reunions

LET THORNCLIFFE GREENVIEW COMMUNITY ASSOCIATION HOST YOUR NEXT EVENT!

Looking to rent space to run an Exercise Program?

We have a hall available weekdays, daytime only at \$34.50 per hour. The Greenview Room located in the basement is where it all began. The Community Complex that you see today was built around this hall. It is self-contained with washrooms and is a great space for classes such as Tae Kwon Do, Karate and Fitness. The hall measurements are 70' x 38'. Call 403-274-6840 for further information or to book.



We Accommodate Seminars!

Thorncliffe Greenview Community Association has four meeting rooms and two halls accommodating anywhere from 10 to 800 people!

To break up your day we have recreation facilities. You can go bowling, play racquetball, darts or billiards in our lounge/recreation centre.

Call 403-274-6840 and let us make your next event an overwhelming success!



All of our coaches are Skate Canada/NCCP certified.

Our sessions are filling up fast. Register now to save your spot!

Register for 1, 2 or 3 sessions: Fall and/or Winter and/or Spring 2016/2017

Reduce your registration fees by working bingo's at Thorncliffe Greenview Community Association

For more details about our programs, fees, and registration information please visit our website:
www.tgiceskatingclub.com or email: registrar@tgiceskatingclub.com or call (403) 471-9623

See you on the ice!

TGCA Community CAMPSITE



Available to TG members who are in good standing and have held a membership for a minimum of one year.

Get back to nature....Leave the plug-ins behind

Site has Outhouse – no electricity or running water

Near Winchell Lake by Water Valley.

Approx. 45 minutes NW of Calgary.

Costs - \$35.00 per site OR \$100.00 for all three sites for the weekend !

Cost covers site only – no wood or amenities supplied.

Book through the TG Admin Office. 403-274-6840

Please note Scout Groups and Youth Groups take precedence.

A deposit is required to obtain the keys. Map available.

At the end of the Beatles' song "A Day in the Life", an ultrasonic whistle, audible only to dogs, was recorded by Paul McCartney for his Shetland sheepdog.



Trivia

BRAIN GAMES SUDOKU

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

When It Comes to Heirlooms, It's Personal

Suzanne Smith-Demers – Consultant

When a family member dies, personal items and heirlooms can be the cause of significant conflict among family members. Once obligations to a spouse and dependents are met, you can generally leave your estate to whomever you want. However making decisions regarding personal effects and family heirlooms is often one of the most difficult parts of the estate planning process. Here are some tips to avoid potential disputes:

- **Eliminate surprises** Share the contents of your Will with your heirs to avoid surprises after you are gone.
- **Understand that fairness doesn't always mean equal** Decide what fairness means to you and distribute your items accordingly.
- **Appraise and consult** Have your personal property appraised and consult with your heirs to ensure the items you bequeath are appropriately valued – both monetarily and emotionally.
- **Make a list** Attach to your Will a letter or memorandum that lists your personal property items and the heirs who should get each. Be sure that the memorandum is incorporated into the terms of the Will.
- **Choose now** While you're still alive, list or lay out your personal items and have your heirs take turns choosing what they want.
- **Choose later** If you don't want your heirs to select your personal items in advance but still prefer they are the ones who chose, leave a direction in your Will that your heirs are to choose items in turn.

Having an estate plan that includes a Will is vital to ensuring your legacy is left as you wish. But keep in mind that people can change their minds and your heirs may not necessarily want what you plan to give them – so keep things flexible. Talk to your professional advisor about the best estate planning strategies for you.

Gym Night in the Main Hall

THORNCLIFFE GREENVIEW COMMUNITY

Gym Night is held on Wednesdays from 7:00 p.m. to 8:30 p.m. The cost of the program is a loonie for members and a toonie for non-members. Children 6 years old and younger are to be with an adult at all times during the program.

There are lots of fun activities such as: basketball, floor hockey, tumbling on floor mats, volleyball and much more.

Things to remember:

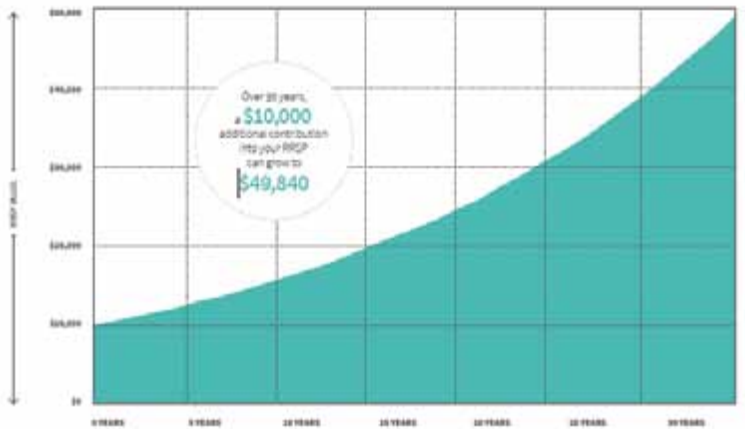
- Bring your water bottle as pop (and chips) are not available to purchase. No outside food allowed.
- Wear only non-marking shoes.
- Have your parents pick you up promptly at 8:30 pm. No loitering in lobby or parking lot.

If you have any questions, call the community at 403-274-6840. Thank you and hope to see you there.

The benefits of maximizing your RRSP

by Janine Rea, BA Economics

They say you can't make up for lost time - but that's not necessarily the case with contributions to your registered retirement savings plan (RRSP). Canadians are allowed to carry forward unused RRSP contribution room until the age of 71. So, if you didn't maximize your RRSP contributions in past years, you can still take advantage of the opportunity to invest more than your annual contribution limit this year, make up for shortfalls in past years, and take advantage of a large tax deduction - all at the same time. Maximizing your RRSP contributions is one of the best strategies to build the retirement you deserve and dream of.



The RRSP investment presented is a 10% investment purchased on January 1, at a gross rate of return of 8% over a 30 year period. The RRSP investment is assumed to be held until the end of the 30th year and is not subject to any withdrawal restrictions.

Utilizing all of your RRSP contribution room now can make a big difference to your future retirement lifestyle.

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FREE COMMUNITY WORKSHOPS ON CPP

Wednesday, Feb. 8 @ 7-8 pm: Should I Take My CPP Early?

Wednesday, Feb. 15 @ 2-3 pm: Taking CPP & Still Working - Understanding Post Retirement Benefits

Wednesday, Feb. 22 @ 7-8 pm: 5 Strategies for Turning Your RRSP and RRIF into Guaranteed Sources of Income

Wednesday, Mar. 8 @ 7-8 pm: Should I Take My CPP Early

All workshops will be held at the Thorncliffe Greenview Community Association in the Boardroom, 5600 Centre St N.

Seating is Limited.

Register Online at LangfordFinancial.ca under Events
Call Nancy at **587-755-0159**, or
Email info@LangfordFinancial.ca

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COMMUNITY ASSOCIATION MEMBERSHIP

Benefits

Successful, healthy communities are generally those with active and sustained membership and involvement of the community residents. Often a strong membership representation is an indication that our association is serving the needs of the community and is therefore, valued and supported by its residents. Your support today is important and ensures new energy to continually address community issues. Your membership fee goes towards community events, programs & operating costs.

Guidelines

All new members must provide I.D. with current address. Members agree to abide by the bylaws, policies and procedures governing the Thorncliffe Greenview Community Association. Residence must be WITHIN BOUNDARIES of Thorncliffe, Greenview, West Thorncliffe to obtain a voting membership. Membership cards will be mailed. Children of Voting members, 7 yrs or older, will also receive their own cards. It is your responsibility to notify the office of any address changes. If you wish to retain your membership after moving out of community

boundaries, you must pay for it each year before expiry date. Failure to do so will result in the loss of your membership, no exceptions. Memberships will not be renewed if membership is not in good standing. Anyone over the age of 18 must hold their own membership.

Waiver

I understand that the Thorncliffe Greenview Community Association has collected, or may collect, use and disclose my personal information to administer and maintain accurate and complete community association membership lists, program registrations, including, when required, the sharing of information with affiliated organizations, such as community sports associations. I understand that my personal information, collected for the purposes outlined above, will be kept confidential by the Association. I also acknowledge that my information may be used and disclosed to third parties in certain circumstances, but only to fulfill the above purposes. I hereby consent to such use and disclosure, for these limited purposes, until such time as I may revoke my consent in writing.

Thorncliffe Greenview Community Association
5600 Centre Street N. T2K 0T3

Membership Application

Family Name: _____
Residence Phone #: _____ Email: _____
Applicant Name: _____ Bus/Cell Phone #: _____
Spouse Name: _____ Bus/Cell Phone #: _____
Address: _____ Postal Code: _____
Verification I.D.: _____ Current Membership#: _____
ie: (Voting: driver's license, bill or Non-voting: resident community membership/expiry)

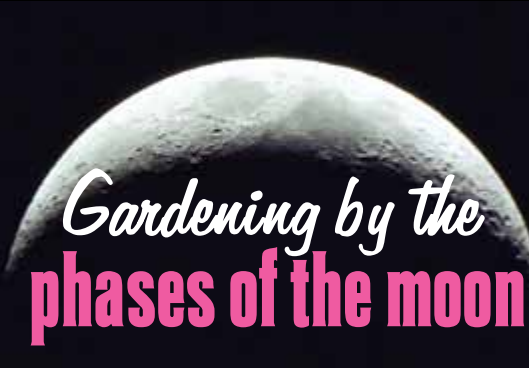
Please Circle One

Voting 1 Yr \$15.00 Non-Voting (with resident membership) 1 year \$15.00
Voting 3 Yr \$30.00 Non-Voting (w/o resident membership) 1 year \$30.00

I am interested in volunteering _____

Name Mon/Day/Yr M/F Children: Eldest listed first to the youngest last _____ I consent to
Name Mon/Day/Yr M/F receive emails
from TGCA

Signature: _____



February 3 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.

February 10 Full Moon (waning)
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

February 18 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.

February 26 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.



Name	Age	Contact	Course
Caitlin	19	240-409-4402	No
Christorlord	15	587-700-8701	Yes
Jared	15	403-209-2447	Yes
Martha	49	403-919-2967	No
Mary	58	403-295-3369	Yes
Miranda	20	403-880-1184	Yes
Ruth	15	403-289-8737	Yes
Sydney	15	403-226-3954	Yes
Tianan	18	403-629-0084	No

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.

KEYBOARD SHORTCUTS

TO DO THIS:
Change the case of the letters
SHIFT +F3
Format all letters as capitals
CTRL+SHIFT+A

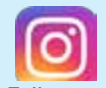
FOLLOW THORNCLIFFE GREENVIEW COMMUNITY



Like us on Facebook



Follow us on Twitter



Follow us on Instagram

@tgccalgary

@tgccalgary

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

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

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalatitudes.org.

VOLUNTEERS NEEDED: The Calgary Performing Arts Festival seeks volunteers for the 2017 Festival, April 18 to May 6 at Mount Royal University. Positions are available mornings, afternoons, evenings and Saturdays. For more information contact Holly at 403-283-6009 or volunteer@cpafestival.ca.

OFFERING STORAGE BOX (yellow lid) fits under bed W15.75, H5.5, L31.5 \$20, 2 GE Kitchen & Bath F40 Eco lux Fluorescent Tube light bulbs \$10, Spices rack \$10, Household things metal sturdy holder \$10 L15.7, W10.2, H16.9. Call 587-581-5883.

VOLUNTEERING....

Good for the Soul



Valentine Chocolate Trivia

Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800s. Today, over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S. per year.



CALGARY PUBLIC LIBRARY

Celebrate Family Day at the Library!

Drop in for activities, storytimes, and more this Family Day. Everyone's welcome to join in the celebration happening at these community libraries:

Country Hills | Crowfoot | Fish Creek | Saddletowne | Shawnessy | Signal Hill

February 20, Noon- 5:00 pm | No registration required.

#Read150

Canada 150—read 150 books in 2017! Pick up your free Great Reads 2017 reading guide from any community library in Calgary. It's chock full of incredible reading recommendations for every member of your family. Visit calgarylibrary.ca to find out how you can be entered to win great prizes just for reading!

Bill's Book Café with Evan Woolley

All Calgarians are welcome to join Bill's Book Café! Library CEO Bill Ptacek and City Councillor Evan Woolley host a lively discussion of The Sisters Brothers by Patrick deWitt.

Alexander Calhoun Library
 Friday, February 24 | 7:00 pm



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*Denotes Prof. Corp.

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Thorncliffe Greenview Community Association

BINGO

5600 Centre Street N.
 403-274-6840

10	20	42	59	62
5	29	39	56	75
4	17	60	71	
11	18	32	51	66
15	19	36	47	69

Cards:	Regular	50c
	Double	\$1.00
	Triple	\$1.50
	Bonus	\$2.00
	Super	\$2.50

Combo Cards Available
 Seniors 60 plus \$3.00 OFF
 General Admission

\$5000 BONANZA
 With \$300 Consolation PLAYED
 ON THE FIRST
 TUESDAY OF EACH MONTH

Doors Open	3:00pm
Card Sales	5:00pm
Nickle Games	6:15pm
Regular Games	6:45pm
1/2 Time Sales	7:30pm

Wheel Chair Accessible. Come Join Us on Sundays & Tuesdays

Sundays & Tuesdays

Full Concession with
 Home cooked Specials
 Free Early Bird Coffee

2 Loonie Pots
 Pull Tickets, Hot Balls

5 Nickle Games
 27 Regular Games
 Bonanza & Satellite Games

Progressive Games
 Bowling Lane/Anchor &
 Champagne Glass/Heart

Triangles & Double Action
 played on the 1st Sunday
 & Tuesday of the month



Calgary Nose Hill
Hon. Michelle Rempel, MP
 201-1318 Centre Street NE, Calgary,
 AB, T2E 2R7
 Phone: 403-216-7777
 Email: michelle.rempel@parl.gc.ca
 Website at www.michellerempel.ca

In January, the consultation phase of the Alberta Jobs Taskforce concluded. Over the course of the last several months my colleagues and I have heard directly from thousands of Albertans. They have shared their personal experiences as a result of unemployment and provided their suggestions for how to move forward. Thank you to everyone who provided feedback.

The Taskforce has prepared a report for the government to review as they consider their next budget and policy to respond to the crisis. You can read the report here: www.michellerempel.ca/alberta_jobs_report

I will keep you apprised of any response from the government on this matter. Parliament will debate many important issues this session and I encourage you to stay informed and contact me with your thoughts. Here are some ways you can stay connected:

Subscribe for email updates at www.MichelleRempel.ca/subscribe Facebook: www.facebook.com/michellerempelMP Twitter: @MichelleRempel As always you can contact me at my office using the contact information below: 403-216-7777 Michelle.Rempel@parl.gc.ca 201-1318 Centre Street N.E., Calgary, AB, T2E2R7 www.MichelleRempel.ca



Valentine's Trivia

Based on retail statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.



Sharing books and loving feelings!

In February, with the celebration of Valentine's Day, thoughts turn to love and other kind feelings. February 14th is also International Book Giving Day which is a volunteer-led initiative that aims to get books into the hands of as many children as possible.

Three ways you might celebrate International Book Giving Day:

- Gift a book to a child in your life
- Leave a book in a waiting room or at a bus stop for children to read (and keep)
- Donate a new or gently-used book to a local hospital, shelter or to Calgary Reads Book Bank that helps get books into the hands of Calgary children who have few or none of their own at home.

Our Favourite Book of the Month

This book is a beautiful way to help children understand their feelings. Borrow a copy from your school or public library and get cozy with your family and talk about and share your feelings.

In My Heart: A Book of Feelings by Jo Witek (Author), Christine Roussey (Illustrator)



*Sometimes my heart feels like a big yellow star, shiny and bright.
 I smile from ear to ear and twirl around so fast,
 I feel as if I could take off into the sky.
 This is when my heart is happy.*

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others

as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, young children will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions.

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com

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For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Thorncliffe and Greenview. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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HIGHWOOD FAMILY MEDICAL CLINIC: Walk-ins are welcome. Open Monday - Friday: 9:00am - 5:00pm and Saturdays: 10:00am - 3:00pm. Male and Female Doctors Available! Women's Clinic available monthly at this clinic. Call 403-475-8200 to book appointment, or simply walk in. Thank you.

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Greetings Residents,

Free family fun for the holiday weekend

Family Day weekend is a perfect time to slow down, reconnect with loved ones and create lasting memories together. Finding holiday activities everyone will enjoy can be a challenge, but this year it will be a walk in the park.

The City of Calgary will be hosting a free We Are Family event on Sunday, February 19 from 1 to 3 p.m. at the Inglewood Bird Sanctuary. Bring the kids for a fun-filled afternoon of nature games, wildlife crafts, scavenger hunts and more. Enjoy a guided walk around the park or try out our spotting scopes to catch a glimpse of the sanctuary's high flyers.

Don't miss this exciting event perfect for the whole family.

For more information, visit calgary.ca/parksevents.

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 <https://maps.calgary.ca/SolarPotential/> 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



THORNCLIFFE/GREENVIEW REAL ESTATE UPDATE

Last 12 Months THORNCLIFFE
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$469,900	\$465,000
November 2016	\$374,950	\$359,500
October 2016	\$419,900	\$400,000
September 2016	\$428,900	\$420,500
August 2016	\$394,900	\$403,750
July 2016	\$444,500	\$448,050
June 2016	\$434,450	\$428,250
May 2016	\$444,900	\$430,000
April 2016	\$405,000	\$392,500
March 2016	\$428,650	\$415,000
February 2016	\$439,900	\$415,000

Last 12 Months GREENVIEW
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To view more detailed information that comprise the above MLS averages please visit thorncliffe.great-news.ca or greenview.great-news.ca

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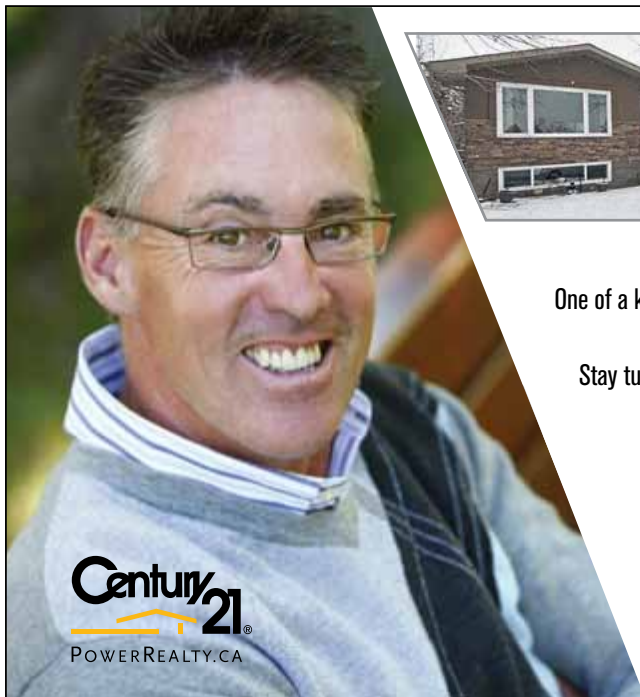
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