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Ward 9 Office**

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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING ACADIA & FAIRVIEW FOR 18 YEARS!

Chicken & Gnocchi Dumplings

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

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

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

INGREDIENTS

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

DIRECTIONS

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

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

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



your COMMUNITY business of the month

Vin Gogh

Acadia Community

We are honoured to be given the opportunity to profile our business in your community newsletter. We have found a perfect home in the Fairview community.

Vin Gogh opened its doors October 2014. The idea was born out of a need to create, connect, and contribute to the world we live in. We are now one year old and committed to helping others do some creating and connecting of their own.

Paint and Sip Studios are a big thing in the USA, and we were excited to be one of the first to bring a location to Alberta.

For one affordable price, customers are provided with a 16 x 20" canvas, easel, paint, brushes and apron. Guests are then guided by one of our talented and fun-loving artists in a step-by-step process to create a masterpiece.

No painting experience is necessary!

Our studio/café offers a creative and inviting space for self-care. We love watching the night unfold as people relax, socialize and uncork their inner artist.

Experiential entertainment is a new way to have a great night out. Painting and Sipping provides a new twist on girl's night out, date night, corporate team building, bridal showers, birthdays, and celebrating any special occasion.

We have added some new experience options to our Calendar for the upcoming year.

In addition to our regular paint nights, we now offer:

- Art journaling: Turn the pages of your journal into inspiring pieces of art that feeds your soul.
- Wine glass painting: Turning wine glasses into works of art.
- Handmade cards: Card making is a joy to do, and receiving a handmade card is a gift in itself.

We love helping make the world a more colourful place. We welcome you to stop by to say "Hi" and check us out.

It's as much about the HEART as it is about the ART.

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**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

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

CALGARY



**Bohemian Waxwing:
Visitor from the North**

By: Katie Fisher
Photo: Niket Sura

WILDLIFE

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

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

He spends much of his time in the forest, foraging for fruit and insects. The Bohemian Waxwing is elegant in flight, catching insects in mid-air or hovering to snatch

fruit. He must be careful when choosing his fruit, as the Bohemian is susceptible to alcohol intoxication, and even death, from eating fermented fruit. He chooses to build his nest with his monogamous partner, on branches, closest to the trunk of the tree; constructed with twigs, grasses and camouflaged with mosses and lichens. From time to time, he will visit city parks and gardens in hopes of finding fruit.

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

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

IN & AROUND CALGARY

Crowchild Trail Study

Let's continue the conversation in 2016!

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

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

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

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



COUNCILLOR, WARD 9 GIAN-CARLO CARRA

c/o Office of the Councillors
PO Box 2100, Stn 'M', Mail Code #8001A
Calgary, AB T2P 2M5

Happy New Year!

Welcome back from what I hope was an excellent holiday season.

As we get back into the swing of things, I would like you to know that your Team Ward 9 has been working hard to continue increasing the ways we engage residents. We are constantly examining our internal processes so that we can continue to facilitate empowering community members to become community leaders.

We innovate to bring the best to the best of Calgary.

At our last strategic planning meeting, Team Ward 9 wanted to find a way to increase the capacity of local governance and help our office map out challenges, opportunities and visions for the future in each community. If you have read my Great Neighbourhoods platform, you know that "Transforming Local Governance" is one of its five Pillars. Part of this includes understanding that:

- Living in a neighbourhood means more than owning or renting a home there – the business people who spend long days offering the services we want, and the rich web of institutions that offer the services we need, are just as important to the completeness of our communities.
- We must build on the incredible strengths of our amazing culture of volunteerism, neighbourhood activism and local governance found within our community associations. We must transform them into "next generation" organizations where the rich mix of residents, businesses and institutions that make our neighbourhoods what they are, can meet, plan and work together.

Using these points as a frame of reference, we will be organizing Community Conferences to bring together residents, community associations, businesses, service providers, community leaders, and community institutions for a day-long workshop. The directions provided from the Community Conference will form the guiding principles for our office's continued advocacy and work on your behalf, and be fully incorporated into our strategic plan going forward.

Over the coming weeks, we will be communicating with you as we schedule each community's Community Conference. I encourage you to think about how you would like to participate. I also encourage you to provide our office with your suggestions as to how we can make these Community Conferences inclusive, robust, substantive and meaningful.

Please send your comments to Ward09@Calgary.ca. We look forward to your input. Let's shape the city we want to see in 2016!

Calgary



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

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

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

Go to *Assessment Search* to:

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

Assessment Search – getting started

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

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

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

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

2015-1053

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BLACKFOOT DISTRICT

Happy New Year One And All

2016 marks the 103rd anniversary of Girl Guides in Alberta and you might want your daughter to try something new. Think about joining this long standing program aimed at promoting self development and friendship in women. Guiding is a great place to learn new skills, experience new adventures and build lasting friendships.

Guiding welcomes girls of all ages from kindergarten through to high school and beyond.

Sparks	ECS & Grade 1	or	(5&6 year olds)
Brownies	Grades 2 & 3	or	(7&8 year olds)
Guides	Grades 4, 5 & 6	or	(9 to 12 year olds)
Pathfinders	Grades 7, 8 & 9	or	(12 to 15 year olds)
Rangers	Grades 10, 11 & 12	or	(15 to 17 year olds)
Leaders	(18 years and over)		

The Spark units will be visiting the fire hall, making birthday boxes for the food bank, learning about our feathered friends and making a bird feeder.

The Brownie units will be skating, learning some camp skills at Brownie Academy at Camp Jubilee and working on badges.

The Guide units will be sledding, having sleepovers and snow shoeing.

The Pathfinder units will be skating, going to camp, volunteering at Brownie Academy and attending a Hitmen hockey game.

The Ranger and Trex units will be snowshoeing, winter camping and volunteering at Brownie Academy.

Upcoming District activities include roller skating at Lloyd's in early February.

The 24th Pathfinders and 17th Rangers would like to thank everyone who supported their bottle drive in December.

Registration is on going. Guiding is a great place to grow lasting friendships and experience new opportunities. Why not give us a try!

If you have any questions regarding Guiding or registration please contact Calgary Area Girl Guides at ggcinfo@calgarygirlguides.com or call 403-283-8348.

Girl Greatness Starts Here!



MLA CALGARY - ACADIA BRANDY PAYNE

#10, 8318 Fairmount Drive SE
Calgary, AB, Canada T2H 0Y8
Phone: (403) 640-1363; Fax: (403) 640-2970
calgary.acadia@assembly.ab.ca

Happy New Year everyone!

I hope you had a wonderful holiday season and had a chance to spend time with friends, family and loved ones.

Recently, our government announced Alberta's Climate Leadership Plan. The Plan, based on the advice of the energy industry, experts and real Albertans, puts a price on carbon, phases out coal pollution, and limits pollution from the oil sands.

This climate leadership plan is important for many reasons:

- We are doing the right thing, showing leadership to protect our health, environment, and economy for future generations.
- We are creating a more stable, diversified economy that will create good jobs in the renewable sector.
- Our plan is bringing people together to strengthen our economy, with the support of the oil and gas industry, environmental groups and First Nations.
- Our approach will improve Alberta's reputation and access to new markets, and protect jobs in our largest industry.
- A made-in-Alberta plan means we won't have climate change programs imposed on us from outside our borders.
- This plan works for our province and our industries, and keeps our capital here in Alberta.

The price on carbon will be revenue-neutral, with investments in new technology and infrastructure, as well as adjustment funds for low and middle income families, small businesses and families who work in the coal industry.

Some of our communities rely heavily on the coal industry, and we have been faced with increasing pressure on our way of life as the health effects of this industry become more widely known. More and more, we see coal mines and coal-fired plants closing in Alberta and beyond our borders as well.

Our Government is committed to work with communities and businesses that rely on coal to develop community-specific adjustment plans to make the inevitable transition work in a way that supports families.

The road ahead is a challenging one, but one we have known is coming. This Plan will make Alberta one of the most environmentally-responsible energy producers in the world and enable us to create a more diversified economy.

I bet you are wondering what you can do at home to save on your energy bill, reduce household waste and lower your water usage. Green Calgary is a wonderful not-for-profit with a mission to engage and empower Albertans to create healthy homes, communities, and businesses by providing environmental education, products, services and hands-on support. Get together 4 or 5 of your friends and host a Green Tea - enjoy an evening facilitated for you and your guests and learn about simple, practical and affordable ways to maintain a greener household. Green Calgary offers a variety of other programs. Contact Green Calgary at 403-230-1443 and check out their website at www.greencalgary.org.

Mark your calendars: my office is hosting another Open House! On Thursday January 28, 2016 between 5-8 pm, stop by the office to have a coffee, ask questions and join in the conversation.

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DOG WALKING SAFETY

Calgary
Humane
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Connecting Lives



Happy January from Calgary Humane Society!

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

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

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

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

Should dogs wear boots? If your dog has been trained to wear boots, they can be helpful to protect paws from

cold and ice melt chemicals. Boots can be distracting and annoying to a dog that isn't used to them, so if you do decide to use boots a slow and positive introduction to them is vital.

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

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

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

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

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

THE UNIVERSITY OF CALGARY IS CURRENTLY RECRUITING people with type 2 diabetes, aged 35 years or older, for a research study. All participants will increase their aerobic exercise (walking or jogging) and some will complete resistance band training. Please call 403-955-8116 for more information.

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