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# CRANVERSATIONS



CRANSTON  
COMMUNITY ASSOCIATION

THE OFFICIAL CRANSTON COMMUNITY NEWSLETTER

**PROPOSED  
CELL TOWER IN  
CRANSTON  
INFO ON PAGE 6**

# EXPERTS IN EDUCATION 2016

STRATHCONA-TWEEDSMUIR SCHOOL welcomes you to join us for the 2nd annual Experts in Education Speakers Series.

7:00 pm, Wednesday,  
February 10, 2016  
C.A. Smith Arts Centre,  
Strathcona-Tweedsmuir School

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Cranston Community Association

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# CONTENTS

President's Message 5

Cranston Residents Association 9-10

Festival of Lights Competition 12

Auburn Bay Residents Association 13

Trico Centre 21

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## Cranston Community Association Board of Directors

President	Michelle Mackenzie
Vice-President	Jason Gordon
Secretary	Carla Siran
Treasurer	Wes Hall
Memberships	Eileen Ferneyhough
Director	Lisa Gray
Director	Mark Brennan
Director	Roger Ferneyhough
Director	Stacey Nestruck
Director and Past President	Shane Byciuk

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**VISIT OUR WEBSITE**  
[www.cranstonca.com](http://www.cranstonca.com)

**EMAIL US**  
[cranstonca@gmail.com](mailto:cranstonca@gmail.com)

## Board Positions Available

The Cranston Community Association is still looking to fill vacancies on our Board of Directors. The time commitment is minimal, and you are not required to have any previous experience or knowledge. The CA meets once a month, on the Second Tuesday of the month from 7-9 pm in Century Hall. If you are interested in getting involved, please consider joining us at our next meeting on **Tuesday, January 12, 2016**. If you are interested in filling a vacancy and cannot attend our next meeting, please email [cranstonca@gmail.com](mailto:cranstonca@gmail.com). We are currently looking to fill the following vacancies:

- General Director
- Social media/blogging coordinator
- Walking Club Coordinator
- Photography Club Coordinator

## PRESIDENT'S MESSAGE

*Michelle MacKenzie, President  
Cranston Community Association*

Happy New Year to everyone. I hope you all enjoyed a safe and restful holiday season.

The Cranston CA held a bi-election at our December meeting and I am excited to announce that we have three new board members who joined us. I would like to thank Eileen Ferneyhough (Memberships coordinator), Roger Ferneyhough (General Director) and Stacey Nestruck (General Director) who let their names stand for election. We are so excited to have you on "board"!

We are still in need of a sports coordinator, social media/blogging coordinator and a general director to fill some vacancies. If you are interested in getting involved, please email [cranstonca@gmail.com](mailto:cranstonca@gmail.com) or join us at our next meeting on Tuesday, January 12, 216 (7pm in the Legacy room at Century Hall)

### Festival of Lights Competition

We held our third annual Festival of Lights competition in December. Our neighbours in Cranston never fail to impress us with their decorating, and 2015 was no exception. The CA was very impressed with many of the displays we saw while out judging our 2015 contest entrants. If you missed applying this year, make sure you join us next year for our exciting competition.

I would like our sponsors this year, including Sheryl Johnston ([www.sheryljohnston.ca](http://www.sheryljohnston.ca)) of CIR Realty who donated the beautiful participants' prize gift basket, the Cranston Residents Association (Century Hall) who donated program gift certificates to all participants, and the Cranston Community association (hey that's us!) who purchased gift certificates for our two display winners.

I would like to congratulate the following entrants on their win:

- Best Traditional Display:** Siemens Family
- Best Mixed-Elements Display:** Dodd Family
- Participants Draw Winter:** de Groot Family

We are looking forward to seeing what you all have in store for us in 2016!

### Are you a Cranston CA Member Yet?

Please consider supporting the official voice of your community by purchasing a Cranston Community Association membership. Unlike your Residents Association (Century Hall) dues, membership in the CA is entirely voluntary. The CA is comprised of volunteer community members just like you who dedicate their time and efforts to ensure that the concerns and issues affecting your neighbourhood are addressed. The CA works to provide you with information and events that provide value to you and your family, and we could not do this without the support of our CA members.

As an added bonus, we have partnered with several businesses in Cranston and the surrounding community to provide deals and discounts exclusively for card carrying members of the Cranston CA.

Memberships are only \$20/year! To find out more information on our membership discount program or to purchase a membership, visit [www.cranstonca.com](http://www.cranstonca.com)

*Note: For inquiries about Century Hall schedules, fees, programming information or hall bookings, please contact the Residents Association at 403-781-6614 ([www.cranston-connect.com](http://www.cranston-connect.com)).*



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# Cell Tower



Rogers Communications Inc. has proposed the construction of a 30 metre tall cell phone monopole to be located in the heart of our community at the Cranston Place condos at 304 Cranston Drive SE. As this is considered private property, Rogers is entitled to build this structure in this location, provided they obtain votes 75% in favour of the proposal from the registered owners of the condos.

On October 27, 2015 Rogers held an open house on the proposal from 5-7pm at Century Hall. Per Federal regulations, they were required to notify all Cranston residents within a 300 metre radius of the proposed site. The open house allowed a forum for residents within the 300 metre radius to ask questions, view a photographic mock-up of the proposed cell tower and read about Federal regulation of cell towers, and the process.

The Cranston Community Association has received overwhelming feedback from the community about this tower. The majority of residents are opposed to the construction of this tower, as proposed. There are a variety of concerns that have been raised:

- The proposed tower does not adhere to several sections of the City of Calgary's Telecommunication Antenna Structures Siting Protocols which provides recommendations/guidelines for where cell phone towers/antennas can and cannot be placed.
- The cell phone tower is less than 75 metres away from the closest residence.
- The tower is located within 300 metres of the Cranston Middle School (currently in construction)

on the corner of Cranston Drive and Cranston Road and the daycare located in Century Hall.

- Rogers has not disclosed/proposed any alternative sites where the antennas could be located.
- The antenna does not fit in with the aesthetic of Cranston and will impact resident's enjoyment of the community.
- Health concerns. The proposed tower conforms to the regulations and guidelines outlined in Health Canada's Safety Code 6.

#### How can I get more information?

The Cranston Community Association is updating our website as new information comes in, and as this proposal moves through the process. Please bookmark our website ([www.cranstonca.com](http://www.cranstonca.com)) and check back regularly for updates. You can view the full proposal, including information and drawings received directly from Rogers.

#### What are the next steps?

While the City of Calgary is not the formal approving authority for cell phone towers, the proposal does need to be presented to the city before it is approved Federally.

Rogers is expected to prepare a formal proposal to the City of Calgary for a recommendation of concurrence or non-concurrence. Depending on the outcome of this recommendation, there will be one of two outcomes:

If the City recommends **concurrence**: Rogers sends a proposal to Transport Canada and NAV Canada for formal approval of the project.

If the City recommends **non-concurrence**: Rogers sends an appeal to Industry Canada. Industry Canada provides a decision on whether to approve or deny the proposal.

#### I have concerns about this tower, what can I do?

1. **Educate yourself about the process.** Cell towers and antennas are Federally regulated and approved, and fall under the Radiocommunication Act. The City of Calgary must provide a recommendation of concurrence or non-concurrence toward the proposal, but this does not guarantee approval or denial of the proposed tower.
2. **Ask questions.** Contact one of the experts in their field to ask questions and gather facts about the

tower. Some useful contacts are provided below.

3. **Send written feedback.** The Cranston Community Association is currently collecting electronic feedback through our website ([www.cranstonca.com](http://www.cranstonca.com)). This feedback will be important to supply to the City of Calgary in the decision to provide concurrence/non-concurrence. The CCA will compile all feedback and send as one formal submission to the City. Please ensure you include your address in any written feedback you provide.
4. **Sign the Petition.** The Cranston Community Association has created and circulated a Federal petition to the Minister of Industry urging consideration of an alternative site for this tower. This petition will be very important to have once this proposal goes for federal approval. You can download your own copy of the petition at [www.cranstonca.com](http://www.cranstonca.com).

#### Who can I contact?

**Mark Innes** (Rogers Communications Inc.)  
#700, 500 4th Avenue SW  
Calgary, AB T2P 2V6  
403-818-7561  
[mark.innes@rci.rogers.com](mailto:mark.innes@rci.rogers.com)

**Brian "Church" Churchman** (City of Calgary Senior Planning Technician)  
PO Box 2100, Station M  
Calgary, AB T2P 2M5  
403-268-1418  
[brian.churchman@calgary.ca](mailto:brian.churchman@calgary.ca)

**Jim Klassen** (Industry Canada Director, Spectrum Operations)  
403-292-4205  
[spectrum.calgary@ic.gc.ca](mailto:spectrum.calgary@ic.gc.ca)

**Tom Kmiec** (MP of Calgary-Shepard)  
House of Commons  
Ottawa, ON K1A 0A6

**Shane Keating** (Councillor, Ward 12)  
PO Box 2100 Station M  
Calgary, AB T2P 2M5  
403-268-2478  
[info@shanekeating.ca](mailto:info@shanekeating.ca)



## WINTER 12 - WEEK SESSION BEGINS JANUARY 18, 2016

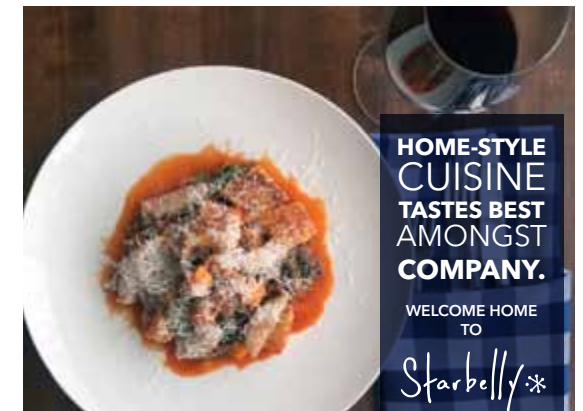
Children Ages 2.5-10 years  
Tiny Toes Princess Ballet • All Boys Hip Hop • Ballet/Jazz • Tap  
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## Registration Open House January 13 & 14 4:00-6:15pm

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# CRANSTON RESIDENTS ASSOCIATION

**CENTURY HALL RENTAL RATES**  
rentals@cranstonresidents.ca

	Dimensions	Capacity	Hourly Rates	
			Resident	Non-Resident
Heritage Hall ABC 2652 sq feet	34 ft by 78 ft	135 dinner	\$75.00	\$97.50
Heritage A 1037 sq feet	34 ft by 30.5 ft	50 dinner	\$45.00	\$58.50
Heritage B 850 sq feet	34 ft by 25 ft	40 dinner	\$35.00	\$45.50
Heritage C 765 sq feet	34 ft by 22.5 ft	35 dinner	\$35.00	\$45.50
Heritage A & B 1887 sq feet	34 ft by 55.5 ft	90 dinner	\$55.00	\$71.50
Heritage B & C 1615 sq feet	34 ft by 47.5 ft	80 dinner	\$50.00	\$65.00
Vista 639 sq feet	18 ft by 35.5 ft	30 dinner	\$45.00	\$58.50
Legacy 369 sq feet	18 ft by 20.5 ft	15 dinner	\$25.00	\$32.50
Seasons 180 sq feet	12 ft by 15 ft	10 seated	\$20.00	\$26.00
Riverside 533.75 sq feet	17.5 ft by 30.5 ft	25 dinner	\$45.00	\$58.50
Gym 5158.5 sq feet	57 ft by 90.5 ft	200	Party Package Only	Party Package Only



Weekday rentals between 9:00am and 4:00pm (excluding holidays) receive **10% discount**  
 Minimum two hour rental for Heritage Room(s)  
**Additional Charges**  
 After Hours Security fee applies for rentals ending between 10pm and 1:00am.  
 After Hours Teardown fee applies for rentals ending between 9:30pm and 1:00am.  
 SOCAN and Re:Sound fees apply for bookings with music and/or dancing.  
**\$500.00 damage deposit cheque and proof of insurance is required for all rentals.**  
*revised March 2015 - prices subject to change*



# CRANSTON RESIDENTS ASSOCIATION

## CONTACT INFORMATION

Telephone: 403.781.6614  
 Fax: 403.781.6655  
 Email: info@cranstonresidents.ca  
 11 Cranarch Road, S.E.  
 Calgary, AB T3M 0S8  
 Facebook: CranstonCenturyHall  
 Twitter: Centuryhall  
 Instagram: Cranstoncenturyhall

### Century Hall Administrative Office Hours

Monday to Friday  
 9 am to 5 pm

### Century Hall Park Hours

Monday to Sunday  
 9 am to 10 pm

### Administrative Manager

Marcie O'Rourke  
 admin@cranstonresidents.ca

### Recreation Manager

Maren Tryon  
 programs@cranstonresidents.ca

### Facilities Manager

Al Proctor  
 aproctor@cranstonresidents.ca

### General Manager

Lannie Anderson  
 gm@cranstonresidents.ca

**Cranston Residents:** Do you have your membership cards for Century Hall? All residents over the age of 12 are now required to have a membership card for entry to the new Cranston Century Hall Park and facility. Membership cards will also allow you to register for programs offered by the Cranston Residents Association (CRA). Pre-enter your membership card request form available at www.cranston-connect.com and then drop by Century Hall to pick up your card. **\*\*IMPORTANT\*\*** Please use the front entrance only to gain access to the facility.

## Cranston Escarpment – Safety Reminder

Over the summer and fall, Brookfield has been notified of a number of children and parents using the Cranston escarpment for a number of different uses, including making ramps for bikes and other jumps. This type of activity is not permitted on the escarpment, due to safety concerns for residents, animals who live in the park and the possibility of issues with the slope stability. Residents and guests are reminded that the escarpment is not to be used for these activities and violators will be reported to the appropriate authorities. **If you see people misusing the escarpment, please report it to the Calgary Police Services Non-Emergency Line: 403-266-1234.**

## The Spring Program Guide will be available on January 25 at www.cranston-connect.com.

Registration begins February 1 for Residents and February 4 for Non-Residents.

## Annual 3 on 3 Ice Hockey Tournament February 5-7, 2016

Time to show off your hockey skills in a head to head faceoff with your neighbours and friends! Register your team now, as space is limited. Registration Packages will be available online at www.cranston-connect.com. Teams must register in person at Century Hall and complete your team package no later than January 15.

Resident Team: \$120 (must consist of at least three Cranston residents)  
 Non Resident Team: \$140

## Family Movie Nights at Century Hall

Enjoy a family movie night, at Century Hall every third Friday of the month from 7-9pm, for the low cost of \$5/family! This price includes admission, drinks, and popcorn for your entire family! You can't beat that price for a family night out! Movie selections will be advertised every month on our website: www.cranston-connect.com. Everyone is welcome. We hope to see you here!

January Movie Night – January 15, 7:00pm-9:00pm  
 February Movie Night – February 19, 7:00PM – 9:00PM

Thank you Cedarglen Homes for their ongoing support of this monthly event!



~continued on pg 10~

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## Drop-In Story Time & Bookmobile

(0-5 yrs):

Hosted in partnership with Calgary Public Library you are invited to come and spend time with other parents and children while participating in a 30 minute story time. You can also use this opportunity to sign our and exchange books from the library.

The bookmobile will be available from 10:00AM – 12:00PM with story time at 10:30AM.

Thursdays: January 7 and 21, February 4 and 18

## \*\*New\*\* Drop In Craft & Play Time

(0-5yrs):

New to Wednesday mornings, this unstructured and unsupervised craft time is perfect for parents and guardians to bring their little ones out to meet new friends and get creative. Using a variety of craft supplies, you are able to create to your hearts content.

Wednesdays, January 6 - February 24,  
9:30AM -11:30AM  
Fee: \$2.00/visit

## Adult Card and Social Afternoon

Wednesdays, September 9-December 16  
1:00PM - 3:00PM  
Fee: \$2.00/visit

Are you at home during the day and looking for a way to meet new people in the community? If so, join us at Century Hall every Wednesday to enjoy coffee, tea, snacks, games and great company! We look forward to seeing you soon.

## Drop-In to Century Hall

Come spend the day with us! With a great selection of activities, bring your family for a day of play. Whether you're outside on the rink or inside in the gym, we've got something for everyone! View all skating and gym schedules by heading to our website [www.cranston-connect.com](http://www.cranston-connect.com).

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Call Zunaira Ahmad at 403-955-9354  
or email to [Zunaira.Ahmad@ahs.ca](mailto:Zunaira.Ahmad@ahs.ca)

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# 2015 Festival of Lights Competition Results

The Cranston Community Association would like to send a special thank-you to all of the families who participated in our third-annual Festival of Lights competition. Appreciation goes out to our sponsors who donated wonderful prizes to the winners: Sheryl Johnston ([www.sheryljohnston.ca](http://www.sheryljohnston.ca)) of CIR Realty who donated the beautiful participants' prize gift basket; the Cranston Residents Association (Century Hall) who donated program gift certificates to all participants; and the Cranston Community association (hey that's us!) who purchased gift certificates for our two display winners.

This year, the Cranston Community Association board was joined by celebrity guest judge MLA Rick Fraser who helped us decide on the winners of the 2015 competition.

**Participants' Draw Winner: de Groot Family (not pictured)**



**Best Traditional Display: Siemens Family**

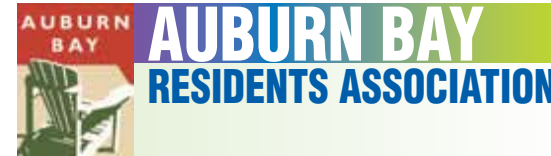


**Best Mixed-Elements Display: Dodd Family**



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- Crunchless Abs
- Pyramid Workout
- Balanced Fitness (for moms & babies)
- Yoga
- 30minFIX
- Cardio Tennis
- Zumbini
- Bricks 4 Kidz
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- Multi Sport
- Youth Dance & Theatre
- Tennis Lessons
- Kung Fu
- Hockey Skills
- Learn to Skate (all ages)
- Plus many more!

Register online 24/7 at [AuburnBay-connect.com](http://AuburnBay-connect.com). Walk-in and phone registration available – call 403.537.2605 or 403.537.2606.

## Auburn House Drop-In Program Passes

Get yours today and add some flexibility to your fitness schedule. Drop-in passes are available for select adult programs at Auburn House!

## Auburn House 3 on 3 Hockey Tournament

January 23-24, 2016  
 The best pond hockey tournament in the city! Come out to watch Canada's favourite sport in the 8th annual Auburn House 3 on 3 Hockey Tournament! Cheer on your friends, family and neighbours as they strive to claim victory of the Auburn Cup and other great prizes. Registration deadline for Auburn Bay Residents: January 15, 2016. Get all the details online at [AuburnBay-connect.com](http://AuburnBay-connect.com).



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## Christ the King School

Happy New Year from all the staff and students at Christ the King School!

In our continued commitment to do justice, love kindness and walk humbly with God we have many things to celebrate. In December, Christ the King families purchased over 75 gifts for needy family members in support of the St. Vincent de Paul initiative at St. Albert the Great Church. Students in our leadership class further supported the initiative by going to the church to help pack and prepare Christmas hampers for many of these families. This opportunity to support members of our community is a wonderful opportunity for our students to serve and demonstrate humility as we work together to think of others before ourselves.

We also celebrated six years at Christ the King School with a beautiful liturgy at our school. Students created a visual display 'walking humbly with God' with cut out footprints with a message of humbleness following alongside a beautiful illustration of Jesus. We began the day with a wonderful performer by the name of SaFire. Using a blend of comedy, circus performance such as hula hooping and juggling SaFire gave our school community another challenge as we walk humbly with God. She challenged us to 'be a better you' by making an effort to be kind to someone who may not expect it. She went on by further challenging our school community to perform this act of kindness not one day, but seven days in a row. What another wonderful example of being present for our classmates, friends, family members and school community.

We also enjoyed our second annual Las Posadas. This Mexican tradition celebrates the nativity. This yearly tradition for many Catholic Mexicans symbolizes the hardship which Mary and Joseph endured before finding a place to stay where Jesus could be born. It is based on the passage in the New Testament the Gospel of Luke (2:1-9). Students travelled from room to room reading about and enjoying nativity scenes brought in to share from our staff members. Our Jr. High students took the opportunity during this celebration to create

beautiful Christmas cards celebrating the Nativity to be shared members of our elderly community in one of our nearby senior homes.

This also marked the end of another one of our social justice projects; Mission Mexico. Mission Mexico is an outreach project with the goal of providing funding for housing, health, education, women's issues, human rights projects and of course education to one of the poorest regions in the state of Guerrero, Mexico. This was a wonderful way to build community within the school, provide much needed help to children and families in need and support our District theme of doing justice and loving kindness.

During this month of January we look forward to a presentation to our Jr. High students from the Mustard Seed and MAAD as well as a kick-off celebration of our Jump Rope for Heart campaign to support Heart and Stroke research. Our Jr. High basketball program continues through the month of January as well. As we continue through the next couple of months we also look forward to a dance residency with Sound Kreations, a presentation by Decidedly Jazz and Jr. High badminton.



## Cranston School

Help Cranston School raise funds for the new naturalization area.

Cranston School Fundraising Society is currently hosting a raffle! You could win a 2016 Ford Escape Titanium, 4-wheel drive. This car has it all! Including an Eco Boost engine and a full tech package! Draw to take place March 17, 2016

License # 412291

Ticket prices are:  
1 for \$20.00  
4 for \$60.00  
10 for \$100.00

Only 5,000 tickets will be sold, don't miss out!

Email [cranstonraffle@gmail.com](mailto:cranstonraffle@gmail.com) or visit us at Sobeys January 9 and 24, 2016 from 10-1 pm to get your tickets!



## Because you value your Community, be sure to purchase your Cranston Community Association Annual Membership!

Benefit from sports, activities and partner discounts. Gain preferred access to youth and community events and programs. Secure a vote at public meetings, or make a difference by joining the Board, and more.

**Memberships are \$20.00 per family for Cranston residents and \$30 per family for non-residents.**  
**Memberships are valid for 1 year from date of purchase.**

**Name:** \_\_\_\_\_ **Spouse Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Contact Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Number of children:** \_\_\_\_\_ **Age(s) of children:** \_\_\_\_\_

**Yes, please contact me about volunteering**

Please fill out the above, enclose your cheque or money order, payable to the Cranston Community Association and mail to the following address:

**Cranston Memberships**  
11 Cranarch Road SE  
Calgary AB T3M 0S8

Cranston Community Memberships can also be purchased at the front desk at Trico Leisure Centre, 11150 Bonaventure Drive SE.







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# South Health Campus (SHC) Wellness Centre

Many NEW and EXCITING FREE Programs starting in January!  
 Check out our new Winter Program Guide [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness)

**Emotional Well Being**

**Introduction to the New Journaling**

January 11 4:30-6:00pm or February 5 1:00-2:30pm

**Happiness Basics**

Seven week series begins January 20

**Mindfulness Drop-in**

January 4 or February 1 4:30-5:30pm

January 22 or February 12 12:00-1:00pm

**Meditation Drop-in**

January 26-March 1 (Tuesdays)

5:00-5:45pm

**Heart Math for Stress Management**

January 25 9:30am-12:00pm

**NEW! Using Drama & Art to Connect & Communicate  
(cancer survivorship)**

January 18 10:00-12:00pm

**Health Management**

**NEW! Roots, Berries and Oils: The Safe, the Maybe  
and the Dangerous**

February 3 11:30am-12:30pm

**NEW! Meals on Wheels Programs**

January 19 6:30-7:30pm OR January 27 2:00-3:00pm

**Living Well on Prednisone: Nutrition & Side Effects**

January 20 10:00am-12:00pm

**Caregiver/Family Support**

**NEW! Family Peer Support Program**

Support/information to help people assist those affected by mental illness while staying balanced themselves.

Every second Tuesday

Begins January 12 6:00-8:30pm

**Quit Smoking**

**Quitcore**

Learn new strategies for staying smoke-free and discuss your experiences with others who are working toward the same goal.

Six week series begins January 25 6:30-8:30pm

**Parents**

**NEW! Nutrition for New Moms**

January 13 9:30-11:00am

**Healthy Eating for Pregnancy**

January 11 6:30-8:30pm

**Secrets to Feeding Your Healthy Child**

Three week series begins January 7 or February 4 6:00-8:00pm

**NEW! Aspen's Supreme Bakers (Youth 12-18)**

Nine week series begins January 22 5:00-7:00pm

**Nutrition/Food Management Classes**

**The Truth about What Works in Weight Management**

January 25 Afternoon

**The Top 5 Tips to Reduce Calories**

February 8 Evening

**Dietitians in the Kitchen (demonstration)**

January 21 12:00-12:30pm

**New! A Pill a Day Keeps the Pounds Away: Facts and Fiction about Herbal Weight Loss**

January 13 12:30-1:30pm

**New! Food Waste- How it Effects You and What You Can Do To Help**

February 4 6:00-8:00pm

February 10 1:00-3:00pm

**Heart at Play: Raising Heart Healthy Families**

Join us on Saturday February 27th to explore heart healthy habits for life!

Most programs require registration. Please see our full program guide and learn how to register at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or call us at 403-956-3939.

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403.668.6402

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cbe.ab.ca

**invite** Eugene Coste School  
Open House  
January 7, 2016,  
7:00 p.m.



**Spanish Bilingual Kindergarten / Grade One Open House**


Thank you for your interest in the International Spanish Academy at Eugene Coste School. If you are considering registering your child for our Spanish Bilingual Kindergarten Program or are new to Grade One for fall 2016 then the information below is for you:

The agenda will include the following:

- An overview of our Kindergarten – Grade One program
- Ideal qualities of students in Bilingual settings
- Overview of current research and outcomes of students in bilingual programs
- Similarities and differences between a bilingual program and an English only program
- Parent volunteer requirements and process
- What will happen on the first day of school
- What to send with your child to school
- Question and answer period
- This is an adult only parent information meeting

Please note that Kindergarten and Grade One are the only entry points into our program due to the language proficiency requirements each year. If you have questions regarding our Open House information please call us.

Liana Appelt  
Principal




**I Work Out at Trico Centre**



**Discover all the ways a membership adds value.**

Trico Centre has partnerships with more than 40 communities in south Calgary. Residents of partnered communities pay 20% less for memberships than non-residents with payment of the Community Support Fee.

Trico Centre for Family Wellness  
11150 Bonaventure Drive SE  
403-278-7542 | www.tricocentre.ca



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618- 4600 130 <sup>th</sup> Ave. SE (in front of the Keg Restaurant) <b>403-264-6909</b> southtrail@pppd.ca		47 Sunpark Drive SE <b>403-256-6666</b> sunpark@pppd.ca


**Financing Options Available**


# Heart at Play


## Raising Heart Healthy Families

**Saturday February 27<sup>th</sup>**  
**3<sup>rd</sup> annual Heart Healthy Family Day**  
**10:00am—1:00pm**  
**South Health Campus Wellness Centre**

 **Wondering about healthy snacks & meals for life on the go?**

 **Wondering if your family is active enough?**

 **Wondering about small changes you can make for a healthier life?**

 **Wondering how to fit everything in to your busy life?**



### What to Expect!

- Physician presentation
- Q&A time with healthcare providers
- Heart pumping activities
- Delicious cooking demos
- Interactive booths
- Blood pressure and cholesterol checks
- Healthy lifestyle information
- And more **FREE** family fun!

**For more information contact April Matsuno**  
**403.956.3932 or april.matsuno@ahs.ca**



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.

#### January at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

**A new session of registered programs starts in January 9 – check the Program Guide or [www.tricocentre.ca](http://www.tricocentre.ca).**

#### Price Freeze

- Breathe a big post-holiday sigh of relief: recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase until September 2016.

#### Adults

- Registered adult programs starting in January: Cardio Dance, Barre Stretch & Release, Core Fusion Barre, TRX Flow, Mindful Relaxation, Trim and Tone, Strong is the New Skinny: Weight Training for Women by Women, Fit 101 for the Absolute Beginner. Workshops include Foam Roller Workshop, Peek Week what? Strength & Conditioning Clinic: Jumps, Throws, and Agility, Yoga Nidra.
- Cool new program: Strike It Cardio Drumming: Free Demo class on January 6 from 7:30-8:30pm.
- January is a great time to get back to the fitness centre – more than 70 drop-in fitness classes every week included in membership.

#### Older Adults

- Registered multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga, Sore Joints Training. Workshops and clinics include Foam Roller Workshop and Strike It for Seniors!

#### Families

- Registered family programs; Family in Motion, Family Yoga, Mindfulness for Youth & Parent, Family YogArt, Prenatal Fitness, Mommy & Me Barre, Mommy/Daddy & Me Aquafit, Mommy & Me Fitness.
- Family Night: Sunday Night is Family Night – swim from 6 to 8pm and/or gymnasium from 6-7pm. Free for members; non-members \$3 per person.

#### Children & Youth

- Registered programs including skating lessons, swimming lessons, dance, sport, gymnastics, active play, and yoga for tots to teens.

**COUNCILLOR, WARD 12**  
**SHANE KEATING**  
 Phone: 403-268-1698 • Email: [Ward12@calgary.ca](mailto:Ward12@calgary.ca)  
 Twitter: @CouncillorKeats Facebook: <http://www.facebook.com/CouncillorKeating>  
 Web: <http://shanekeating.blogspot.com/>

Happy New Year Ward 12! 2015 was certainly a memorable year for southeast Calgary, and 2016 will be just as exciting!

#### City of Calgary Secures Funding for Green Line LRT

On December 14, 2015 Council made the decision to fund one-third of the project costs for the Green Line LRT. Council had previously dedicated \$52M over 10 years to the Green Line. On December 14 I was very proud to take the lead on a Notice of Motion that extended that commitment from 10 years to 30 years. Through this mechanism The City of Calgary is able to dedicate \$1.53B to the Green Line LRT without any tax increases on Calgarians.

#### Ward 12 Open House

Want to find out what will be happening in Ward 12 in 2016? Join me and representatives from the City of Calgary for the annual Ward 12 Open House on Thursday, January 28, 2015. This year we will be at the Mahogany Beach House, 29 Masters Park SE. Every year I ask departments from the City of Calgary and community stakeholders to join me and answer questions that residents may have about the future of their communities. Drop in and say hello!

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**REGISTERED ACCREDITED AND SUBSIDIZED DAYHOME!** Rissa's Romper Room. Space available for three children ages 0-5 located in Canfield Green. 10 years experience. Levels 1 and 2 in early childhood education and currently taking my level 3 diploma. Walking distance from Cranston school and CTK. Dog friendly home. For more info please email [rissa2butler@hotmail.com](mailto:rissa2butler@hotmail.com).

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**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](http://www.communitymediation.ca), 403-269-2707.

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**CERTIFIED GEL NAIL ARTIST:** Home based business in New Brighton. New full set of French gel nails only \$30.00. Nail polish and design \$10.00. Also offer glitter tattoos and available for girls' nail party bookings. Please call 403-464-8612.

**PLUMBING PARAMEDICS:** For all your plumbing needs! Receive \$25.00 off any plumbing or heating repair over \$200.00. BBB Accredited Business. Better Plumbers. Better Care. Call today! 403-452-2911 [www.plumbingparamedics.ca](http://www.plumbingparamedics.ca).

**NEW SETON CLINIC ACCEPTING FAMILY PRACTICE & WALK-INS:** 19665 Seton Way SE (Inside Seton Superstore). To pre-register please visit our website: [www.vineyardmedicalclinic.com](http://www.vineyardmedicalclinic.com). Vineyard Medical Clinic Seton hours: Monday Friday 8:00 am 8:00 pm, Saturday 10:00 am 4:00 pm, closed Sundays.

**YOGA BEARS KIDS YOGA:** Deer Run Community Centre. Drop In Playschool Yoga for ages 2-5 every Tuesday 9:30-11:00am. \$15.00. Kids and Caregivers Svaroopaa Yoga (ages 2-10 with an adult) Tuesday 1-2pm and Saturday 10-11:30am. Classes start week of January 19th. Visit [www.yogabears.ca](http://www.yogabears.ca) or call 403-809-1930 to pre-register.

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in & around  
your community | **schools**  
cont'd ■ ■ ■

## École St. Cecilia School

New Year means new activities for École St. Cecilia School students.

Christmas may be over but students at École St. Cecilia School are geared up for our Epiphany celebration. Students from each class will share a 'Galette des Rois', or Kings' Cake, which is a French tradition where students select a piece of pie and hope to find a figurine which will make them 'King for a day'.

Later in the month, our grade 2 students will take a field trip to Telus Spark while our grade 6 students will be part of an experiential learning project focused on the Mars Landing. Students in kindergarten to grade 2 will 'lace-up' for our in-line skating unit.

The end of the month will see École St. Cecilia School transformed into a dance hall for a glow-in-the-dark Family Dance. The annual dance is a favourite event for students' families to get together and catch up after the holidays, as well as mark the half-way point of the school year.

*Interested in having your child attend École St. Cecilia School?*

Mark your calendar for our Information Evening on March 1, 7 p.m. and our Open House on March 8 from 1-3 p.m.

*École St. Cecilia School is a French Immersion Catholic Elementary School for children from Kindergarten to Grade 6. The school serves most communities south of Glenmore Trail and east of McLeod Trail.*

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MLA, CALGARY-SOUTH EAST

**RICK FRASER**

Suite 202, Building D  
5126 126 Av SE  
Calgary, AB T2Z 0H2  
(403) 215-8930  
Calgary.southeast@assembly.ab.ca

My family and I would like to wish you a very Happy New Year!

I am happy to report our wish list drive for the Calgary Women's Shelter was a big success. I was able to visit them in early December to drop off all the constituent donations. Items that couldn't be used were donated to Women In Need Society. Thank you to everyone who participated!

I valued being able to meet constituents at the Cranston Christmas Bazaar, where I had a table set up with information for the community. I was also able to attend the Walden Christmas Craft Fair to help hand out door prizes, and speak to the residents. It's always great being able to spend time there. The Auburn Bay Parade of Lights was a huge success in its second year. I was pleased to sponsor a table this year and I was also able to ride in the parade. What a great turn out!

I've heard many concerns from constituents on Bills 5 and 6. I have called back every single constituent who has contacted my office on these issues, and appreciate the feedback I have received.

New Brighton Elementary School Parents Association is collecting bottles on an ongoing basis for fundraising towards their new school. For more information on how you can help: [www.newbrightonschool.com/](http://www.newbrightonschool.com/)



MLA Fraser in the Auburn Bay Parade of Lights, December 2015

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- Evening and Saturday appointments available.

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Visit our website at [www.thesundanceclinic.com](http://www.thesundanceclinic.com)

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HOME GARDENING WITH BARBARA

# DO YOU READ WHAT I READ?

Barbara Shorrock

All the information you could ever want to access is on the internet now, but I still believe there is nothing so satisfying as a beautiful book with glossy photos, whether it be a cookbook, a travel book or a book about gardens. The research for today's article has been done in my own house where the serious bookshelves are laden with the collection of many years of gifts and purchases. Winter is upon us (as I write this we are experiencing a major snow and wind event with wind-chills at a dangerous level; in Saskatchewan we used to call these blizzards) and it is the best season to browse and dream of what might be possible in a few months when spring arrives. So pour yourself a cup of tea, add a plate of cookies, and browse with me through some of my favourites:

**Front Yard Gardens** – Liz Primeau. Large or small, bold or subtle, formal or cluttered – it is all good. Liz covers the whole spectrum of that space between your front door and the street.

**Favourite Plants** – Liz Primeau, editor. From Canadian Gardening Magazine, this features the best plants to choose for your Canadian Garden. Not meant to replace your "Encyclopedia of All Things Plants" it helps the gardener to make wise choices when adding to old beds and creating new ones.

**The Flower Gardener's Bible** – Lewis and Nancy Hill. Much more than a series of beautiful pictures and descriptions, this book tells you how to and why to and where to, assuming the reader doesn't have a lot of knowledge to begin with.

**A Year In the Garden** – Steven Bradley. Season by season, he takes us through projects that are manageable by most handy gardeners. This isn't a Canadian book, so you get a glimpse of what works in the

US and Britain, but the illustrations and photos are excellent.

**The Calgary Gardener Vol 1 and 2** – The Calgary Horticultural Society. I can't tell you how many of these I have given to gardeners new to Calgary. Our climate and soil can be a bit of a mystery to immigrants, particularly those who have migrated from British Columbia and Ontario, never mind other countries. No glossy pictures in these guys, just page after page of down-to-earth useful information on how to deal with winter Chinooks, alkaline soil, lovely summers that are interrupted by blasts of winter now and then, and what to plant and where.

**The Northern Gardener: Perennials that Survive and Thrive** - Barbara Rayment. Zone 3 choices for our part of the country, all organized and alphabetized. Well written and easy to navigate.

**No Work Garden** - Bob Flowerdew. I must confess I bought this solely for the title, and also the author's name, but it really does have lots of advice to lighten the work load. I would have named it "The Less Work Garden", but his title sells more books, I am sure.

**No Guff Vegetable Gardening** – Donna Balzer and Steven Biggs. They call themselves Garden Coaches, and this unusually arranged soft-cover volume is full of cheerful graphics by a couple of artists from Gabriola Island's Feedlot Studios (love that name). Of course, there is much useful info among the charming photos and amusing drawings. A fun read.

*One of the benefits of attending the Queensland Garden Club monthly meetings is access to the freebie's donated by members who are culling their collections of books, magazines, house plants, succulents, pots, baskets, etc. etc. 1st Wed. each month at the Queensland Community Centre.*

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