

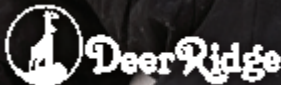
JANUARY 2016

DELIVERED MONTHLY TO 3,700 HOUSEHOLDS

# THE DEER RIDGE

JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER





BEFORE



AFTER

"This cabinet refacing in solid cherry is a very good example of our workmanship and ability to redesign your existing kitchen cabinets"

-Rob Smith

- Cabinet Refacing
- Custom Built Cabinets
- Bathroom Renovations



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## NEWSLETTER AD SALES



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# Deer Ridge Community Association



Box 43052  
 Calgary, Alberta  
 T2J 7A7  
 Visit our website at [www.deerridgeca.com](http://www.deerridgeca.com)  
 If you have any questions or concerns, please contact us at [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com)

## Board of Directors & Community Contacts

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### OUR VISION

We will be a safe community with established programs and facilities, committed volunteers, and we'll be financially stable.

### OUR MISSION

To enhance the quality of life in Deer Ridge for today and the future by establishing and fulfilling the common goals, needs and interests of our community.



## MESSAGE FROM THE DEER RIDGE BOARD

Happy New Year!

The Deer Ridge Community Association wishes you and yours a happy and healthy 2016.

### Deer Ridge Winter Skate

Enjoy a great afternoon of pleasure skating or pick up hockey with your family and friends at the Deer Ridge Ice Rinks on Saturday, January 9, 2016 from noon to 4 pm. The Deer Ridge Ice Rinks are located behind Don Bosco school and parking is available on Deermont Way as well as the school parking lot. Free Hotdogs and Hot Chocolate will be available for everyone.

### Deer Ridge Ice Rinks

With the warmer weather in early December, the rink crew did a great job in keeping the ice surfaces at the Deer Ridge Rinks up and running. With many hours of hose flooding, snow removal, ice patching and Olympia runs, the rinks were open and usable during this time. Our appreciation and many thanks to Brent, Gord, Pete, Cory, Patrick and Bob for their persistence in keeping the ice rinks open and safe.

### Looking to volunteer in the community?



The Deer Ridge Community Association is looking for volunteers to sit on the Community Association Board. If you would like to volunteer in the community and sit on the board, please contact us at [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com) or attend our next monthly meeting on January 19, 2016 in meeting room #8 at the Trico Centre at 7 pm. We are looking to fill Executive board positions as well as Directors at Large positions. If you have a few hours a month to help support your Deer Ridge Community, please come out and get involved.

## Deer Ridge Community Garden

Already looking forward to Spring? We are at the Deer Ridge Community Garden. If you like to garden and would like to be involved in the Deer Ridge Community Garden this year, we will be getting together in March 2016 to start planning for the 2016 harvest. Please contact Bob Hall c/o Deer Ridge Community Garden [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com) for more information.

## Deer Ridge Community Membership

If you have not got your community membership yet, please visit our website at [www.deerridgeca.com](http://www.deerridgeca.com) to purchase online or fill out the form within this edition of the Deer Ridge Journal and mail the form along with a cheque for \$ 15.00 to the Deer Ridge Community Association. Your Community Membership is used exclusively to fund the free events in Deer Ridge and the upkeep and maintenance of the facilities in Deer Ridge. The facilities and events are open to all residents of Deer Ridge. All of the planning, organization, implementation and maintenance is done by volunteers, so 100% of membership fee is used to benefit the community. The Deer Ridge membership also gives you 20% off of a Trico membership. Please support your Community of Deer Ridge.

## The Good Food Box

**What is the Good Food Box?** The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The boxes are put together



~continued next page~

## MESSAGE FROM THE DEER RIDGE BOARD cont'd

and delivered by dedicated volunteers who along with The Community Kitchen desire to see individuals and families accessing affordable nutritious food.

**How The Good Food Box Works:** The boxes are delivered once a month to various depots around the city. A depot could be any place where 5 or more boxes are ordered, examples of current depots are churches, community centers, senior centers, apartment complexes etc.

**How Does the GFB Operate?** The GFB operates by buying fresh top quality produce directly from farmers and from wholesale clubs. The food is bought in bulk and dropped off at our warehouse. Our volunteers then divide up the produce into portions and put the Good Food Boxes together. The boxes contain the maximum produce possible in them for the price.

**Come pick up a box of fresh, seasonal vegetables at a reasonable cost here at Deer Park United!**

**Three sizes of boxes:**  
20-25 pounds for \$20.00  
30-35 pounds for \$25.00  
40-45 pounds for \$30.00

(This is the best deal! You could split it with a friend if you don't have space for this many vegetables.)

**What is in a Good Food Box?** 25 pounds could be: 5 pounds potatoes, 2 pounds bananas, 3 pounds apples, 3 pounds oranges, 1 pound kiwis, 2 pounds tomatoes, 1 pound lettuce, 2 pounds onions, 2 pounds carrots, ½ pound cucumber, 1 pound broccoli, 1 pound celery, 1 ½ pound melon

**Order days:** January 19, February 23, March 29, April 26, May 24, June 14, September 13, October 11 and November 8 (No July, August or December boxes, sorry!).

**Pick up days:** January 28, March 3, April 7, May 5, June 2, Jun 23, September 22, October 20 and November 17.

Contact Kiran in the Deer Park United Church office for ordering! Cash only please.

# YOUR COMMUNITY business of the month

## Imaginations Child Care

Deer Ridge Community

Passionate about early childhood education, owner Julie Audy had a dream to open a child care program where children are put first. With a 15 year career working with young children first in a preschool, daycares and a dayhome, when the opportunity arose to open a child care program in the former Rogers Video building, she had to jump on it. With her husband Timothy, who has a background in business management, they campaigned to raise the money needed to renovate the building and start Expanding Imaginations Child Care.

Starting out small, Expanding Imaginations Child Care opened its doors on March 23, 2013 with two rooms open. Steadily growing, there are now six classrooms offering loving, safe and stimulating care to 75 children. With the philosophy of learning through play, strong attachment between child and caregiver, forming partnerships with families and community engagement, Expanding Imaginations sets itself apart from other child care programs. Children and families participate in collecting can tabs for the Ronald McDonald House, family movie nights by donation to a charity of the month, costume party where diapers and wipes are collected for Children's Cottage and a spring dance fundraiser for Muscular Dystrophy Canada. Having family – friendly events builds relationships between the families and the educators. Being trusted with someone's child or children is an honour we don't take lightly.

We believe the key to any great business is great staff. We have 16 fulltime staff who work as primary educators, a cook and a program supervisor. Our educators are passionate about working with young children and creating an environment that is safe, fun and educational. Tracking each child's development the curriculum is tailored around the children's current interests, needs and strengths. Activities are offered daily that meet all

areas of development and are changed frequently to keep the program interesting. Outdoor play is offered to each class twice daily in our two fully fenced, natural playgrounds. Children are provided with breakfast, lunch and snacks, cooked from scratch onsite by our cook. The menu includes foods from around the world and is chock full of whole grains, healthy proteins and fresh fruits and vegetables.

With a focus on environmentally friendly practices and community involvement, Expanding Imaginations Child Care aims to set itself apart from typical daycares to support families in raising confident, self- thinkers who know they can make a difference.

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](http://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](http://calgary.ca/assessment):

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

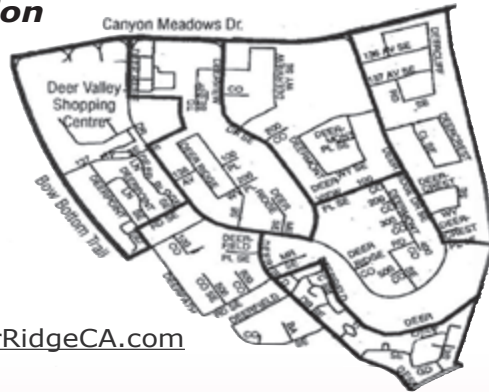
2015-1053



403-251-6021  
1188 137 AVE SE  
[WWW.EXPANDINGCHILDCARE.CA](http://WWW.EXPANDINGCHILDCARE.CA)



**Deer Ridge Community Association  
Membership Request / Renewal  
Form**



**Membership Year:**  
AGM June 16<sup>th</sup>, 2015 – August 31<sup>st</sup>, 2016

**Thank-you in advance for your support!**  
Membership fee \$15.00

Online membership payment available at [DeerRidgeCA.com](http://DeerRidgeCA.com)

**Name:**

**Additional Family Members:**

**Mailing Address:**

**Phone Number(s):**

**Email Address(s)\*:**

\* Please note your email address will be added to our electronic mailing list used for notifications of upcoming community events and information. We do not share your information.

**Membership Request & Payment options:**

<b>Mail completed form &amp; cheque payable to:</b>	Deer Ridge Community Association PO Box 43052, Calgary, AB, T2J 7A7
<b>Online:</b>	<a href="http://DeerRidgeCA.com/Membership">DeerRidgeCA.com/Membership</a>

Two membership cards, printed with last name(s), will be mailed to your household.

You may contact the Deer Ridge Community Association by telephone: (403) 998-3144, email: [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com), or visiting the website: [www.DeerRidgeCA.com](http://www.DeerRidgeCA.com). You may also like us on Facebook, and follow on twitter: @DeerRidgeCA.

**IN & AROUND  
SCHOOLS**

**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.*



**IN & AROUND  
CALGARY**

**Pet Safety—Keep Your Pets Indoors This Winter**

Humans are not the only ones who need to keep warm during the winter months. Your pets do too. Although they might be covered in fur, your pet can still fall ill during the colder months or even get frostbite when temperatures drop below freezing. But have no fear, here are a few tips on how to keep your pet warm this winter.

Keep your pet indoors. This is the number one way to keep your pets safe and warm in the winter. For dogs, take shorter walks when the weather is severely cold. A good rule of thumb is to go out with them and when you're ready to come in, chances are your dog is too. If your dog must stay outside, make sure she has proper shelter and a source of fresh water at all times, and make sure her water cannot freeze.

It's important to remember that cold cars can pose a significant risk to your pet's health. Leaving your cat or dog in the car is just as dangerous in winter as in the summer. Limit car travel to only that which is necessary, and don't leave your pet unattended in the vehicle.

If you lose your pet during the winter months, do not delay. Call 3-1-1 to see if Animal Services has picked up your pet. If not, file a lost pet report with Animal Services.

For more information about pet safety please call 3-1-1 or you can visit us on our Facebook page or on Twitter @yycbylaws.



# BUSINESS CLASSIFIEDS

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**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Deer Ridge. 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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**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.

**DISCIPLE HOMES & IMPROVEMENTS (SINCE 1981):** Renovation experts interior and exterior. Kitchens, bathrooms, remodeling, flooring and tile. Windows, doors, roofing, siding, soffit and trough. Members of BBB, licensed and insured. Email us at info@disciple-homes.com or 403-207-5708. Visa and Mastercard accepted.

**K2 BOOKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

**SUN VALLEY KIDS DAY CARE:** Registration is open! Licensed, accredited, competitive prices. Full day programs: infants, toddlers, preschool, kindergarten. Half day programs: preschool (mornings or afternoons 3/4 days per week). Out-of-school care (including PD days and school breaks). Call 403-278-2266 to book a tour or registration or e-mail sunvalleykids@yahoo.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. 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 or call 403-809-1930 to pre-register.

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language  
langue lingua trivia  
wika idioma 語  
kieli sprache 語  
שפה język 語

The correct response to the Irish greeting, "Top of the morning to you," is "and the rest of the day to yourself."



**COUNCILLOR, WARD 14**  
**PETER DEMONG**

www.calgary.ca/ward14  
eward14@calgary.ca or 403 268-1653

Hello Ward 14!

No matter what your 2015 was like, I hope your 2016 is even better. This year a Ward 14 tradition will be getting a fresh start—or a fresh name at least.

#### Counciltalk

Aldertalk finally has a name that fits with the title of Councillor. I've had reservations about leaving the old name behind. It fit so perfectly. But Aldertalk is a name for an Alderman, and I am a Councillor now. Counciltalk is a name for a Councillor.

I will now be using the name Counciltalk when referring to my monthly discussions, and if you have never attended one I sincerely hope that you will join on at least one occasion in 2016. In short, it is a chance to sit down with me—and your neighbours from around Ward 14—to talk about whatever municipally related topic you choose. It has become so popular that even some other Councillors are implementing their own versions of the idea.

It is very fitting that the first Counciltalk session will take place in Parkland. It was at the Parkland Community Hall on January 14, 2012 that a group of Ward 14 residents gathered for the very first Aldertalk. Since then residents of Ward 14 have been joining me regularly to engage in meaningful dialogue.

I want people to feel like they can always communicate with me. Aldertalk has been a powerful tool in my strategy for ensuring that they can. Because of the generosity of Ward 14's community associations it is also a low-cost tool. It is held about six months out of the year, and rotates location between communities in Ward 14. People only have to go as far as their local community hall to speak with me, but have been known to travel much further. We sit in a round-table configuration and go through each attendee individually to discuss the topic of their choice.

The 2016 Counciltalk season will begin in Parkland on January 16. It will be at the Parkland Community Hall (505 Parkvalley Road SE). The discussion will run from noon to 2 p.m., but I would love to have you there at noon so that we can get a head start on things, and so you are assured of some coffee.

For upcoming dates and details you can visit calgary.ca/ward14counciltalk, but I also send email reminders about upcoming Counciltalk sessions, among other things. You can sign up for them at calgary.ca/ward14connect.

#### Property Assessment Notices

Before I sign off until February let me remind you to inspect your property assessment notice carefully this year. It will be in your mailbox shortly, if you don't have it already. Following the instructions on the notice and contacting the Assessment Department about errors could save you the cost of making an unnecessary appeal.



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 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.**

#### 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.

Baby Owls. Photo by Lorna Romaniuk



# Winter 2016 in Fish Creek

## Fish Creek Speaker Series

Presentations will take place at the Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park (13931 Woodpath Rd. SW, access via 130 Ave. SW and 37 St. SW). Friends members will receive free admission and the fee is \$5 each for non-members. Please register online at [www.friendsoffishcreek.org/programs/speaker-series](http://www.friendsoffishcreek.org/programs/speaker-series)

## Fish Creek - From Gentle Stream to Wild River and Everything in Between: A Look at Land Uses and Water Quality Assessment Through the Years

Thursday, January 21, 2016  
7:00pm - 8:00pm  
Presented by Katie Pearson, Program Coordinator, Friends of Fish Creek  
Join us for an evening all about the small creek after which our park was named! In this talk, we will explore how various land uses have affected the creek's water quality over the years. From 2007 to 2013, the

Friends worked with volunteers and community organizations to test the quality of the water in the creek. We will share the results of the Friends of Fish Creek Water Quality Monitoring Program and highlight the people and organizations that helped turn this dream into a reality.

## Sticks and Stones: Using Bioengineering to Improve Fish Habitat

Thursday, February 25, 2016  
7:00pm - 8:00pm  
Presented by Lesley Peterson (P.Biol) Provincial Biologist Trout Unlimited Canada  
The process of bioengineering was used to improve fish habitat along a side channel of the Bow River here in Fish Creek. Trout Unlimited Canada undertook this project in the spring of 2015 to improve and enhance the side channel located at Mallard Point. The entire area was heavily impacted by the flood of 2013 and Trout Unlimited saw the opportunity to explore bioengineering as an ef-

fective way to repair and enhance the area to improve fish habitat. The presentation will also explore the needs of fish during their life cycle and offer people background on Trout Unlimited and the work they do provincially and nationally.

## Friends of Fish Creek Annual General Meeting

Thursday, January 28, 2016  
Registration at 6:30 pm, Meeting starts at 7:00 pm  
Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park  
It is because of our members, volunteers and donors that the Friends have accomplished so much. Come and have your voice heard and meet our board and staff at the Annual General Meeting. Refreshments will be served. Please contact the Friends of Fish Creek Provincial Park Society if you would like to attend, or visit [www.friendsoffishcreek.org/event/agm](http://www.friendsoffishcreek.org/event/agm)

## Fish Creek Community Fair

Would You Like to Volunteer in Fish Creek? The Friends of Fish Creek Need You!  
Saturday, February 27, 2016  
1:00pm - 4:00pm  
Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park (13931 Woodpath Rd. SW - Access via 130 Ave. SW and 37 St. SW)  
Come to the third annual Fish Creek Community Fair to learn about amazing programs, courses, events and opportunities taking place in 2016. The ground may still be covered in snow, but Spring starts now in Fish Creek! For more info, please visit [www.friendsoffishcreek.org/event/fccuf](http://www.friendsoffishcreek.org/event/fccuf).



**MLA CALGARY - FISH CREEK**  
**RICHARD GOTFRIED**  
Bay 7, 1215 Lake Sylvan Drive SE  
Calgary, AB, Canada T2J 3Z5  
Phone: (403) 278-4444 • Fax: (403) 278-7875  
[calgary.fishcreek@assembly.ab.ca](mailto:calgary.fishcreek@assembly.ab.ca)  
[www.richardgotfried.ca](http://www.richardgotfried.ca)

[facebook.com/RichardGotfried4FishCreek](https://facebook.com/RichardGotfried4FishCreek) • @yycfishcreek

As I look back on the last year and look forward to 2016, I cannot help but have mixed emotions. On November 23rd we lost a colleague and friend, Manmeet Bhullar, MLA Calgary-Greenway. Manmeet's life was one of service and dedication to his constituents and the Province of Alberta. Not all of us will serve in public life but each of us can live a life of giving service. The New Year is a time to make resolutions: exercise more, eat healthier, be organized, are common themes and yet as I look to make my own resolutions, I reflect on Manmeet's legacy of service. My commitment to you is to continue to serve you in the community. Alberta is going through difficult times and my heart is full for those in our province who are struggling. We all need to make Alberta a better place for our families and communities, and our province needs our service more than ever. As your MLA, I have heard from many of you over the last few months regarding several issues, and I will continue to listen and advocate for you.

One item I heard loud from you in the community and across the province was about the disapproval of Bill 6 – Enhanced Protection for Farm and Ranch Workers Act. All of us are committed to make farms the safest they can be. Farmers are committed to this as this is their livelihood. The issue that I and many others had was the lack of consensus from the very sector affected on the regulations. Although some amendments were made, I stood united with my colleagues for the farmers that more consultation was needed prior the bill's passage by Premier Notley. Unfortunately the thousands that came out to voice their concerns were not listened to; as a legislator I find this disappointing. The essence of democracy is listening to the people when they speak loudly and not assume that government has all the answers. It is ok to step back, adjust, readjust, and begin again. It is important for the government to listen to the people and get it right, rather than telling people what they think is right. Listening to the people is important and so starting in February, join me every Friday morning for a 10 am Coffee Break at the office 1215 Lake Sylvan Drive SE.

Please continue to raise the voice of warning and concern when you feel your government is not acting with the voice of reason. Each of us can do our part to support and lift one another and make 2016 a good year to remember. In clos-

ing a quote that is dear to me from my friend Manmeet Bhullar, "Dear God, make me more loving and compassionate, give more of myself in service, help me see the greatness imbedded in all and enjoy the moments."

Happy New Year.

## Moving Forward – You've lost your job, now what?

Please join us on Monday, Wednesday and Friday mornings for two weeks. We start with coffee at 8:30 followed by a presentation at 9:00 and then some time to get to know one another.

- Monday, January 11 – Job Research – Network, Resume Building and Interview Skills
- Wednesday, January 13 – Resiliency – Building Your Ability to Cope
- Friday, January 15 – Budget – How to Live On Less
- Monday, January 18 – Working With Your Creditors
- Wednesday, January 20 – Changing careers, Building a Business or Contracting?
- Friday, January 22 – Moving Forward – What Now?

Where – Holy Nativity Anglican Church, 12707 Bonaventure Drive SE  
When – 8:30 am – 12:00 pm  
How – Register by phone to 403-278-0001 or by email at [holynat@shaw.ca](mailto:holynat@shaw.ca). Maximum 60

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 15

**FEBRUARY 16 TO 21  
THE WIZARD OF OZ**

Join Dorothy, Scarecrow, Tin Man and Lion on a journey down the yellow brick road. This new production of The Wizard of Oz adapts the classic book for the stage and contains the well-loved songs from the Oscar-winning film. [www.calgary.broadway.com](http://www.calgary.broadway.com)



**FEBRUARY 19 TO APRIL 24  
STAR WARZ-A GALACTIC  
ROCK COMEDY**

There are rebels with spaceships, Jedi with lightsabers... there is a princess, a smuggler, and robots, the Evil Darth Vader and singing... yes you heard me... singing of your favourite galactic rock tunes of the 70's and 80's. [www.calgary.jubilations.ca](http://www.calgary.jubilations.ca)



**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](http://www.yychotchocolate.com)

**February 3 – Calgary Flames vs Carolina Hurricanes**

at the Saddledome 7:30 pm. [www.calgaryflames.com](http://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](http://www.storybooktheatre.org)

**February 12 – Calgary Hitmen & Red Deer Rebels**

face off at 7:00 pm at the Saddledome. [www.hitmenhockey.com](http://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](http://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](http://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](http://www.artsccommons.ca)

**February 26 - Calgary Hitmen vs Royals**

at the Saddledome 7:00 pm. [www.hitmenhockey.com](http://www.hitmenhockey.com)

**February 27 – Calgary Flames & Ottawa Senators**

face off at 8:00 pm at the Saddledome. [www.calgaryflames.com](http://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](http://www.theatrecalgary.com)

**Cold-Weather Vehicle Theft**

Vehicle theft is an ongoing concern within the city of Calgary. Each year, as the weather cools, the Calgary Police Service receives an increase in stolen vehicle thefts, targeting unlocked vehicles left running (warming up). With this in mind, please consider:

What can you do to prevent vehicle theft?

- Do not leave a vehicle running with the keys in the ignition for any length of time, even with the doors locked.
- Never hide a second key in or around the vehicle.
- Always close the windows, lock the doors and pocket the key.
- Park in well-lit and well-traveled areas.
- Take valuables with you or hide them out of sight.
- Use anti-theft measures such as a steering wheel lock, a vehicle immobilizer system or an alarm system.
- Consider installing a remote starter if you need to warm up your vehicle in the morning.
- Report suspicious activity. If you see suspicious people in or around motor vehicles, call 9-1-1.

Remember, a few minutes braving the cold with your vehicle can save you from a headache down the line.

**BRAIN GAMES SUDOKU**

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

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



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