

JANUARY 2016

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# PARKLAND **news**

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER





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TEAM PERFORMANCE

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Parkland Community Association

505 Parkvalley Road SE Calgary

Alberta T2J 6M4

parklandhall@telus.net

parklandcommunityassociation.org

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# PARKLAND COMMUNITY ASSOCIATION

**Parkland Hall**  
 505 Parkvalley Road S.E., T2J 6M4  
 Phone: 403-278-5330  
 parklandca@telus.net  
 www.parklandcommunityassociation.org



The Parkland Community Association is a volunteer organization that represents the municipal interests of the residents within Parkland. It's your voice in city planning decisions and environmental issues that affect the neighbourhood. Memberships support affordable, local programs and the cost of maintaining the Parkland Hall. Yearly fees are \$25.00.

## Board of Directors:

President	TBA
Vice President	Rich Smart
Past President	Cindy Ross
Secretary	Erika Diaz
Treasurer	David Caskenette
Membership and Civic Director	Laura Di Lello
Directors-at-Large	Peter Robinson Stephanie Caskenette Sean Darragh Leanne Black

**Board meetings** Please telephone for date and time of next board meeting. All members are welcome.

## Parkland Hall office hours:

General inquiries and rental information: 403 278 5330 or parklandca@telus.net. Viewing by appointment.

This newsletter is edited by the Community Association.

Editor, news collection Caroline Hart 403 278 5462  
 Delivery and Great News Publishing 403 263 3044  
 Advertising

 **We are on Facebook:**  
 Calgary Parkland Community Association  
 Park 96

**Get Connected with YOUR PARK**  
 park96.com or parklandca @telus.net

# PARK 96 PARKLAND CENTRE

**14660 Parkland Blvd. S.E., T2J 6L5**  
**Phone: 403-271-7516 • Fax: 403-271-7517**  
 park96@telus.net • www.park96.com

Park 96 is a private gated facility owned by the property owners in Parkland who have paid all fees owing and are deemed to be "Members in Good Standing" or the designate of such owner. The current fee is \$200.00 due annually on January 1st, part of which is a \$96 encumbrance on each property or residence. This fee is used to maintain operations, support social and recreational programs and finance park improvements. The Park is managed by an elected Board of Directors of up to 15 members. This Board meets at 7:00 pm on the second Tuesday of each month, excluding July and August. Members with questions or concerns are welcome to attend these meetings, with prior notice of their desire to be added to the agenda, or may contact the Board President, Keith Watson, directly at board@park96.com.

## OTHER COMMUNITY REPRESENTATIVES

Parkland Baby Sitting Registry	Eleanor Molina	403 271 2668
Parkland Babysitting Co-op	Jessie Drevenak	403 764-6730
	parklandbabysittingcoop@gmail.com	
Kyokushin Karate		403 225 3516
Parkland Guides	Michelle Martin	403 273 3968
Scouts Canada	Leanne Black	403 254 6339
Parkland Housesitting Registry	Dave Wiebe	403 271 9230
	Ringette	bowviewringette.com
Foothills Soccer		gofoothills.ca
Parkland Preschool		(day) 403 225 0083
Bonavista Hockey Program		www.lbbreakershockey.ca
LDS Church, Parkland State Centre		403 278 8565
Prince of Wales Elementary		403 777 6880
St. Philip Elementary		403 500 2072
TRICO Centre	Anna Poulin	aepoulin@gmail.com
Colts Football		southcalgarycolts.ca
Community Resource Officer		
Cst. Andrew Morton		403 428 6800



## Parkland Community Hall Weekly Calendar

### Main Room:

<b>MONDAYS</b>		
9:00 AM – 5:00 PM	Parkland Preschool	403 225-0083
7:45 PM – 9:00 PM	Private booking	
<b>TUESDAYS</b>		
9:00 AM – 5:00 PM	Parkland Preschool	403 225-0083
8:00 PM – 9:00 PM	Yoga (call for drop-in)	403 281-7553
<b>WEDNESDAYS</b>		
9:00 AM – 5:00 PM	Parkland Preschool	403 225-0083
7:00 PM – 8:00 PM	Zumba (Drop-in)	bodybeat.ca
<b>THURSDAYS</b>		
9:00 AM – 5:00 PM	Parkland Preschool	403 225-0083
6:00 PM – 9:30 PM	Calgary Kyokushin Karate	403 225-3516
<b>FRIDAYS</b>		
9:00 AM – 5:00 PM	Parkland Preschool	403 225-0083
7:00 PM – 9:00 PM	Private booking	
<b>SATURDAYS</b>		
9:30 AM – 10:30 AM	Fit Families	fitwelltraining.com
1:00 PM – 2:00 AM	Available for private bookings	
<b>SUNDAYS</b>		
9:00 AM – NOON	Redeemed Christian Church of God- all welcome	
1:00 PM – 8:00 PM	Available for private bookings	
<b>Meeting Room:</b>		
<b>MONDAYS</b>		
	Bonavista Figure Skating Club	1st Monday of the month
<b>TUESDAYS</b>		
4:30 – 5:30	Coding 4 Kids	587.969.3009
6:00 – 8:00 PM	Parkland Brownies	403-273-3968
<b>WEDNESDAYS</b>		
6:00 – 8:00 PM	Colts Football	
<b>THURSDAYS</b>		

7:00 – 9:00 PM	Avon Leadership Meetings	
	Progressive Conservative Meetings	
	2nd Thursday of the month	
	Fish Creek Wild Rose Meetings	
	3rd Thursdays of the month	
	Parkland Board Meeting	403 278-5330
	4th Thursday of the month	

<b>FRIDAYS</b>		
1:00 PM – 3:00 PM	Parkland Book Club	403 278-5462
	(Third Friday of the month)	

<b>SATURDAYS</b>		
9:00 – 10:00 AM	Body Brain Energy Yoga	
10:00 – 11:00 AM	Qigong and Meditation with Look Beyond Wellness	
	Contact: MyWellnessQigingMovements@gmail.com or BodyBrainEnergyYoga@gmail.com	
	First class is FREE	
	Begins September 5th	

<b>Upcoming Events</b>		
Spaghetti Western Social	February TBA	
<b>BRIDGE AND CANASTA</b>	every Wednesday at community hall	
	Starts Wednesday Jan 20	
	12-3pm in the meeting room,	
	Bring your cards and your friends...we will have the coffee and tea	
<b>GRIEF SUPPORT GROUP</b>		
	Starts January 27	
	Every Wednesday evening from 7-8.30	
	In meeting room	
	All welcome	

For Parkland Hall booking information please contact Caroline Hart at 403 278-5330 or parklandca@telus.net.

## PLUMBER

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# PARKLAND HOUSE SITTING REGISTRY

The House Sitting Registry matches home owners looking for a house sitter with those wishing to offer house sitting services. This is a great job for a teen, with some parental supervision or a home owner wishing to exchange with another. House sitting duties could include: emptying the mail box, picking up the paper, clearing away flyers, watering plants and generally keeping an eye on things. All service arrangements and remuneration are determined by the owner and house sitter.

This registry service is free of charge and only available to Parkland residences. To have your name included in the registry or to obtain a number of a sitter near you, please phone Dave Wiebe at 271-9230.

# A GIGANTIC THANK YOU

to all of the Parkland residents who helped out a lovely family who was experiencing an unimaginable loss this Christmas season.

- Don Scott
- The Zemba family
- The Desautels family
- The Baker family
- The Taylor family
- The Vandenhengel Family
- The Nogue family
- The Cully Family
- The Moen Family
- The Binfet family
- The Schneider family
- The Knopp family
- The Hart kids



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

# Parkland Babysitting Co-op



## Parkland Babysitting Co-op

We are a group of Parkland moms who exchange babysitting services. Imagine grocery shopping alone, or running a few errands without kids in tow. The possibilities are endless.

In addition to babysitting, we get together and socialize. It's a great way to meet other families in the community and develop long lasting friendships. Join Today.

email [parklandbabysittingcoop@gmail.com](mailto:parklandbabysittingcoop@gmail.com)



# Nellie McClung District Guider News



- Sparks – 5 to 6 years of age
- Brownies – 7 to 8 years of age
- Guides – 9 to 11 years of age
- Pathfinders – 12 to 14 years of age
- Senior Branches – 15 to 17+

For more info about registration or about guiding, please call Michelle Martin at 403-273-3968

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## PARK 96 NEWS

### JANUARY MONTHLY CALENDAR

#### Strengthen and Restore Yoga Monday

9:30 to 10:30 am: Jane Sponiar at 403.281.7553  
janesponiar@gmail.com www.livingtaichi.ca

#### WOW! Women on Weights Monday – Friday Programming

To sign up and for more info: www.WomenOnWeights.com, or call Susan 403.660.4194

#### HNIP! Adults

Thursdays  
8:45pm – 10:00pm

#### HNIP! Kids

Wednesdays  
6:00pm – 7:00pm  
**Learn to Skate**  
Mondays  
5:00pm – 5:30pm

#### Summerfest Community Forum

Thursday, January 14  
7:00pm – 9:00pm

#### Off the Grid Concert Series

**Tin and the Toad**  
Saturday, January 23

#### Save the Date

Parkland Spring & Summer Program Registration Day  
Saturday, March 12

#### SUMMERFEST

Saturday, June 25, 2016

#### LEARN to SKATE 2015/2016

Monday from 5:00pm – 5:30pm.  
This class is for 3 to 5 year old children that would like to learn to skate with interest in playing hockey or ringette. Having fun and providing a positive experience each day is the primary goal. Join an experienced educator and power skating instructor along with his 9 year-old assistant for a skate.

~continued on page 12~

## STAY IN THE COMMUNITY YOU LOVE!

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<p><b>Cork</b></p> <p>From \$1.99 Psf</p>	<p><b>Linoleum</b></p> <p>From \$0.99 Psf</p>	<p><b>Luxury Vinyl</b></p> <p>From \$0.99 Psf</p>	

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**Book Truck**

Calgary Public Library is adding two brand new mobile libraries to its list of 18 community libraries. The Book Trucks will make stops in communities throughout Calgary, starting January 2016. Each Book Truck will feature 1,800 books and movies for children, teens, and adults. All you need is a FREE Calgary Public Library card (you can even sign up for one on The Book Truck)! To view The Book Truck schedule, visit [www.calgarylibrary.ca/booktruck](http://www.calgarylibrary.ca/booktruck).

**Laptops on loan!**

Did you know that the Library loans laptops? All community libraries are equipped with computers for public use, and soon all locations will also offer Chromebook Laptops for internet browsing from any seat in the building. Check with your community library for details.

**Book Club in a Bag!**

Everything you ever needed to host a fascinating book club

can be found in the Library's Book Club in a Bag. The Calgary Public Library has just added over 55 new titles to our Book Club in a Bag collection, with a great book club read available for every reading interest! Each book club set has 10 copies, as well as discussion guides, book reviews, and more. Ask for details at your community library.

**50@150**

In anticipation of Canada's 150th birthday in 2017, Calgary Public Library is hosting 50@150—an exhibit by artists Alex Park and Paul Scott Birnie that celebrates prominent and diverse Canadians. From January 11-23, 2016, be sure to visit Central, Fish Creek, Crowfoot, and Saddletowne libraries.

**Chess in the Library**

Join members of the Calgary Chess Club and Calgary Junior Chess Club for the opportunity to play chess supported by coaching. Children under 12 must be accompanied by a parent or caregiver. Chess clubs happen Saturdays at Shawnessy Library and Sundays at Country Hills, Crowfoot, and Central libraries. Check dates and times at [www.events.calgarypubliclibrary.com](http://www.events.calgarypubliclibrary.com) or call 403-260-2620. You can also drop by for a pickup game of chess using giant pieces on a giant board at Bowness, Central, Country Hills, Fish Creek, and Forest Lawn libraries.



**Parkland Community Association Memberships**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

Drop off at the Community Hall or mail to:  
 Parkland Community Association  
 505 Parkvalley Road S.E., Calgary, AB T2J 6M4

**Do Not Enclose Cash**

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**If you have any questions please contact the Community Hall at 403-278-5330**

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**Guides Canada**

Girls joining Girl Guides, (ages 5 to 17) look forward to a fun and active time. Enrolments are taking place, camps are being planned, program work is decided, outings are chosen and so much more. Thanks to all those volunteer leaders and parent helpers who make it happen. It doesn't happen without your time, talents and energies. If you are interested in being a leader, contact Pat at [isteads@telus.net](mailto:isteads@telus.net) for all the details. Some units are already at capacity but we are still accepting registrations for girls in other units. Go to [www.girlguides.ca](http://www.girlguides.ca) and look for the Unit Finder tab to find a unit near you. It's never too late to register.

The Girl Guide Motto is "Be Prepared". The date has been decided for our "Spring Fling" Carnival. We want you to "Be Prepared" to have a fun day and support the girls in your community by attending the Carnival on Saturday, April 16, 2016. More details will follow in the coming months but mark this date on your calendar now. Location will be Queensland Community Centre. The community is invited to attend. Silent Auction, games, lunch room, bake sale and so much more await you.

**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  
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 403-278-7542 | [www.tricocentre.ca](http://www.tricocentre.ca)



## PARK 96 NEWS

The parent(s) and their son/daughter must wear an approved CSA helmet and properly fitting skates. Please bring a hockey stick that your child can use for learning to skate with. Parent(s) will be required to skate with their child at all times including skating backwards or at least willing to learn how to, while skating with your child. Parents must also wear helmets. No experience needed, as the parents can learn to improve their skating too which can be a great motivator for children observing their parents learning. Warm/protective mitts should also be worn, and some kind of knee protection. Maximum 10 children/parent. Dates Dec 14, 21, Jan. 4, 11, 18, 25, Feb. 1, 8, 22, and Mar 7 weather/ice permitting. FREE.

### Hockey Night In Parkland - Kids!

Wednesday starting the week after the hockey rink opens and ending the week it closes.

Ages 4-6: 6:30pm-7:00pm

Ages 7-10: 6:30pm-7:30pm

HNIP - Kids! is a fun opportunity for children with basic skating and hockey skills, who don't play organized hockey, to come out and learn hockey skills and play a game of shinny.

Format

Warm up, hockey drills and 4 on 4 play.

Teams will be made each night.

Goalies will be 2 balanced targets in the net - just like HNIP Seniors.

Shifts will be on-the-fly and kept going by parents in attendance.

A parent must remain at the park and are encouraged to help with drills, running shifts and basic refereeing.

### MANDATORY EQUIPMENT: HELMET WITH A CAGE

You will receive an email to advise you of the start and end date (dependant on the ice). You will also be contacted by email by 5pm Wednesday if HNIP-Kids! is being cancelled due to cold weather or poor ice conditions.

Your volunteer hosts for HNIP-Kids! are Michael Leeds and Damian Brake. If you would like to help Michael and Damian with HNIP- Kids! please let Park 96 know and Michael or Damian will be in touch with you.

If your child is interested in attending please register at Park 96. Registration forms can be found online at [www.park96.com](http://www.park96.com) or at the park.

### Hockey Night in Parkland - Adult (HNIP)

#### Thursday Nights 8:45pm - 10:00pm

Hockey Night in Parkland is upon us. If you live in Parkland and are over 40 years of age then come join your neighbours for an hour of outdoor shinny style hockey on Thursday nights. We provide a non-competitive, non-contact environment focused on fun. We play 4-on-4 hockey with no goalies (just small ice level targets). The minimum required equipment includes skates, stick, gloves, elbow pads, and, of course, a helmet. *No one will be allowed to play without a helmet.*

Do you want more information or to be included on the Hockey Night in Parkland player list?

Send an email to [park96@telus.net](mailto:park96@telus.net).

Keep your stick on the ice!

### Summerfest Open House

Thursday, January 14

7:00pm

All are welcome to attend. Come with thoughts and ideas. Beer and wine will be served.

### Tin and the Toad go Off-the-Grid in Parkland

#### Saturday, January 23

I've heard it said that the best anthems of our home province have been written by outsiders. Gordon Lightfoot's Alberta Bound and Ian Tyson's Four Strong Winds were penned from Ontario. Our adopted son Tim Williams materialized from California coffee houses before he crafted "Alberta in my Dreams", which, while less well known, is an aching beautiful love letter to our province.

Tin and the Toad, by their own words, are "steamin fresh off the prairie" or more specifically, the grassy foothills of southern Alberta. You could call it "Alberta Outlaw Country" but their sound is too uniquely our home story to be placed in any known box. I just know their lyrical imagery wrapped in foot stomping rhythms feels like a bluebird winter morning cruising Highway 22 south. Get your sunglasses on! We hope to see you there on Saturday January 23<sup>rd</sup> in the basement of Park 96.

P.S. Bar proceeds are in support of the Calgary Disc Golf Club to continue building outstanding new courses for our city.

Check the [park96.com](http://park96.com) website for the link to purchase your tickets online.

## PARK 96 NEWS

### Park 96 Annual Fees

Parkland Residents voted to raise the fees during the May 2014 Annual General Meeting with 68% in favour of the increase. Moving forward this will create a sustainable, healthy Park ensuring the quality of your Park experience is maintained.

Invoices for the 2016 Annual Fee will be mailed to each residence on Monday, January 4, avoiding the Holiday rush. The annual fee is \$200.00 (including GST) and interest will begin on March 1, 2016. Parkland Residents have options how to pay:

Mail in a Cheque dated for January 1, 2016, payable to the **Parkland Community Centre**.

Drop off your cheque in the Park 96 mailbox just left of the main gate. Make sure to indicate your property address.

Come in person to the Administration Office to pay by Debit or Credit Cards. Extended Office Hours for January are posted on the Park 96 Website [www.park96.com](http://www.park96.com) If you have any questions don't hesitate to contact the Office at [park96@telus.net](mailto:park96@telus.net).

### Book your Party NOW!

#### [park96@telus.net](mailto:park96@telus.net) is the easiest way to rent!

In order to rent either the basement for your Holiday Party, contact the Park office by email to inquire about availability and rates. Please provide the following information for ease of checking and booking:

First and Last Name	Parkland Address
Phone Number	Email Address
Date of Event	Number of People Attending

### PARK 96

Need a FOB, want to pay fees? Book an appointment with the Park Administrator.

14660 Parkland Blvd SE, Calgary AB T2J6L5

Bus: 403.271.7516, [park96@telus.net](mailto:park96@telus.net) [www.park96.com](http://www.park96.com)

## THE HUMAN BODY trivia

Laughing lowers levels of stress hormones and strengthens the immune system. Six-year-olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.



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**CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

**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@disciplehomes.com or 403-207-5708. Visa and Mastercard accepted.

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**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.

**SUMMIT PLUMBING AND HEATING:** Renovations and installations. Specializing in residential service including Hot Water Tanks, Gas Fitting, Back Flow Testing and more. Second generation Master Plumber, Seann Eldan, with over 20 years experience. Experienced team serving Calgary and area. Contact us: Office 403-281-2008, Email summitplumbing@shaw.ca or website www.summitplumbing.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.

~continued next page~



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.

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# 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.*

## in & around your community 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.*

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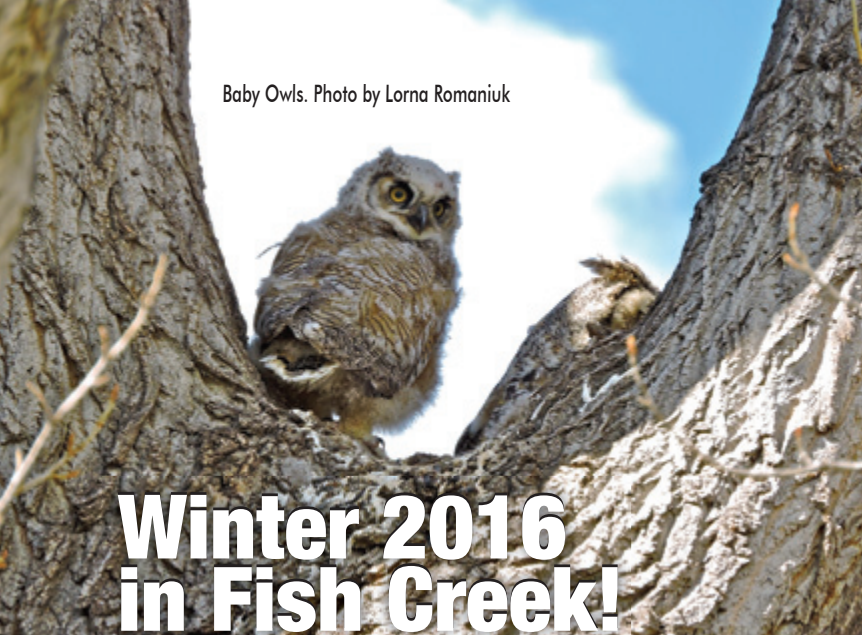
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Baby Owls. Photo by Lorna Romaniuk



# 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).

# in & around your schools community cont'd ■ ■ ■

## St. Philip Fine Arts Elementary School

Happy New Year from all the staff and students at St. Philip Fine Arts School!

In our continued commitment to the arts we have many things to celebrate! Even though Christmas is over we need to mention a special thank you to our choir who represented our school by singing beautifully both at Spruce Meadows and at the Olympic Plaza for the annual Sing and Skate, getting everyone into the Christmas spirit!

In the spirit of giving and to prepare for the birth of our Lord Jesus, the season of advent was a time of giving and a call to action for St. Philip. We had many social justice projects and our school was involved in many charitable works. We had bags full of gently used winter clothing for the Jacket Racket program which donates these items to needy children and families. We also donated a truck full of food to the Veterans Food Bank! And we continued to be involved in supporting St. Bonaventure Parish and their Syrian refugee family program. We created a "citizen tree" and hung leaves that had potential donation ideas written on them. The families of St. Philip fine Arts School were very generous and all the leaves were gone in three days! What a wonderful, supportive school community we have here.

St. Philip Fine Arts School celebrated advent at St. Bonaventure Parish this year. The advent mass was followed by presentations by our Kindergarten to Grade 2 classes. What a fantastic job they did and thank you to our music teachers for all the hard work they did getting ready for that celebration.

As we continue through the year we look forward to many new and exciting events and presentations to come.



**COUNCILLOR, WARD 14**  
**PETER DEMONG**  
[www.calgary.ca/ward14](http://www.calgary.ca/ward14)  
[eaward14@calgary.ca](mailto:eaward14@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/ward-14counciltalk](http://calgary.ca/ward-14counciltalk), but I also send email reminders about upcoming Counciltalk sessions, among other things. You can sign up for them at [calgary.ca/ward14connect](http://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.



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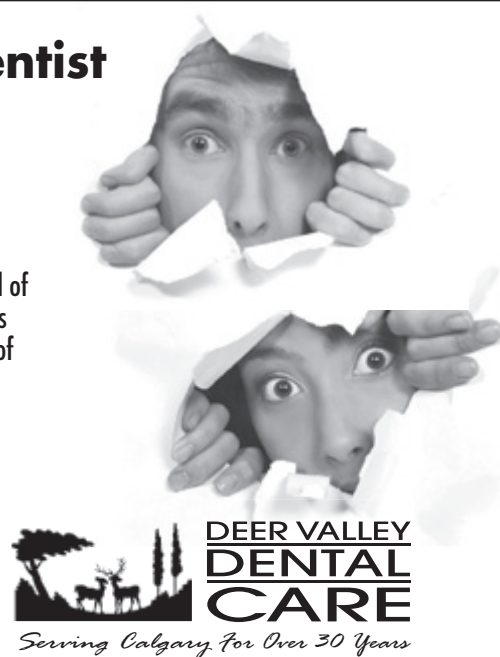
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Wednesday mornings 9-11 from January 6-Mar 23

McDougall United Church (no religious content/ non-denominational).

Registration preferred, but drop-in availability; babysitting supplied.

Please contact Sarah 403-918-3421 for more information.

## Newsletter Submissions

### Do you have newsworthy items that would be of interest to our community?

Please forward to Caroline Hart at [parklandca@telus.net](mailto:parklandca@telus.net)

Submissions for the newsletter are due

**on the 1st day of the month for the next month's issue.**

**Only non-profit community or individual notices will be accepted.**



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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

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FIND SOLUTION ON PAGE 22

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

### St. Bonaventure Junior High School

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Happy New Year!

St. Bonaventure continues to embrace the school maxim of spirituality, citizenship, and excellence. In terms of spirituality, the entire school community has had the opportunity to join in several liturgical celebrations including the Advent Masses and the St. Bonaventure Feast Day. Additionally, thanks to the entire school community for contributing to the Christmas Hamper Food Drive. Once again, the students and staff at the school embraced service learning. Your donations have helped many individuals in need within Calgary. What a great example of humility.

Our athletics and fine arts programs continue to provide opportunities for student engagement. Congratulations and thanks to the coaches, athletes, and parents who supported our wrestling program this year. The team had a strong showing in the city championships held at Notre Dame High School in late December. Basketball season is now underway and everyone involved is looking forward to the St. Bonaventure Sr. Basketball Tourney (final week of January). Moreover, the fine arts programs enjoyed a splendid night at the Winter Fine Arts Gala. What a showcase of talent! Thanks to everyone for supporting this spectacular event.

Academically, engaging all students for success continues to be a focal point each and every day at St. Bonaventure. A number of Grade 9 students are participating in the University of Waterloo Math competition. Furthermore, each and every student had the chance to participate in a lacrosse unit that was delivered by two professional players from the Calgary Roughnecks.

St. Bonaventure would like to extend best wishes to each and every member of the community for 2015!

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4	6	8	2	3	9	1	5	7
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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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# Yoki's and Jeff's Recipe of the Month

## NO BAKE CHOCOLATE CHEESECAKE

1 1/2 cups crushed choc. wafers  
1/3 cup brown sugar  
1/2 cup melted butter

8 - 1 oz. squares semi-sweet choc.  
250 g. (8oz.) cream cheese  
1/2 cup brown sugar  
2 eggs (yellow only)  
1 tsp. vanilla

2 egg whites  
1/4 cup brown sugar

1 pint whipping cream

Mix first three ingredients and press evenly on bottom and side edges of a buttered 8" spring form pan and refrigerate.

Melt chocolate in double boiler.

Mix next four ingredients in separate bowl with electric beater. Beat with melted chocolate into mixture and refrigerate until cool.

Beat in separate bowl until soft peaks hold.

Fold and mix briefly both egg whites and whipping cream into chocolate mixture.



- Pour Mixture in chocolate wafer pie shell.
- Garnish with second pint of whipping cream and refrigerate.
- Recipe can be frozen.

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