

DECEMBER 2016

DELIVERED MONTHLY TO 3,000 HOUSEHOLDS

QUEENSLAND DIAMOND COVE

CRIER

THE OFFICIAL QUEENSLAND & DIAMOND COVE COMMUNITY NEWSLETTER



HELP END DIABETES

Diabetes is a complex disease with many causes and no known cure. In Alberta, an estimated 303,000 people have been diagnosed with diabetes and a further 600,000 live with prediabetes.

With your support, the Canadian Diabetes Association (CDA) can improve lives and make it possible to fund leading-edge research and innovative educational programs; send kids with type 1 diabetes to the CDA's D-Camps; and provide Albertans with access to programs, services and resources to manage their disease and live well.



HOW CAN YOU HELP?



JOIN TEAM DIABETES

Get active! Run, walk or hike in exciting international and Canadian events.



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VOLUNTEER

We couldn't do what we do without the support of our volunteers.



BECOME AN ADVOCATE

Interested in sharing your story and speaking on behalf of those living with diabetes?



DONATE

Text "Diabetes" to 587-600-6088 or honour someone online at diabetes.ca/donate.



Queensland Community Association

649 Queensland Drive SE, Calgary, Alberta T2J 4S8
Phone: (403) 278-3366 | Fax: (403) 278-3366
Email: qca99@hotmail.com

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"To promote and facilitate community spirit and involvement in Queensland and Diamond Cove"

2017

QUEENSLAND COMMUNITY ASSOCIATION MEMBERSHIP FORM

\$20.00

Name: _____

Address: _____

Phone: _____

Method of payment: Cash: _____ Cheque: _____

Cut out this coupon and mail or drop off at the Queensland Community Hall

Linda Brown
qcac99@hotmail.com
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PRESIDENT'S MESSAGE

It is almost Christmas time and one of our best times of the year. Stores are bustling with lots of shoppers, children are visiting Santa with their Christmas Lists, the schools and churches are getting ready for their Christmas Concerts, moms are busy doing baking and making menus for the big day, our children are counting down the days until Santa arrives and the Christmas lights are being put up to light his way. Wow!! What an awesome month this is.

At this time of year not only do I enjoy my times with friends and family but I like to take time to remember just how my year has been and the blessings I have received. This year has been pretty good even though we have had some illnesses in our family which has brought our family closer but I have learned so much about our community and the people living in it. All of volunteers have been wonderful this year. The support everyone has given this community has been fantastic, resulting in a strong, safe and caring neighbourhood. It is so nice

Deer Park United Church
An Affirming Ministry – LGBT Friendly
 77 Deerpoint Road SE
 403-278-8263 | www.dpuc.ca



Dec. 18: 7pm Blue Christmas
Christmas Eve: 5 pm Family Candlelight Service
 8 pm Musical Candlelight Service
 10 pm Communion Candlelight Service
All are welcome!

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to walk down the street and have people smile and say "Hi there and have a great day". Sometimes I don't even know who these people are. What a great feeling!

This month will not be as active like the previous months but here are some important happenings.

The Children's Christmas Party. Our party is being held on December 17 from 1:00-4p.m. All children under the age of 12 are invited. Members of Deer Ridge and Queensland are free and non- members are \$2.00 per child. Only those with tickets will be admitted. We ask that each family bring a plate of cookies, squares or cakes. Please contact Linda @ 403 278-3366. See inside Crier for more details

Kid's Craft Club – December 16. Times from 12:00 p.m.-4:30 p.m. Only registered students will be attending. Contact the community center for registration

Queensland Kids Program. Tuesday and Thursdays—Times from 3:00 p.m.-5 p.m. There are still some spaces available so contact Linda at the community center.

Pickle Ball is up and running. This is on Wednesday afternoons from 1 p.m. - 2:30 p.m. as a drop in. If you are interested in a drop in program on a Friday evening, please contact me and I will set it up. Also this is for adults of all ages. It is not just for seniors. This is an incredible game where you can have lots of fun and exercise.

A special thank you to Linda for setting up the Christmas Craft Fair that was held November 19. As usual this was another great event with many interesting tables with incredible crafts. I marvel at so many of the talented gifts people have been given to create beautiful items such as jewellery making, different soaps, knitting and crocheting, quilting, woodworking etc. It was a great day.

Well that is it for now.

Merry Christmas, Happy Hanukkah and Happy Holidays to everyone. May the happiness and joy of this season be with you all now and in the coming year.

Judith

COOKS' CORNER



Beef Barley Soup Mix in a Jar

- Recipe Ingredients 1 (1 pint) jar**
- 3/4 cup medium pearl barley, separated
 - 1/2 cup dried lentils
 - 2 tablespoons dried parsley flakes
 - 1/4 cup dried minced onions
 - 1/4 cup instant beef bouillon
 - 2 tablespoons dried celery flakes
 - 1/2 teaspoon dried thyme leaves
 - 2 bay leaves
 - 1/4 teaspoon black pepper
 - 1/4 teaspoon dried minced garlic

Method Layer soup kit ingredients in jar in order listed, using half of barley first and then remaining barley at the top. Close jar securely with lid. Attach cooking instructions. Beef Barley Soup 1 (2 pound) boneless beef chuck, cut in 1/2- to 3/4-inch pieces or 2 pound lean hamburger 1 tablespoon vegetable oil Contents of gift jar 10 cups water Heat oil in Dutch oven over medium heat and brown the meat. Pour off drippings. Add the contents of soup kit jar and water to Dutch oven; bring to a boil. Reduce heat; cover tightly and simmer 1 1/2 to 1 3/4 hours or until beef is fork tender. Discard bay leaves. Yields 8 servings.

South Calgary Kids Art Classes

Jan to March 2017, 4:30 – 6 pm
Wednesdays, Queensland Comm Hall - Jan 11 to Mar 29 - 12 classes
 THEME: Canadian Landscapes, Animals, Still Life, People, Culture
 To register, email: kidsart@telus.net OR click on jotform link on website:
www.originalpaint.ca Kids registration page. Lillian 403-236-9819 leave msg.

YOUR COMMUNITY - PROGRAMS - EVENTS



DECEMBER CALENDAR

MONDAYS	
	Playgroup Jazzercise Basket ball
TUESDAYS	
	Yoga Sparks, Brownies, Guides Jazzercise
WEDNESDAYS	
	Playgroup Jazzercise Basket ball Garden Club
First Wed.	
THURSDAYS	
	Quilting Beavers, Cubs, Scouts
FRIDAYS	
	Playgroup Private Functions
SATURDAYS	
	Private functions
SUNDAYS	
	Soccer Basketball



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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.



Guides
Canada

FAMOUS FIVE DISTRICT

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 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 and look for the Unit Finder tab to find a unit near you. It's never too late to register.

Everyone is Welcome: The Girl Guide Motto is "Be Prepared". The date has been decided for our Annual 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, March 4, 2017. Money raised at the carnival stays with the units to help with program and camps. More details will follow in the coming months but mark this date on your calendar now. Location will be Queensland Community Centre. Everyone in the community is invited. Silent Auction, games, lunch room, bake sale and so much more await you.

HANUKKAH

In 2016, Hanukkah from in the evening of Saturday, December 24th until the evening of Sunday, January 1st. During Hanukkah, on each of the eight nights, a candle is lit in a special menorah (candelabra) called a 'hanukkiyah'.



QUEENSLAND/ DIAMOND COVE OUTDOOR RINK VOLUNTEERS

"To promote and facilitate community spirit and involvement in Queensland/ Diamond Cove"

Outdoor Rink Volunteers Required... All Ages!

YOUTH

ADULTS

SENIORS

Location: 649 Queensland Dr. SE

Commitment:

November-March (weather dependant)

Flexible time commitment, 2-6 hours per week (day-time, evening and/or weekends)

Join our Rink Volunteer email call-out list

Training and Orientation:

On site at Queensland Outdoor Rink and coordinated with the Outdoor Rink Operator(s)

Qualifications:

A responsible, community-minded individual who enjoys spending time outdoors

Able to respond to varying weather conditions

Able to do some heavy lifting, in regards to rink snow shoveling, hose floods

Able to foster and work in a team environment

Benefits:

A great opportunity to get to know your neighbours, and to foster neighbourhood spirit

Provides a positive recreational opportunity for the neighbourhood

Provides watchful eyes to enhance your neighbourhood's safety

Provides job resume experience

Contact: the Community Hall at 403-278-3366 or

QCA99@hotmail.com

-The winters of my childhood were long, long seasons.

We lived in three places - the school, the church and the skating rink - but our real life

was on the skating rink . -Roch Carrier-



Queensland Garden Club

est 2006

Merry Christmas Everyone. On December 7th, we will be doing a wreath workshop. Individual cost is \$32. Call 403-804-0546 to register.

We meet the first Wednesday each month at 7:00PM in the Queensland Community Centre (Meeting Room access is at the SW corner of building). Typically, our guest speaker or presentation starts at 7:40PM.

We are a fun, diverse group with a passion for home gardening. Our member's gardening experiences vary from vegetables, native plants, to flower gardening and everything in-between. Memberships include a monthly Newsletter which includes photos and info from our Garden Club members.

There is plenty of time to visit and enjoy the presentation each meeting. The guest speakers are entertaining and experts in their field that provide a fantastic evening out. Meeting topics include specific plant overviews, gardening tips, how-to workshops and demonstrations. In addition to monthly meetings, the garden club hosts local plant shares, have member garden visits and have gone on group field trips. The garden club also maintains the flower garden located at the front of the Queensland Community Centre.

Annual Memberships are \$10 each, spouse included. For more details about our garden club or the upcoming meetings, please contact Joanne Ogilvie at 403-804-0546.

Footloose Photography
BY SHERI

**MATERNITY, NEWBORN AND
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Queensland Outdoor Rink Refurbishment 2016

Thank you to following contributors:

- Calgary Flames Foundation
- Worley Parsons & Cord
- City of Calgary, Neighbourhood Partner Coordinator
- Queensland/ Diamond Cove Outdoor Rink Volunteers
- Canadian Arena Products
- Calgary Police Services
- Calgary Fire Department

RINK Board Advertising Welcome:

Sponsor a section of the community rink boards! We can host your company logo and name. Email for details. qca99@hotmail.com

EMS: Cold Weather Safety

Alberta Health Services EMS responds to many cold weather related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes, and be prepared when out in the cold you can reduce your risk of sustaining a cold weather emergency. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets, and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin.
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip heals without complication;
- Move to a warm environment and immediately, but gently re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze solid;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Call 9-1-1- or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is crucial. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

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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.

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YOGABEARS KIDS YOGA: Now accepting registration for January playschool classes. Yoga, mindfulness, games, stories. Tuesdays, January 10 - March 14, 2017, 9:30 - 11:00am, age 3 to 5 years. \$135.00 for 10 classes or \$15.00 drop-in. Mats are provided. Deer Run Community Centre, max 10 students. Call Kaura 403-809-1930 or visit www.yogabears.ca.

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CALGARY PUBLIC LIBRARY

Happy Holidays
Calgary Public Library will be closed Christmas Day, Boxing Day, and New Year's Day. The Library is open until 4:30 pm on Christmas Eve and New Year's Eve.

Free Presents!
Need a last-minute stocking stuffer? Give everyone on your list FREE books, movies, magazines, eBooks, programs that teach and entertain, and so much more when you give the gift of a FREE Library Card!

The 2017 Reading Guide
The Library is excited to announce that the 2017 Reading Guide will be in community libraries this January! The Reading Guide has an amazing selection of books chosen by Librarians to keep everyone in your family reading all year long.

WINTER WORDfair
BUY GREAT GIFTS FOR THE BOOK LOVERS IN YOUR LIFE!
Independent booksellers and bookish vendors will be on hand at Central Library with incredible book-related wares for sale.
December 1, 5:00-8:00 pm
Central Library, 616 Macleod Trail SE
calgarylibrary.ca



FORCING BULBS

Barbara Shorrock

After a brief bout of snow during the first week, we have experienced quite a decent October and most gardens are in excellent shape with warm days encouraging us to get out and do a thorough fall cleanup. We are not so lucky every year, as early snow and wind often discourage this task.

So, now what? A very satisfying project during the winter is the forcing of bulbs for indoor bloom. It sounds aggressive but “forcing” is merely a term for encouraging growth of a bulb indoors that would normally emerge from the ground in spring. You can do this with many different varieties, such as crocus, tulip, muscari, amaryllis, and hyacinth. The easiest, however, is the **Narcissus Paperwhite**. Because Paperwhite bulbs do not need the weeks of cold temperatures some of the others do, you can pot them up for instant gratification almost any time. This member of the daffodil family requires no chilling, no soil, and will grow in any container in moderate light. What you need are some containers (minimum 3” deep), a bag of stones, marbles, beads or sand, and some raffia to tie them up when they get tall. For a great display, plant one bulb per inch of pot diameter (ie: a 10 inch round pot needs 10 bulbs.)

Fill your container with stones, placing the bulbs just below the surface with the tips up and covered with more stones. Put enough water in the container to just touch the bulbs’ roots. Bulbs sitting in water will rot. Place in a well lit window and you should have growth in a few days. Once they come into bloom, they will last longer in a cool spot.

For constant bloom, plant a new pot once a week for several weeks. With careful planning you will have blooms for weeks and weeks during the darkest part of winter. Some sources say to simply throw out the

bulbs when they have finished blooming, but others suggest tucking them into the garden to enjoy again another spring. They all agree that you cannot force a bulb twice. That sounds too hostile for my kind of gardening anyway. A recent magazine article suggests a bit of alcohol in the

water (gin? vodka?) will make the growth shorter. I don’t know if that works, but will maybe try it this year - perhaps a purpose for that Tequila that no one likes.

If you crave dramatic color, go for Hyacinths. The bigger the bulb the better. Place several snugly in a pot, cover with sterilized soil, dampen, and put in a cold place such as the basement refrigerator or a garage that does not freeze. They need to be chilled for several weeks, then brought out into the bright light gradually. Once you see green growth, you are set, and Mother Nature will take over from here. I tried this with some yellow crocuses one year. They were charming, and have been blooming under the ornamental crabapple tree ever since, competing with the Siberian Squill for first appearance through the snow in the spring. (My apologies for mentioning “spring” in November).

Imagine your Christmas Poinsetta surrounded by pots of creamy Paperwhites in January – that makes a very satisfying picture.

Barbara Shorrock is a gardener, writer, retired realtor, traveler, ESL teacher and avid reader. She can be found most first Wednesdays at the Queensland Garden Club.

TRIVIA GREENERY

Holly, Ivy and other greenery, such as Mistletoe, were originally used in pre-Christian times to help celebrate the Winter Solstice Festival and ward off evil spirits and to celebrate new growth.



MLA CALGARY - FISH CREEK RICHARD GOTFRIED

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December is a busy and joyous time of year. The Fall Legislative session is set to conclude by mid-December and I will be grateful to return to my family and constituency! The Government was planning debate on 17 pieces of legislation in a short time, so it will be interesting to see what Bills become law and which ones die on the order paper.

A highlight for me is visiting Grade 6 classes. In Grade 6 the curriculum has a section on democracy and government. Here is a “Coles notes” version of the stages a Bill goes through to become law. For a Bill to come into legislation it must first be presented in the Legislature by an MLA (Member). This is called first reading. It is during second reading that the merits and principles of the Bill are debated. This is the opposition’s time to bring forward questions. The Speaker of the House’s job is to make sure that the debate is controlled and behaviour is civil. Once debate has been closed a vote is taken and the Bill goes to committee. It is here that amendments may be made to improve the legislation in the Legislature. Once the committee work is complete, the Bill is brought before the Legislature again for a third reading. Again members of all parties are able to speak to the Bill either in the positive or negative. This is why your feedback helps me to better represent you in the Legislature. Once complete, a vote is taken, the majority rules, and new law is enacted!

In Canada we practice a Westminster system of government, which has been adopted due to our British colonial roots. I mention this as I have often been asked why MLA’s tend to vote primarily along party lines. The other interesting feature is votes of confidence. A vote of non-confidence is when the Government is deemed no longer fit to govern. Therefore, if a party wishes to remain in Government, it must have the confidence of the majority of the House on budgetary bills. Votes of non-confidence are not common in majority governments but have happened frequently in minority governments when the two party coalition required breaks down, usually on the introduction of a Budget.

As many of you know, the holiday season can be a time of joy and difficulty. I hope that as we go forward this Christmas season we do so remembering that it is not the gifts under the tree that matter most, rather the gifts of the heart. When we give of ourselves in the service of others we discover ourselves and what matters most, people. I constantly remind myself that in Government we are in the business of people. Stephen R. Covey said that “selfless service has always been one of the most powerful methods of influence.” Treating others with kindness costs nothing and yet its influence permeates our homes, communities, province, and country. Let us remember tolerance, kindness, and respect for others this holiday season.

Please come by my office on December 19th for seasonal celebration from 4-7pm. We will have good food and share some holiday cheer in thanks of your support. A reminder my office will be closed from Dec 23 - Jan 2 with an emergency number on the answering machine and on the door with emails being checked for urgency. Wishing you and yours a very Merry Christmas and a Happy New Year!

BRAIN GAMES SUDOKU

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	3						7

FIND SOLUTION ON PAGE 17

IN & AROUND SCHOOLS

St. Philip Fine Arts School

13825 Parkside Dr. S.E., Parkland

As we prepare for the celebration of our savior's birth, students at St. Philip celebrated Las Posadas. Las Posadas, a celebration of the Nativity, is a yearly tradition for many Catholic Mexican families symbolizing the hardship 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 will travel with their Big Family Group to a series of Nativity scenes brought in by staff members of our school. A short reflection time will be spent with each Nativity scene before moving in a procession to

the next classroom with song and a reading from the scriptures.

In conjunction with St. Bonaventure Parish, students will continue to strengthen their relationship with God through monthly Adorations of the Eucharist. All of this in addition to the wonderful things we do each and every day at St. Philip as we integrate the arts into our teaching and learning.

At St. Philip we are blessed with wonderfully supportive parents as well as a truly dedicated staff all working together to make the best possible educational experience for our children. For more information on St. Philip Fine Arts School, please visit our website at www.cssd.ab.ca/schools/stphilip/.

On behalf of all the staff and students at St. Philip Fine Arts School, we would like to wish everyone a happy and blessed Christmas.



Yoga for Older Adults



Please come join us for a drop-in beginner yoga class designed for older adults. No previous experience necessary.

When: Starts Tuesday Sept 13, 2016 until Dec 13, 2016

Location: Queensland Community Centre

Time: 10:00am-11:30am

Cost: Free for Fall

Equipment: yoga mat provided but you can bring your own

**Only 20 spots available so please sign up with Linda Brown.

After School Drop-In Program

This drop-in After School program will provide a safe and fun environment for youth to have the opportunity to be active through basketball, volleyball, badminton and other fun activities. The activities will be supervised and lead by recreational leaders.

When: 13 weeks of Drop-in programming starting Wednesdays Sept 21, 2016 until Dec 14, 2016

Location: Queensland Community Centre

Time: 3:45-5:45pm

Cost: Free for Fall - Ages 11-15

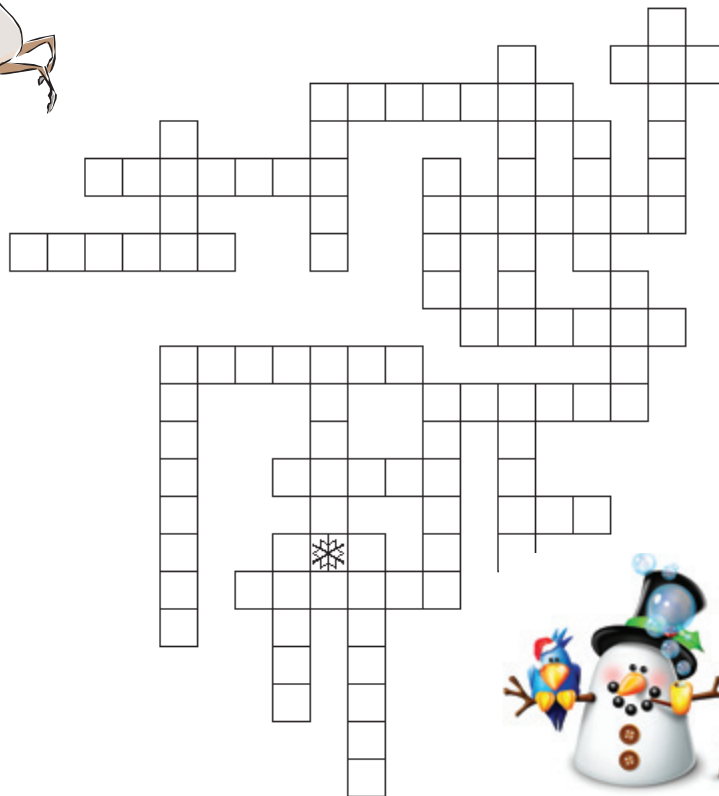
**Only 30 spots available so please sign up with Linda Brown to reserve your spot.



CHRISTMAS CROSSWORD



Make all words fit into this crossword. Each word is only used once.



- | | |
|--------|----------|
| ELF | WREATH |
| TOY | DASHER |
| GIFT | DONNER |
| BELL | SLEIGH |
| TREE | DANCER |
| STAR | CHIMNEY |
| SANTA | BLITZEN |
| COMET | RUDOLPH |
| CUPID | PRANCER |
| VIXEN | SNOWMAN |
| CANDY | PRESENTS |
| FROSTY | REINDEER |

WHAT'S HAPPENING

Kids Help Phone

24 hour 1-800-668-6868, kidshelpphone.ca

- Anonymous and confidential
- Toll-Free professional, bilingual counselling and referral services for youth up to 20.
- Online and phone counselling available.

Scrapbooking with Grandma Judi

Any child from the age of 6 onward and interested in learning the art of scrapbooking, is welcome to join Grandma Judi at the Queensland Community Centre. Dates: Saturdays. Time: 10 a.m. to 2 p.m. Adult Classes—Fridays— Call for dates. There is a limited amount of space for this date, so please contact Judi 271-2176 to reserve a spot. Hope to hear from you soon!

These are for children ages 6 to 12 years. The times are from 10:00 a.m. to 2:00 p.m. Also, on Friday evenings we will be having a monthly Scrapbooking program for students 12 plus to adults.

Guides – Girls can join at anytime of the year if there are spaces in the unit and we have opportunities for women over 18 years of age. Please contact 1-800-565-8111, answered locally.

Queensland Playgroup: Are your children bored or lonely? Do you crave some adult conversation? Need to get out of the house? Drop in to meet some new friends for you and playmates for your little ones!

Large gym to run in, lots of toys, weekly crafts ...

Queensland Community Centre. Mondays, Wednesdays, and Fridays, 9:00 – 11:00 am. \$1 per child per visit (or bring a snack to share). Call for Fall Schedule.

DISCLAIMER

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SANTA'S COMING

DECEMBER 17

1:00-4:00pm

QCA HALL



Children's Christmas Party

*SANTA *FUN *CRAFTS *TREAT BAGS

For children under age 12. Members of Deer Ridge and Queensland are free and non-members are \$2.00 per child. Only those with tickets will be admitted. Be sure to get your tickets A.S.A.P., as attendance is limited to 100 children.

*We ask that each family attending bring a plate of cookies, squares or cakes. Also, we will accept donations for the Calgary Food Bank. If you are able to volunteer to help out in the pre-planning, or on the day of the event, please call Linda @ 278-3366

CALGARY



WILDLIFE

Snow White: The Snowy Owl

Article by Cheryl Bowman
Photo by Andrea S. H. Hunt

The Snowy owl, a majestic bird, is the largest owl in North America by weight. The Snowy owl is 52–71 cm long, with a 125–150 cm wingspan. The adult male is completely white while females and young birds have some dark spots. Snowy owls migrate to Alberta during the winter months, after spending the spring and summer in Alaska. The Snowy owl is the provincial bird of Québec.

Fun Facts:

- The Snowy owl is an exceptional hunter:
- The Snowy owl can fly silently due to the fact that its flight feathers are tipped with soft down, allowing this predator to swoop down silently on its prey.
- The Snowy owl has exceptional hearing and sight, allowing it to capture its favourite prey, lemmings, as lemmings are unable to hide under the snow to avoid capture.
- Snowy owls are crepuscular, which mean they hunt and are active both day and night, whereas other owls are nocturnal and hunt at night.
- Snowy owls form a monogamous pair and vigorously defend their territory, even against large carnivores such as wolves.

On average, the Calgary Wildlife Rehabilitation Society (CWRS) receives 4-6 Snowy owls per year. These birds have a well-known migration pattern in Alberta and because of this, treatment must be administered quickly to avoid the Snowy owl being 'over summered' (whereas the risk to other migratory birds is

being 'over wintered'). Releasing the Snowy owl in time for their regular migration allows this majestic bird a greater chance of survival.

Should you discover an injured Snowy owl, please visit our website at www.calgarywildlife.org for more information or contact the CWRS at 403-239-2488 for assistance.

BRAIN
GAMES

SUDOKU

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

IN & AROUND CALGARY

St. Bonaventure Junior High School

1710 Acadia Drive S.E., Lake Bonavista

St. Bonaventure School continues to embrace the school motto of spirituality, citizenship, and excellence. With the first three months of the school year behind us there are certainly plenty of events to highlight and celebrate.

Liturgically, the Season of Advent is upon us. Advent is a time of expectant waiting and preparation for the celebration of the nativity of Christ at Christmas. One of the most visual symbols during advent is the wreath. The Advent wreath, four candles on a wreath of evergreen, is shaped in a perfect circle to symbolize the eternity of God. During each Sunday of the Advent season, as each of the four candles is lit, we focus on one of the four virtues Jesus brings us: Hope, Love, Joy and Peace. The white Christ candle is lit on Christmas Eve or Christmas Day reminding Christians that Jesus is the light of the world. During advent, the school participates in collecting food for Christmas hampers. This is yet another reminder to students of how they can consciously "light up" someone's day and bring hope and joy, love and peace to a family in need.

Athletically, the wrestling season will be concluding with city finals being held in mid-December. Many thanks to both the parents and coaches for another successful wrestling season. Basketball follows wrestling on our athletic calendar and will begin a week before Christmas break.

St. Bonaventure will be hosting our annual Winter Fine Arts Gala. The evening will be an opportunity to showcase our instrumental music, art and drama programs. Parents are welcome to celebrate this special evening with us on December 15th starting at 6:30.

Merry Christmas!

DECEMBER MOON CALENDAR

Come Learn through play at QUEENSLAND PLAYGROUP!

- Free play
- Wide games
- Arts & Crafts
- Play dough & much more!

Lots of fun and stimulating activities to encourage meaningful play.

Connect with other parents and caregivers while playing in a fun, safe environment. \$1 per child or bring a healthy snack to share.

649 Queensland Dr SE

THANK YOU TO THE FOLLOWING VOLUNTEERS FOR WORKING AT THE

BINGO

October

Ralph Nichols
Blanche Sheridan
Nicky McDowell
Debbie Klein
Sue Read

Volunteers are needed for December 6 evening & late night at Grey Eagle Bingo Hall. Please call Linda at 403-278-3366 if you are available to volunteer.

GOOD FOOD box

The Food Box is a program where you can purchase fresh fruit and vegetables for a very low cost. This program is available to everyone to promote a healthy and nutritional living.

Apples	Celery	Oranges
Bananas	Cucumber	Potatoes
Broccoli	Lettuce	Tomatoes
Carrots	Mushroom	Green Pepper
Cauliflower	Onions	

*(selection will vary)

Large Family	Family	Senior/Single
40-45 pounds	30-35 pounds	20-25 pounds
\$35.00	\$30.00	\$25.00

Good Food Boxes are ordered once a month. Payment for your Good Food Box will be required when you place your order. All food boxes need to be picked up from Queensland Community hall on the day of delivery.

For more information or to place an order:
Email: mavergo@shaw.ca

No Good Box in December



Trivia Xmas Volunteers

Canada Post volunteers donate over 200,000 hours of their time each year to help Santa respond to every letter that arrives on his doorstep.

Calgary's Best Retirement Active Lifestyle Community



Join us at Swan Evergreen Village for our

Christmas Tea OPEN HOUSE

Saturday, December 10th, 2016
2:00 PM – 4:00 PM

Enjoy an afternoon of fun and refreshments. For more information or to R.S.V.P. call 587-433-2622.

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