

JANUARY 2017

DELIVERED MONTHLY TO 2,800 HOUSEHOLDS

QUEENSLAND DIAMOND COVE

CRIER

THE OFFICIAL QUEENSLAND & DIAMOND COVE COMMUNITY NEWSLETTER





Learning Opportunities Ahead

Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer's disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer's disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.

Delta Calgary South (135 Southland Drive SE)

Register today

Visit www.alzheimercalgary.ca

Call (403) 290-0110

Email info@alzheimercalgary.ca

Brought to you by



CONTENTS

- 7 COOKS' CORNER
- 8 PRESIDENT'S MESSAGE
- 9 FRIENDS OF FISH CREEK
- 12 REAL ESTATE UPDATE
- 14 AT A GLANCE
- 16 WINTER WORD SEARCH
- 18 THE INDOOR GARDENER: PRAYER PLANT
- 19 GOOD FOOD BOX





QUEENSLAND COMMUNITY ASSOCIATION

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All advertisements and editorial submissions must be submitted by the 1st of the month for the following month's publication.

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Check out our website: www.great-news.ca



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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Queensland Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
Alberta Health Care	403-310-0000	
AHS Addictions Hotline	1-866-332-2322	
ATCO Gas – 24 Hour Emergency	403-245-7222	
Calgary HEALTH LINK 24/7	811	
Calgary Police – Non Emergency	403-266-1234	
Calgary Women's Emergency Shelter	403-234-7233	
Child Abuse Hotline	1-800-387-5437	
Kids Help Line	1-800-668-6868	
Child Safe Canada	403-202-5900	
Distress/Crisis Line	403-266-4357	
ENMAX – Power Trouble	403-514-6100	
Poison Centre - Alberta	1-800-332-1414	
HOSPITALS / URGENT CARE		
Alberta Children's Hospital	403-955-7211	
Foothills Hospital	403-944-1110	
Peter Lougheed Centre	403-943-4555	
Rockyview General Hospital	403-943-3000	
Sheldon M. Chumir Health Centre	403-955-6200	
South Calgary Urgent Care Health Centre	403-943-9300	
South Health Campus	403-956-1111	
OTHER		
Calgary Humane Society	403-205-4455	
Calgary Parking Authority	403-537-7000	
SeniorConnect	403-266-6200	
Calgary Kerby Elder Abuse Line	403-705-3250	
Alberta One-Call Corporation	1-800-242-3447	
City of Calgary	311	
Social Service Info & Referral	211	
Community Mediation Calgary Society	403-269-2707	
RNR Lockworks Ltd.	403-479-6161	
Road Conditions – Calgary	511	
Weather Information	511	
Gamblers Anonymous	403-237-0654	



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Community Garden		
Hockey	Breakers Hockey	403-271-7107
Guides	Answered locally	1-800-565-8111
Bow River Softball	Kathy Worthington	403-225-1008
Scouts	Chris Forsyth	587-287-9934
Calgary Police Service		
Community Resource Officer Dist 6	Cst. Matt Forest	403-428-6600

"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

COOKS' CORNER



Zesty Taco Salad

Ingredients:

- 1 bag of zesty cheese Doritos
- 1 can red kidney beans (drained and rinsed)
- 1 tomato (chopped)
- 1 green onion (chopped)
- 1 green pepper (chopped)
- 1 cup grated cheddar cheese
- 1/2 bottle Catalina dressing

Directions:

1. Put tacos and dressing on right before serving.

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



JANUARY CALENDAR

MONDAYS

Playgroup
Jazzercise
Basket ball

TUESDAYS

Yoga
Sparks, Brownies, Guides
Jazzercise

WEDNESDAYS

Playgroup
Jazzercise
Basket ball
First Wed. Garden Club

THURSDAYS

Quilting
Beavers, Cubs, Scouts

FRIDAYS

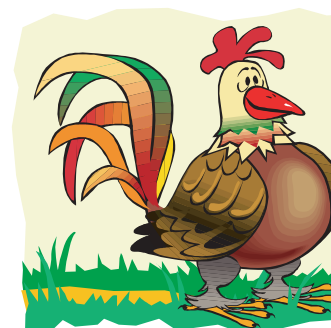
Playgroup
Private Functions

SATURDAYS

Private functions

SUNDAYS

Soccer
Basketball



YEAR OF THE ROOSTER

Chinese New Year celebrations are Jan. 27 – Feb. 2 and this year is the year of the Rooster. Roosters are born 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017. Their personality is observant, hardworking, courageous, talented, frank and honest. Lucky numbers are: 5, 7, and 8.

PRESIDENT'S MESSAGE

HAPPY NEW YEAR EVERYONE!

Welcome 2017!

I must say that the Christmas Lights were fantastic here in Queensland this year. I hope you were able to walk or drive around to see all of them. It was so nice to see the sparkle coming from the houses even though the times have been rough for most of 2016. Thank you everyone for giving us the opportunity to see the joy radiate in our community. It gave us a boost to help ring in the new year of 2017.

I would also like to thank all of the wonderful volunteers who came forward in 2016 to keep our community active. We have had some struggles last year and hopefully this will be a terrific 2017 for us. Please remember WE ARE ALL VOLUNTEERS and without our volunteers, we can't have programs for everyone.

If you have been reading my previous President's Messages, you may have tuned in to the fact that we have needed HELP in so many areas.

Just before the fall, it was brought to our attention that due to very low and no rental increases over quite a number of years as well as the huge increases in all of our operating expenses, the community center was quickly going into debt.

We acquired a financial advisor to assist us in creating a positive budget to help us get on the right financial track for 2017. This created our Financial Planning Committee consisting of myself, our treasurer, our secretary and a past president. I am pleased to say that with everyone's help with reevaluating the income and how to make rental increases comfortable, we have a great budget for this year. That was a very hard and stressful time for all of us on the committee. All I can say is thank you to all of my committee members and I know all of our hard work will pay off.

I have met with all of our renters and they are in agreement with the new rates. They are all willing to work with us to keep this community center open and alive.

Here are our new rates for the 2017 year.

- Use of the Gym \$50.00 per hour
- Use of the Boardroom \$25.00 per hour

- Use of the Jenson room \$25.00 per hour
- Use of the Lions room \$25.00 per hour
- Private functions and Weddings \$500.00 flat rate with a \$200.00 damage deposit
- Children's Parties \$150.00 plus \$100.00 cleaning fee
- For the rink there will be some charges for special bookings and they will be determined during this month and posted in the community center office.

We are very positive for having more daytime activities in the months ahead. The Pickle Ball group is really going strong. It is still happening on Wednesday afternoons from 1:00 p.m. – 2:30 p.m. and it is for adults of all ages. Come and join us for mild exercise, plenty of laughs and loads of fun. We have 3 courts set up each time. There will be a small drop in fee starting this month to help pay for the use of the gym. A night time group can be created if we get enough interest for it. Please phone the community office if you are interested.

SENIORS! I have been mentioning this for a number of months. If you would like a daytime seniors program organized then we can get that up and running. I do need help with the organizing or even giving me some suggestions as what you would like. Please phone me at 403 271-2176.

Did you know that we have an ART INSTRUCTOR for children's classes? It is on every Wednesday after school in the afternoon. Contact Linda at the community center, 403 271-2176 so she can pass your name on to the instructor. I have seen some of the art work being done and it is awesome.

The Garden Club as I have mentioned before is a wonderful group. I attended their wreath making class in December and came home with a beautiful homemade wreath which I have still hanging on my front door. They are all a fantastic group of people more than willing to help you with both indoor and outdoor garden planning. Be sure to check this group out this year. They meet the first Wednesday of each month. Check the Crier advertisement for the times.

As I am writing this message, we have finally got cold weather. Even though I am not very enthused with it, it

~continued on page 10~



January in Fish Creek

The January Fish Creek Speaker Series - Growing Up in Alberta's Eastern Parks

Thursday, January 26, 2016

7:00 pm – 8:00 pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

(13931 Woodpath Rd SW)

Presented by Alison Cole, Visitor Experience Coordinator, Alberta Environment and Parks, Parkland Area

What do Alberta's badlands, sand-covered toes and foot-long hot-dogs have in common? Nothing really, except that they have all played a part in Alison Cole's discovery of eastern Alberta's lesser-known provincial parks. Join Alison on a photographic tour of some of the most interesting protected areas in the east-central portion of the province, and explore countless opportunities for both nature and outdoor recreation enthusiasts. For more information or to register visit www.friendsoffishcreek.org/event/east

Friends of Fish Creek Annual General Meeting Have Your Voice Heard! Attend the AGM!

Wednesday, January 25, 2017

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. Please contact the Friends of Fish Creek Provincial Park Society if you would like to attend. Refreshments will be served. Only members who have paid their 2016—2017 Membership dues are eligible to vote.

To register visit www.friendsoffishcreek.org/event/agm

Winter Wellness in Fish Creek

Introducing Yo-Qi: A Wellness Experience

The Friends of Fish Creek are excited to announce that 2017 will bring people an opportunity to participate in our Yo-Qi Wellness Experience pilot project as we assess the level of interest there is in our Wellness Program continuing throughout the year.

Instructors Diane Smith, Gwen Draude and Naomi Parker will team up once a month to teach "Yo-Qi" – a combination of Yoga and Qi-Gong – and each session will have a different wellness-focused theme.

Sessions will be held indoors at the Environmental Learning Centre in Shannon Terrace from 7-8pm.

For more information visit www.friendsoffishcreek.org/programs/wellness-clinics

Park Protectors Needed!

As an alternative to traditional membership, we offer the Park Protector monthly donor program! This program may suit your busy lifestyle and your contributions will directly support our environmental stewardship efforts in Fish Creek. For more info visit www.friendsoffishcreek.org/park-protector-signup

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 10

NEW HALL RENTAL RATES

Gym Use	\$50.00 per hour
Gym Use for Weddings etc.	\$400.00 plus \$100.00 for cleaning
<i>A DAMAGE DEPOSIT OF \$200.00 IS REQUIRED FOR LARGE GYM FUNCTIONS (e.g. weddings craft shows etc.)</i>	
Children's Parties	\$150.00 plus \$100.00 for cleaning Boardroom
Multi-Purpose room	\$25.00 per hour
Small Meeting Room	\$25.00 per hour

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Located in the Bonavista Baptist Church
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Located in Lake Bonavista since 1977

PRESIDENT'S MESSAGE CONT'D

is great for our rink. Now the rink chaps can get everything under way to give us our favourite times of family skating and some energetic hockey games. Possibly you may have already taken this in by the time you have received this newsletter. Thanks again to all of our VOLUNTEERS who create such an awesome rink every year. You are all so dedicated and amazing guys.

I know that this has been a very long message this month but you as residents need to be kept informed of our happenings. Please read our Crier. It has lots of information for you. We need to ALL work and come together in order to have our community center there for everyone in the future. Our children need this, so if you can volunteer in any way, then please do so.

Remember our new rental rates and spread the word to any possible interested persons.

As of this month we do not have our web page working but that will be happening soon.

The community association is looking forward to a very positive year. Let us all make it happen.

Happy New Year

BRAIN GAMES SUDOKU

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

IN & AROUND SCHOOLS

St. Philip Fine Arts Elementary School

13825 Parkside Dr. S.E., Parkland

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 & 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.

St. Philip Fine Arts School celebrated Advent with a Kindergarten to Grade 2 Christmas Concert at the school. What a fantastic job they did and a thank you to our music teachers for all the hard work they did getting ready for that presentation.

January has many great events taking place, including a week long in-line skating residency, speed skating at the Olympic Oval for Grades 5 and 6, and the Rocks & Rings program.

As we continue through the year we look forward to many new and exciting events and presentations to come. Please visit our website at <https://www.cssd.ab.ca/schools/stphilip>.



St. Bonaventure Junior High School

What a great celebration of fine arts hosted in December. The drama students displayed mini skits highlighting what they have learned thus far this year, while the band students played festive music between the drama skits. The art students sold adult style coloring books and Christmas cards which were designed by the students themselves. Money from the sales was donated to Project Tanzania. If you missed this evening of celebration there will be another one hosted in the spring. Thank you to those of you in the community that purchased poinsettias and Christmas wreaths as those funds help support the various band festivals that the students will attend in the spring. The funds raised also pay for professional clinicians for our budding musicians. Academically, the grade nine students are in the midst of registering for high school. Besides attending various open houses, the students will make informed decisions about the high school they will be attending next year.

St. Bonaventure will be hosting an information night featuring the Spanish bilingual program on Wednesday, January 18th. All potential students are welcome to attend. In the middle of April, the school will host an open house for all the programs offered at the school. Check the school website for details about any of our information or open house evenings.

Trivia

COFFEE

The Coffee filter was invented in 1908 by a German homemaker, Melitta Benz, when she lined a tin cup with blotter paper to filter the coffee grinds



Queensland/Diamond Cove Real Estate Update

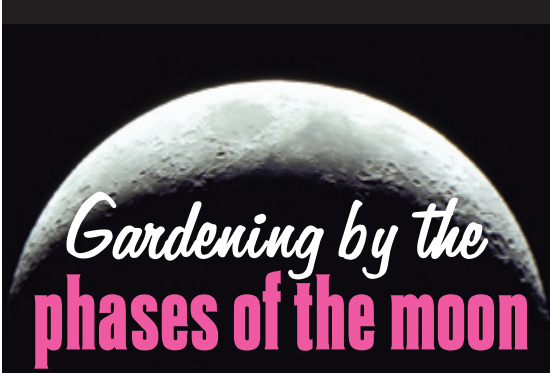
Last 12 Months Queensland
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$405,000.00	\$397,500.00
October 2016	\$389,900.00	\$386,000.00
September 2016	\$389,900.00	\$380,000.00
August 2016	\$410,000.00	\$394,000.00
July 2016	\$354,450.00	\$336,250.00
June 2016	\$349,900.00	\$350,100.00
May 2016	\$392,500.00	\$383,000.00
April 2016	\$322,900.00	\$309,500.00
March 2016	\$372,000.00	\$360,000.00
February 2016	\$396,000.00	\$386,250.00
January 2016	\$335,900.00	\$325,000.00
December 2015	\$335,900.00	\$336,000.00

Last 12 Months Diamond Cove
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$0.00	\$0.00
October 2016	\$749,000.00	\$748,000.00
September 2016	\$0.00	\$0.00
August 2016	\$610,000.00	\$600,000.00
July 2016	\$469,900.00	\$457,000.00
June 2016	\$0.00	\$0.00
May 2016	\$725,000.00	\$709,350.00
April 2016	\$729,900.00	\$695,000.00
March 2016	\$0.00	\$0.00
February 2016	\$500,000.00	\$485,000.00
January 2016	\$0.00	\$0.00
December 2015	\$0.00	\$0.00

To view more detailed information that comprise the above
MLS averages please visit queensland.great-news.ca or
diamond_cove.great-news.ca



January 5 First Quarter (waxing)
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

January 12 Full Moon (waning)
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

January 19 Last Quarter (waning)
Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

January 27 New Moon (waxing)
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



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 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!
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Email for details. qca99@hotmail.com

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**FEB. 9 - 12
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STAMPEDE PARK BMO CENTRE**

The Calgary Boat and Outdoors Show is Southern Alberta's Biggest and Best Boat and Outdoors Show! More info www.calgaryboatandsportshow.ca



**FEB. 25 - 26
2017 ISU WORLD SPRINT SPEED
SKATING CHAMPIONSHIPS AT
OLYMPIC OVAL**

The Organizing Committee Calgary will be hosting the 2017 ISU World Sprint Speed Skating Championships at the Olympic Oval from Feb. 25-26. More info www.speedskating.ca



**UNTIL APRIL 30 SHOWCASE:
TOM COCHRANE AT NATIONAL
MUSIC CENTRE**

See important artifacts in Cochrane's acclaimed career, including the 1963 Gretsch guitar, used by Cochrane in the music video for 1988 single "Big League". More info www.studiobell.ca



FEBRUARY

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

Feb. 8 This Is That Live at Jack Singer Concert Hall

Hot on the heels of a new season of radio and a string of viral videos Pat Kelly and Peter Oldring are hitting the road with a new version of their popular live show - This Is That LIVE! If you have ever been curious how just two guys provide all the voices for this completely improvised radio comedy, well this is the show for you. Tickets and info www.artsccommons.ca

Feb. 11, 25 D&D Meet-up at The Sentry Box, Upper Mezzanine, 10 am - 5:30 pm

Whether you're a seasoned player or just curious about this type of role playing game, this D&D meet-up could be for you. Join this group who are dedicated players and welcome everyone, and with multiple ongoing campaigns new dungeon masters are encouraged to step up as well. More info <http://dnd.meetup.com/157/about/>

Feb. 14 - 25 Skylight at Theatre Calgary

On a crisp London evening, two former lovers from vastly different worlds find themselves locked in a dangerous battle of opposing ideologies and mutual desire. At times deeply personal, at times shockingly confrontational, this is one of the greatest intimate plays ever written. Watch, up close, as the embers of a broken relationship spark, ignite, and illuminate exciting possibilities. Tickets and info www.theatrecalgary.com

Feb. 24, 25 Winefest at Stampede Park BMO Centre

2016 Winefest Calgary was a delicious success! Attendees were afforded the opportunity to sample hundreds of red, white, port, sparkling, fruit and dessert wines from 15 different countries! To complement the delicious sips a selection of palate pleasing hors d'oeuvres will be served, along with a variety of tantalizing bites available from local businesses! Tickets and info www.celebratewinefest.com

Feb. 25 Coldest Night of the Year Walk Fundraiser at various Canadian cities

Walk with us on the Coldest Night of the Year, a super-fun, family-friendly fundraiser that raises money for the hungry, homeless, and hurting across Canada. Coldest Night of the Year 2017 officially launches on December 1, 2016, but you can register now! You'll see more and more features magically appear on the site as we get closer to launch. More info and registration www.canada.cnoy.org

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Queensland and Diamond Cove. 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."

AFFORDABLE DENTAL CARE: We follow Alberta Blue Cross fee guide no extra billing. Our dentists and hygienists are Canadian trained. Visit www.calgarydentalcenters.com. Save money and smile. All dental plans accepted. Direct billing. Payment plans available OAC. Call 403-272-7272 or 403-287-6453.

ALL TYPES OF DRYWALL: Boarding, taping, and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.


K2 BOOKKEEPING: 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.

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. Complete renovations from start to finish. Interior - kitchens, bathrooms, basements, windows, doors. Exterior - roofing, siding, soffit, eavestrough. Members of BBB, licensed and insured. Email: info@disciplehomes.com, 403-207-5708, www.disciplehomes.com. Visa and MasterCard accepted. Financing available upon approval.

THE FINISHER: Wives, I'm here to finish what your husband started and husbands, I'm here to start and finish those projects that need to be done. From complete bathroom renos, basements developed and upgraded, to fences, decks, and sidewalks. Your SnapPower© distributor. References available. Wendell at 403-613-6807.

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.



There is no single cat called the panther. The name is commonly applied to the leopard, but it is also used to refer to the puma and the jaguar. A black panther is really a black leopard.

ANIMAL TRIVIA

Winter Word Search



- CHILLY
- FIREPLACE
- FROST
- HIBERNATE
- HOTCHOCOLATE
- MIGRATE
- PENGUIN
- POLAR BEAR
- SBOWFLAKE
- SNOWMAN
- WHITE
- WINTER



Councillor, Ward 14
Peter Demong
www.calgary.ca/ward14 • eaward14@calgary.ca or 403-268-1653

Hello Ward 14.

I hope you had a chance to spend some quality time with friends and family over the holiday season. 2017 will bring new opportunities along with new challenges, as the future tends to do. First, though, I would like to speak about cleaning up after last year.

Christmas Tree Recycling

This is a VERY important update. Like many, City landfills have seen a significant drop in revenue because of the economic situation that we find ourselves in. Calgary's Waste & Recycling Services has had to adapt by implementing with cost-cutting measures to bring its budget back in line.

For one thing, landfills will move to four-day per week operations (and I am happy to announce that Council has frozen the tipping fee rate for 2017). Off days will be staggered so that there is always a place to take waste. *But the VERY important point is another cost-cutting measure.* There will be no door-to-door Christmas tree collection this year. You will be able to drop off your tree at one of 15 designated locations between December 26 and January 31 instead. Not collecting trees door-to-door will save about \$100,000.

For more information about the landfills you can visit calgary.ca/landfill, and for more information about the Christmas tree recycling you can visit calgary.ca/christmastree.

Customer Review Period – 2017 Property and Business Tax Assessments

This is another important tidbit, but it isn't much different than previous years. Only the dates have changed. On January 5, the City will mail the 2017 property and business assessment notices. What you need to do is review it—carefully. Make sure your details are accurate and the assessed value is a fair reflection of the value of your property as of July 1, 2016. If you have any questions contact Assessment at 403-268-2888 during the Customer Review Period which runs from January 5 to March 6. The Customer Review Period is your only chance to make a case that your assessment is incorrect, so don't take it for granted. It will have a big impact on the property tax bill you get in spring.

The City has some very helpful online tools to help you decide if you think your assessment is fair. I strongly suggest checking them out. They will be at calgary.ca/assessment, but you will also need a City myID account (calgary.ca/myid). You will find all the information you need to get started with all of it in the assessment notice you receive after January 5.

Counciltalk

As you may have read in my December column, the first Counciltalk of the year will be at the Lake Bonavista Community Centre in the multi-purpose room on Saturday, January 28 from noon to 2 p.m. I hope you can come!

If not, the rest of the schedule is now set and can be found at calgary.ca/counciltalk. You can sign up to receive important updates about things like Counciltalk at calgary.ca/ward14connect.

Let's make this year a great one, Ward 14!


FAMOUS FIVE DISTRICT

Happy New Year! We hope your Holiday Season was a great one with family and friends. Girls from the units in Famous Five District have been enjoying some great activities. There is still time to register your daughter if you are looking for a new activity for the New Year. Go to www.girlguides.ca for all the information.

YOU'RE INVITED: Did you mark your calendar for March 4th? That's the date of our Annual Carnival and you are all invited. We'll have a bake sale, silent auction, lunch room, games and so much more. If you are interested in donating silent auction items, it would be most appreciated. Contact Bonnie, bonnieguideleader@gmail.com and she'll be happy to hear from you. The location will be Queensland Community Centre. Hope we see you all there to support the girls in their activities and camps.


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British Columbia




Coyote

Tracks in the snow, but where can I be?
 I'm watching from behind a tree!
 Silently I hunt for prey,
 Hungry on this wintry day.




Mink

I've fur that's short and tawny-red,
 While on my chest it's white instead.
 My tail helps to balance me,
 When creeping, leaping stealthily.



Wolf

My head is small with whiskers white,
 My nose is pink, my eyes are light.
 But don't forget when tracking me,
 I might be watching silently!



Cougar

Turn Page Upside-down for Answer

© Rosemary Gell, 2016

The Indoor GARDENER

Cindy DeJager

PRAYER PLANT

(marantaceae leuconeura erythronera)

Origin: Brazil

In the evening the leaves stand up facing each other, like praying hands, and lay flat during the day.

This is one of my favourite house plants! I love a plant that has something special about it – and this one certainly does.

HOW DOES A PRAY PLANT PRAY

Circadian rhythm, the change in light from day to night, triggers water to move in and out of the plant cells causing them to fold up at night, hence the name, Prayer Plant.

The most popular are the colourful marantaceae leuconeura erythronera (Herring bone, Red-nerve plant, Red-veined prayer plant) with its burgundy veined leaves (pictured above), and the green m. leuconeura kerchoviana (Rabbit track).

These plants don't like the cold – so a windowsill in the winter may cause the edges of the leaves to brown. Browning of the leaf edges may also indicate low humidity.

Maranta loves humidity but not wet soil – make sure that your tropical potting mixture has some vermiculite or perlite in it for good drainage.

Feed it every 2 weeks with a 10-10-5 plant food.

Moderate lighting; no direct sunlight for this beauty; otherwise you will notice the color fading from the leaves.

As a matter of fact, most vibrant and colourful foliage does not need direct sunlight at all; rather, pale foliage and variegated houseplants require brighter or direct sunlight to produce photosynthesis.

The secret to success with the Prayer Plant is high humidity.



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November

Joanne Ogilvie
Debbie Klein
Blanche Sheridan
Zoe Nelson

Linda Brown
Doug Brown
Amber Vergo
Chad Klein

Thank you to the Multicultural Arts Society for sharing this bingo with us!

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 40-45 pounds	Family 30-35 pounds	Senior/Single 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

Order by January 10 for January 19 delivery.




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