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## 6 Tips for a Successful Renovation

- 1. Don't be coy about your budget but do be realistic.** Make sure you do your homework, find out what is realistic by talking to friends who have done similar things. Tack on an extra 20% for those inevitable unforeseen issues. Your contractor should have regular meetings with you to keep you updated on the budget.
- 2. Hire well and trust.** Choose someone who you connect with and can be honest with. In the early phases of the design stage, there may be options that are not perfect or that you may not have thought of. Having the conversation about what you like and what you do not like is important. Check Renomark and Alberta New Home Warranty for firms to interview.
- 3. Details are crucial but start at the end.** As you get further into the process the details become more important so remember start at the end with the big picture and work your way down to the details.
- 4. Renovate for the long term.** Make sure your renovation is up to date and save the trendy things for less permanent items such as accessories. Do it once, do it right and put as much quality as you can afford, but do not overbuild for your home.
- 5. Always be appropriate.** Remembering to "start at the end", make sure your renovations will be **appropriate** for your lifestyle, **appropriate** for your budget, and **appropriate** for your house.
- 6. Have fun!** I hope these tips help make your renovation journey enjoyable. Remember renovations are done by human beings and human beings can make mistakes. Be patient; Trust your team to make anything that goes wrong (and it will), right.

By Lynn Donaldson

# EXPERTS IN EDUCATION 2016

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

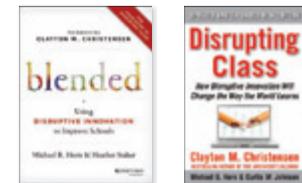
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# IN & AROUND CALGARY

## Crowchild Trail Study

Let's continue the conversation in 2016!

Thank you, Calgarians! Throughout November 2015, we heard you share hundreds of ideas on possible changes to Crowchild Trail at workshops, drop-in sessions, idea boards, and online.

In February and March, attend a drop-in session to see how ideas from Calgarians are being used to develop preliminary concepts. You will be able to see what commonly-heard ideas look like when applied to the Crowchild Trail corridor, and help evaluate how the benefits, impacts, constraints and trade-offs align with the direction of the study. We want to continue the conversation with you.

The City of Calgary is conducting this transportation study to identify short-, medium- and long-term up-

grades for Crowchild Trail between 24 Ave. N.W. and 17 Ave. S.W.

For specific event dates, times, and locations, or to learn more about the study, visit [calgary.ca/crowchild](http://calgary.ca/crowchild) or call 311.

## English Conversation Café ESL - Free

Tuesday mornings, 9:30 - 11 am  
January 12 - March 15, 2016

At the SCA Community Centre, 277 Strathcona Dr. SW

Practice speaking English, learn about Canadian culture and meet other people at St. Martin's Anglican Church free English conversation classes. Tuesday morning at the SCA Community Centre. Drop-in for a few classes or join us every week. For more information, please contact Laura at [community.stmartins@yahoo.ca](mailto:community.stmartins@yahoo.ca) or call 403-612-9949. All welcome!

## CALGARY CATHOLIC SCHOOL DISTRICT BOARD OF TRUSTEES

Website: [www.ccsd.ab.ca/board-of-trustees/](http://www.ccsd.ab.ca/board-of-trustees/), Email: [trustees@ccsd.ab.ca](mailto:trustees@ccsd.ab.ca)

### Learn more about your Calgary Catholic School District Board of Trustees!

We hope that everyone had a joyous Christmas and a Happy New Year! Our Board of Trustees is very excited about the initiatives happening in 2016 that will help us continue to ensure success for all students.

### Did you know?

- Since 2010, our district has grown by 17.5 per cent with a 2.6 per cent increase this year. Putting schools where our students live is a key priority for the Board of Trustees and we continue to advocate, consult and collaborate with David Eggen, Minister of Education, to meet the growing need for schools for Alberta students.
- We are very excited about the four schools planned to open in 2016 in the communities of Auburn Bay, Cranston, Evanston and New Brighton. Calgary Catholic currently has 10 new schools in various stages of development, as well as three school modernization projects underway.
- Calgary Catholic is also building 117 new portable classrooms. The portable classrooms are being produced at one of our district facilities with significant costs savings against other procurement methods. We are able to utilize portable classrooms to maximize our ability to meet the changing demand requirements throughout the district.
- Our district has a "Help Plan Our Future" process that encourages public participation to support informed, collaborative decision-making for all district program and accommodation planning. Visit our website to find meeting dates in your area.
- All of our district schools have an established Catholic Community of Caring, based on the values of faith, caring, respect, responsibility, trust and family. The Catholic Community of Caring builds positive school communities through activities such as student leadership conventions, social justice projects and professional development opportunities. We have found that the Catholic Community of Caring creates a climate where the whole school community embraces these values. As a result, schools have experienced a reduction in incidents of bullying, absenteeism, discipline issues and an increase in volunteer service within the community.

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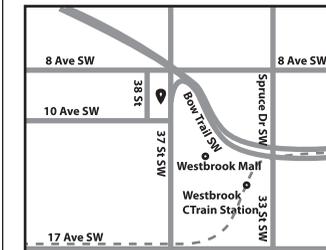
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# THE indoor Gardener

by Cindy deJager

## SOLEIROLIA HELXINE (Baby's Tears)

A Baby's Tear Plant is a delicate looking house plant that resembles a mat or carpet of tiny green leaves as it spreads over the sides of its pot. Baby's Tears plants, which originally came from Corsica and Sardinia, have tiny round or bean-shaped leaves that grow on thin fragile stems. Baby's Tear houseplants can be used as table plants or small hanging plants.

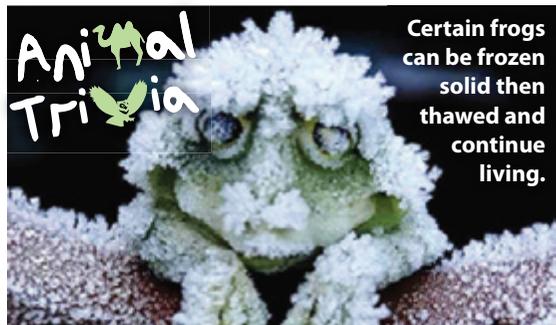
My mother had this plant under a table lamp when I was a child, and I can still remember being irresistibly attracted to the tiny, fat leaves. I just bought myself a plant recently – you don't see them very often in the stores and I'm not quite sure why.

To be really successful with this plant it requires bright indirect light and only enough water to moisten the soil. Mist this little plant often because it needs more humidity than we have here in Calgary.

Soil:

I have read that it gets tiny white flowers in the spring but I have never seen one in bloom.

The Baby's Tear is a non-poisonous houseplant.



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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.

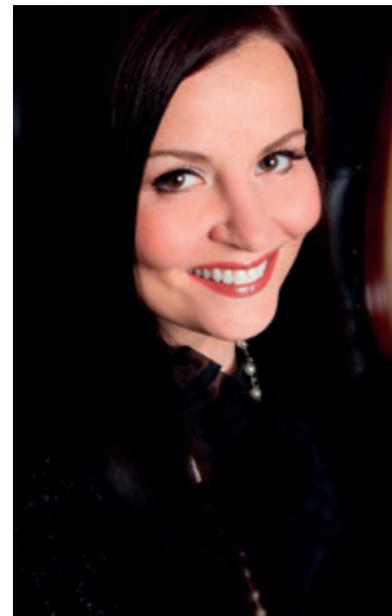
**No Work Garden** - Bob Flowerdew. I must confess I bought this solely for the title, and also the author's name, but it really does have lots of advice to lighten the work load. I would have named it "The Less Work Garden", but his title sells more books, I am sure.

**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.*

# ARE YOU IMPLEMENTING STRATEGIES TO MINIMIZE TAX?

## Ask an Expert



Sheri MacMillan,  
Senior Trust & Estate Practitioner,  
CEO of MacMillan Estate Planning Corp.  
and Host of The Strongroom on QR77

**Q** I am quite concerned that these large tax hikes in Alberta are coinciding with a federal increase, resulting in almost a 10% increase! How is this going to affect the residents of Alberta?

**A** These changes will likely have an impact on every taxpayer in one way or another, however, the largest impact is likely to be felt by earning income in the top tax bracket. These taxpayers will should seek the advice of a tax professional to explore opportunities to minimize tax and maximize the potential for their estates to support them in retirement.

In addition, individuals already in or approaching retirement will need to ensure their retirement plans accommodate the change in tax legislation to maximize the funds they have available for living expenses and to fund other retirement goals and bequests.

While business owners will also face similar concerns with a properly formulated tax strategy there may be opportunities to save taxes both personally and corporately.

While many Albertans are off to a great start by utilizing the basic tax strategies offered by the Federal government, including RRSPs and TFSA's, there are more advanced opportunities for saving additional taxes that can be explored.

A tax professional should be consulted to either review your current strategy or advise on formulating a new one.

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# Calgary



## On Jan. 5, 2016, The City of Calgary will mail 2016 property assessment notices.

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- 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

## Interesting ARCHITECTURE

In San Juan, Puerto Rico, architect José R. Marchand and interior designer Jorge Rosselló restored and updated historic **La Concha hotel**. Colorful bridges connect the shell-shaped restaurant, originally designed by Osvaldo Toro, to the hotel.

## IN & AROUND CALGARY

### EMS: Sledding Safety

Alberta Health Services, EMS, would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

#### Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

#### Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

#### Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.



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# Keep Your Paws Warm!

walks rinse and dry your pet's feet if you suspect he has walked through chemicals.

Some dogs just can't tolerate cold paws no matter what you do. Consider booties for these individuals. Booties and mukluks come in all shapes and sizes for dogs. It is important that the boot breathe and not compromise the blood flow to the paw. Most animals readily tolerate comfortable well-fitted boots. Online pet stores and local pet stores carry an array of boots for dogs. If you have a large active pet that will need heavy-duty boots you may want to consider custom-made footwear.

Along with their fur keep your pet's nails clipped. In our winters nails may split as your pet goes in and out from the cold and damp and nails may benefit from supplements such as omega fatty acids or fish oils.

My old Labrador would push through the roughest ground cover on the scent of a bird, but in the city he had very sensitive feet and could not tolerate rock salt on his paws at all. Nor would he tolerate boots. I used a paw wax on his feet. Applied to the pad these waxes seal the paw and protect the skin from ice and chemicals. They also protect the pads from cracking with dryness as the dogs go in and out. As long as your dog tolerates his feet touched the paw waxes are very easy to use. Vaseline is a cheap alternative but lasts only a short time outside and can pick up unwanted dirt adhering to the paw.

New products are always coming on the market. Check with your veterinarian and don't forget to protect the rest of your pet from the cold by keeping them well groomed. A clean well-groomed coat insulates from both cold in winter and heat in summer better. Finally remember, like us, as dogs become elderly or arthritic they may require more protection from the elements than they did in their prime. Be as conscious of a senior pet potentially slipping on the ice as you would be of an elderly relative.

*Jennifer L. Scott, D.V.M.*

Well we are about to enter the heart of winter when we see temperatures of minus 20 degrees and lower outside and I don't want to walk my dog, although he is always ready and willing. Most dogs are amazingly well equipped to deal with the cold weather, but not every breed or individual can deal with this kind of cold without precautions.

When dogs first walk on the cold snow you often see them limp or hold a paw up as they run around. Then given some time they seem to become more comfortable. A dog's pads are equipped with a very effective heat exchange system. Once the paw's blood vessels adjust to the cold, and as long as the pad is dry and healthy, the average dog can tolerate most very cold surfaces. Smaller dogs tend to be less tolerant than large breeds. There are exceptions. Dogs with long guard hairs and thick downy undercoats like shepherds and huskies do fine, but dogs with short fine fur like Dobermans have little tolerance for cold. Fortunately stores now stock doggie coats from your basic knitted sweater to fine sartorial splendour depending on the taste of the human companion.

Some people believe a mat of hair over the dog's foot pads will protect them. Not true. Matted fur and excessive hair tends to stay wet, collect ice balls, and hold chemicals such as de-icing agents and salt against the skin. A dog's paws will adjust to the cold more effectively if the hair is kept reasonably short and clean. After

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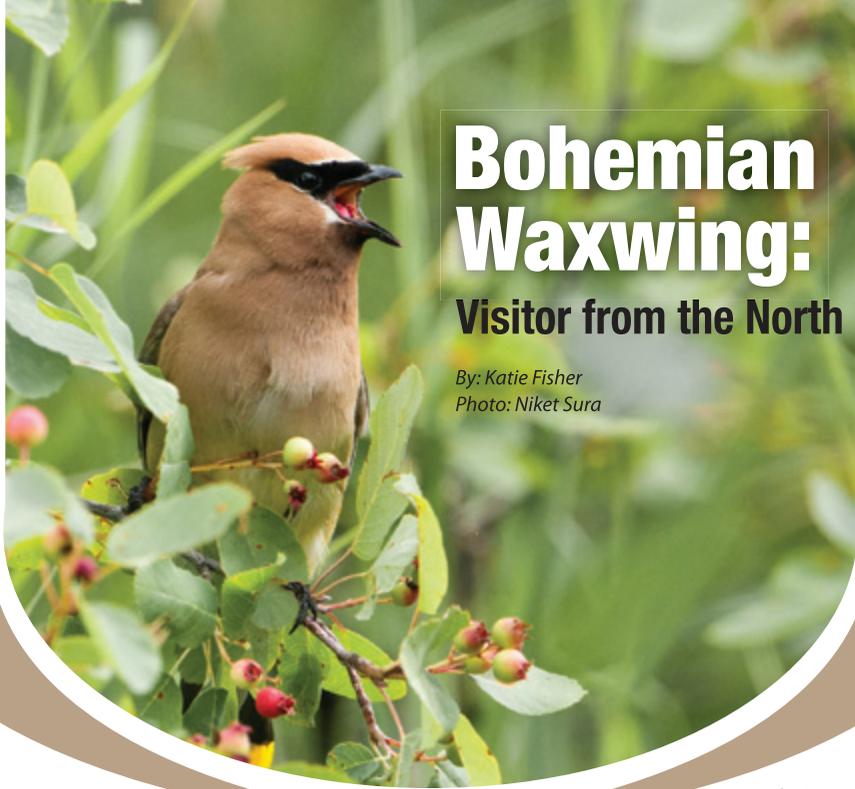
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# Bohemian Waxwing: Visitor from the North

By: Katie Fisher  
Photo: Niket Sura

As the snow sets in and sunlight runs at a minimum, we prepare ourselves for what might feel like the longest months of the year. Many of the pretty songbirds have flown south for warmer climates, however, our friend, the Bohemian Waxwing, will at times, fly south to us from the north to escape some of the harshest conditions.

The Bohemian Waxwing is a medium-sized songbird who is brownish gray in colour, equipped with a black mask, a yellow tip to tail and a crest on top of his head. He earns his name from the nomadic movements of the winter flocks; much like the inhabitants of Bohemia who live unconventional lifestyles or like the lives of gypsies. He does not hold breeding territories like other songbirds, simply for the reason the fruits he enjoys to snack on are abundant, but only available for short periods of time. Unlike songbirds, the Bohemian Waxwing has no true song as he doesn't require it to defend a territory.

He spends much of his time in the forest, foraging for fruit and insects. The Bohemian Waxwing is elegant in flight, catching insects in mid-air or hovering to snatch

fruit. He must be careful when choosing his fruit, as the Bohemian is susceptible to alcohol intoxication, and even death, from eating fermented fruit. He chooses to build his nest with his monogamous partner, on branches, closest to the trunk of the tree; constructed with twigs, grasses and camouflaged with mosses and lichens. From time to time, he will visit city parks and gardens in hopes of finding fruit.

Both parents are responsible for feeding their young, who will leave the nest anywhere from 14 to 18 days old. Like most songbirds, they feed insects to their young at first, but switch to feeding them berries within a few days. Most Bohemian family units stay together through the fall until they prepare for migration. Flocks are the most common form of migration and will, at times, be mixed in with Cedar Waxwing flocks, creating quite a sight to be seen.

If you come across an injured Bohemian Waxwing, or any other wild animal in distress please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488 for tips, instructions and advice.



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# Bad Breath – The Causes of Stinky Odors

If the thought of puckering-up for a smooch has you turning your cheek, it's time to tackle bad breath embarrassment. Everyone suffers from breath issues from time-to-time; especially after a head-cold or extra helping of that super garlicky meal. But ongoing odors signal the need to look at possible causes behind daily stinky breath.

### Does Everyone Deal With Bad Breath?

There are times in everyone's life when breath odors may be a concern. Illness can cause the pH balance of the mouth to change, drying out tissues and unbalancing the amount of healthy versus unhealthy bacteria. Some medications can also lead to issues with breath odors – resulting in people having to deal with unusual odors over the long-term. But if illness and medications don't feature in your life – what's the reason for your bad breath? The number one reason for whiffy breath is poor oral hygiene. A lack of dental hygiene leads to an environment that is over-run with bacteria that causes inflammation and releases sulfurous odors. Daily brushing and flossing is a patient's best defense in preventing bad breath – but for some individuals this daily ritual just isn't enough to address breath issues, as the underlying cause(s) of dental decay, periodontal disease and oral infection require dental treatment.

### Decay and Disease Causes Bad Breath

**Dental decay, oral infections, and gum disease** all contribute to breath odor – and when these dental conditions go untreated the associated mouth odors only become worse. Decaying teeth, infections and gum disease not only emit odors but they can also cause an individual to have a permanent bad taste in their mouth. Seeing the dentist for treatment is the only way to fully treat bad breath that results from disease, as using mouthwash and breath mints merely masks the odors and enables the condition to deteriorate. **Gum and Periodontal Disease causes a patient to have bad breath due to the formation of deep pockets around the teeth that collect food debris, plaque and calculus.** The combination of rotting food particles and oral bacteria is the perfect recipe for irritated tissues and stinky breath. Maintaining regular dental cleanings is essential to preventing and treating gum related bad breath.

**Don't let bad breath make you turn away from life!**

## IN & AROUND CALGARY

### Give new life to your Christmas tree

You can turn your real Christmas tree into useful mulch instead of waste through The City's Christmas Tree Recycling program. Trees are collected from homes that receive residential garbage collection. Place your tree on the ground near your black cart collection spot **by 7 a.m. on Friday, January 8.** Make sure the tree is not blocking the street, lane or sidewalk and is at least one foot (30 centimetres) away from your carts. Please **leave your tree out** and it will be picked up by the end of January.

If you live in an apartment or condo, tree drop-off locations are open from December 26 to January 31:

- Bowness Fire Station #15 – 6328 35th Ave. N.W.
- Spyhill Landfill – 69th Street and 112th Avenue N.W.\*
- Prairie Winds Park – 223 Castleridge Blvd. N.E.
- Bottomlands Park – St. George's Drive and Seventh Avenue N.E.
- Marda Loop Communities Association – 3130 16th St. S.W.
- Parks Compound – 10312 Sacramento Dr. S.W.
- East Calgary Landfill – 17th Avenue and 68th Street S.E.\*
- Shepard Landfill – 114th Avenue and 68th Street S.E.\*

*\*Landfill locations are closed Sundays.*

To prepare your real tree for recycling, remove the tree stand and any ornaments and lights. Do not bag or tie your tree.

The mulch from recycled Christmas trees is available to residents at no cost at the East Calgary landfill, while quantities last.

For more information, visit [calgary.ca/christmastree](http://calgary.ca/christmastree).

## 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.



The Marda Loop Justice Film Festival rings in the  
New Year with...

### SAVING MES AYNAK

A Brett E. Huffman Film

Tuesday January 12, 2016, 7:00PM  
River Park Church  
3818 14a St SW  
Free Admission

### About the Film:

Saving Mes Aynak follows Afghan archaeologist Qadir Temori as he races against time to save a 5,000-year-old archaeological site in Afghanistan from imminent demolition. A Chinese state-owned mining company is closing in on the ancient site, eager to harvest \$100 billion dollars worth of copper buried directly beneath the archaeological ruins.

### Conversation Leaders:

Nicholas David is an Emeritus Professor of Archaeology at the University of Calgary. He directed a major program of archaeological and ethnographic research in Central Africa from 1984 to 2008, and was involved in inscription of the Sukur Cultural Landscape (Nigeria) on the UNESCO World Heritage list. He is actively engaged in the work of the Boko Haram Victims Relief non-profit corporation.

Chris Shank is a wildlife biologist living in Cochrane. He was the Provincial Biodiversity Specialist for Alberta Fish and Wildlife and, since the 1970s, has worked off and on with the United Nations and the Wildlife Conservation Society on nature conservation projects in Afghanistan. The latest projects have been creation of Afghanistan's first national park, developing management plans for Afghan wildlife reserves, and, closer to home, assessing risks of Alberta's biodiversity to climate change.

Check out our website at [www.justicefilmfestival.ca](http://www.justicefilmfestival.ca).

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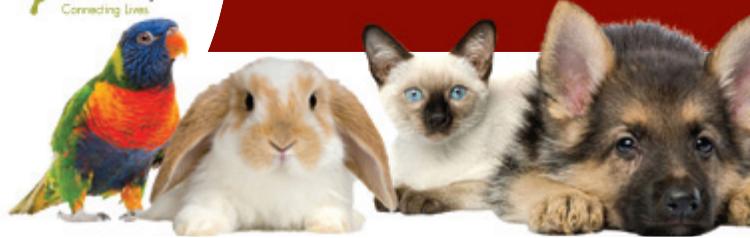
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# DOG WALKING SAFETY



Happy January from Calgary Humane Society!

Each year when the cold and snow arrives we start getting a lot of questions at the shelter about winter dog walking safety. How cold is too cold? Does my dog need boots? Should dogs wear coats?

Going for a walk, even in cold winter weather, is an important form of exercise and mental stimulation for dogs, but as the mercury starts to drop going for a run may sometimes require a bit of extra planning!

**How cold is too cold to walk the dog?** Different breeds of dogs will have very different tolerances to snow and cold. If you have a husky there is a pretty good chance you don't have to worry much about the cold, whereas a chihuahua will become too cold very quickly. Generally animals with thick coats are much more hardy in cold weather, but there are also individual differences. If your dog has arthritis or back/neck problems, they may get a bit sore as the temperature drops. If you are concerned that cold weather is causing problems with your pet, we recommend booking an appointment with your veterinarian.

**How do you tell if it's too cold?** Well if your dog is holding their paws up or shivering they are too cold and would probably rather be inside. If your dog is running in circles and leaping into snow banks then they are fine to keep enjoying their time outside. If your dog becomes cold easily, or if there is a risk of frostbite, opt for several short walks instead of one long walk.

**Should dogs wear boots?** If your dog has been trained to wear boots, they can be helpful to protect paws from

cold and ice melt chemicals. Boots can be distracting and annoying to a dog that isn't used to them, so if you do decide to use boots a slow and positive introduction to them is vital.

If you are not using boots for your dog then some extra vigilance is needed in the winter time. Many types of ice melting chemicals are toxic and can also cause burns to your dog's paw pads. When encountering possible ice melt on walks, encourage your dog to walk in the snow or (if you have a small dog) lift them over patches of ice melt. When you return from winter walks, be sure to wipe your dog's paws well to keep them from licking any salt/ice melt off their feet. If you are purchasing ice melt for your own property, invest in a pet-friendly version! Pet friendly ice melt won't burn paws and is non-toxic.

**What about a coat? Does my dog need one?** If you have a small dog or a dog that gets cold easily then a jacket could be a great idea. Choose a jacket that is the right size and one that doesn't restrict your pet's movement.

**What other winter hazards could my dog face outside?** Antifreeze. Just a few sips of antifreeze can be lethal to a pet, so keeping this winter chemical far away from curious noses is an absolute must. Keeping your pet on leash is the best way to make sure they stay out of winter chemicals. If you are purchasing antifreeze, look for brands that have bittering agents added. Antifreeze is naturally sweet, so some companies now add these bittering agents to prevent pets from drinking it.

From all of us at Calgary Humane Society, we wish you a safe and happy January!



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## Chicken & Gnocchi Dumplings

January is all about comfort food and ease of preparation. After the holidays, you can take break but you don't have to sacrifice the taste.

Get all the flavors of chicken and dumplings without having to make the dumplings when you use gnocchi in their place.

**Makes:** 4 servings      **Serving Size:** 2 cups  
**Active Time:** 40 minutes      **Total Time:** 40 minutes

### INGREDIENTS

- 1 16-ounce package shelf-stable gnocchi
- 1 cup thawed frozen peas
- 1 pound boneless, skinless chicken thighs, trimmed, cut into 1-inch pieces
- 1/3 cup all-purpose flour
- 2 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon salt
- 1/2 teaspoon ground pepper, divided
- 2 cups diced carrots
- 1 cup sliced celery
- 1 medium onion, diced
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- 1 3/4 cups low-sodium chicken broth

### DIRECTIONS

Bring a large saucepan of water to a boil. Add gnocchi and cook, stirring frequently, for 2 minutes. Stir in peas and cook until the gnocchi are tender, 1 to 2 minutes more. Drain.

Meanwhile, toss chicken with flour in a bowl until coated. Heat 1 tablespoon oil in a large skillet over medium-high heat. Transfer the chicken to the pan (reserving the flour remaining in the bowl) and sprinkle with 1/4 teaspoon each salt and pepper. Cook, stirring occasionally, until lightly browned, about 5 minutes. Transfer the chicken to a plate.

Add the remaining 1 tablespoon oil to the pan. Add carrots, celery, onion, thyme and the remaining 1/4 teaspoon pepper; cook, stirring occasionally, until the vegetables are crisp-tender, 5 to 7 minutes. Sprinkle the reserved flour over the vegetables; stir to coat. Stir in broth and the chicken. Cook, stirring occasionally, until the stew is thickened, about 3 minutes. Add the gnocchi and peas and cook, gently stirring, until the gnocchi are hot, about 2 minutes.



## CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca)

### Focusing on the future

The 2015 calendar year has come to an end, but the Calgary Board of Education school year is in full swing and it's a great time to reflect on the year so far.

### More students

This fall the CBE welcomed a record number of students in our schools, bringing our total enrolment to 116,987 students. We are proud to be the dynamic learning community of choice for students from kindergarten to adult education.

### Great results

We are also proud of the academic results our students are achieving. In the 2014-15 Grade 6 and 9 provincial achievement tests and diploma exams, CBE students continued to outperform the province in most subjects, particularly at the excellence standard.

### Building for student success

The CBE continues work on an unprecedented 31 capital projects including: 21 new schools, three replacement schools, six major school modernizations and one modular extension. We are currently on schedule to open 15 new schools during the 2016-17 school year. For information on these projects, visit [cbe.ab.ca/schools](http://cbe.ab.ca/schools)

### Working together

The CBE is committed to involving people in decisions that affect them. To do this more effectively, we are developing a new system-wide approach to public engagement.

This approach will help people understand how their contributions influence decisions within the CBE, clarify roles and responsibilities and allow us to have a consistent approach across our system.

If you are interested in participating in this process, please sign up online at [cbe.ab.ca](http://cbe.ab.ca), under Get Involved.

The Board of Trustees would like to wish you and your family a happy holiday season and wish you all the best in the new year. We always welcome your comments, feedback and questions. You can contact the Board of Trustees at [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca).

Follow the Calgary Board of Education on Twitter @yycbedu



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 SW: 403-727-5991 / NW: 403-767-9922

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FIND SOLUTION ON PAGE 31

### Fire Safety

A message from the Federation of Calgary Communities Building Safe Communities Program

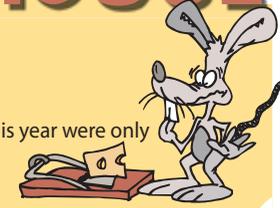
Each year the Calgary Fire Department responds to over 1000 fires in Calgary. Here are some tips on staying safe from the Calgary Fire Department:

- Ensure your bedroom doors are closed while you are sleeping
- Ensure there are smoke alarms and carbon monoxide detectors on every level of your home
- Ensure there are at least two exits out any room where people are sleeping (ex. a window and a door)
- Prepare a home fire escape plan including a meeting place

## THE MOUSE

Bev Smith

Back Porch 5 AM  
Check the traps  
It's November and the mice this year were only  
About five.  
But end of season  
This one is very smart.  
Eerily.



I lined up the traps my patented way  
Five, in a circle. He'd have to step on one to get to another  
Surely.  
A bit of cheese placed just outside one, to entice.

Seems cruel but I have rules.  
Out there in the yard, under trees. Fine.  
He's in his world  
But the porch is my territory.

Each morning the cheese is gone.  
I marvel  
I rearrange them to a straight row, back to front  
I rearrange them to no pattern  
I put them in other locations to surprise him  
I buy more traps

Yesterday I put six in two rows, face to face  
With an end one so he'd be physically unable to not mess up  
And I waited.

This morning the cheese was gone from three of them  
anyway.

He had moved the end trap farther away, brilliantly  
And then gotten access to the first pair from the side.  
I had not thought of that.  
Wish I had motion-sensor camera to watch him

Does he have a friend?  
Does he reach through with tiny paws?

And I realize a mouse brain has outwitted my own -again.  
I went to the store to get better traps  
They had them.  
Kill traps with huge metal bars to slam down on him  
Or poison pellets -  
Costly but guaranteed.

And I could not bring myself to buy them.  
We are returning to our routine  
I feed him cheese daily  
In some sort of devious but gentle way that tests his IQ  
If he dies, he dies.  
But it makes it a fairer challenge.  
Respect.



Springbank

## Nails Time

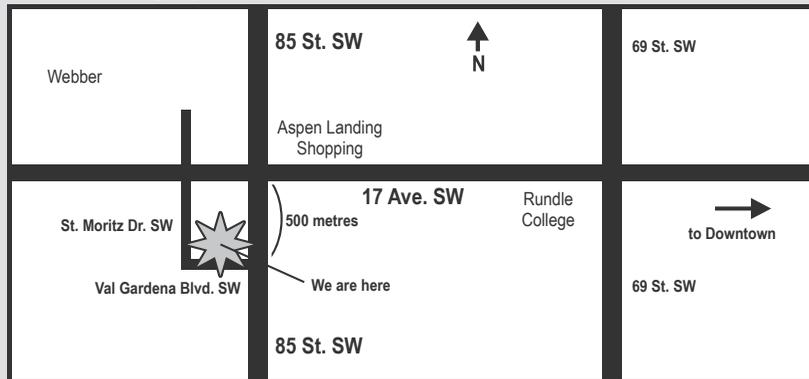
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or email to [Zunaira.Ahmad@ahs.ca](mailto:Zunaira.Ahmad@ahs.ca)



## The Banks of the Elbow River:

### An Artist's View

About 25 years ago, Calgary artist William Duma, weakened by a bad bout of pneumonia, found himself searching for river scenes to paint closer to home. The natural stretches of our inner-city, lower Elbow River were just the inspiration he needed to aid his recovery. Bill, the son of a coal miner, grew up in the Crowsnest Pass and his lifelong love of fishing meant that Alberta river scenes were part of his psyche.

"One of the areas that have inspired my interest for painting has been the banks of the Elbow River. This has been an on-going project for the past 25 years. The stretch of river from below the Glenmore Dam to where it empties into the Bow River is an inner-city oasis, where one can find relief from the congestion and noise of the city. Unfortunately, the flood of 2013, together with the snow storm of 2014, has done major damage to the banks as well as the trees and shrubs that line the river. This body of work has become even more poignant as much of the landscape has dramatically changed. Hopefully, with our help and nature's self-healing capacity this peaceful area will be available for future generations to enjoy."

Duma's stunning paintings depict the river, its banks, the crisp snow, and dappled foliage in ways that are so familiar to anyone who walks the river pathway system. He is particularly adept at capturing the nuances of light and colour in his fall and winter scenes. Bill's composi-

tions are notably devoid of the human element, thus conveying that sense of calm, quiet beauty that the river offers. With the trees stripped of their foliage, his charming winter scenes express a purity of form not possible in the other seasons.

"Having a love of nature and her many moods, I would like to convey this feeling in my painting in hope that others might find the same enjoyment: but also be stimulated into looking deeper within, where intimate moments with nature cause an inner awareness and we sense the integral relationship of nature, the universe, and humanity."

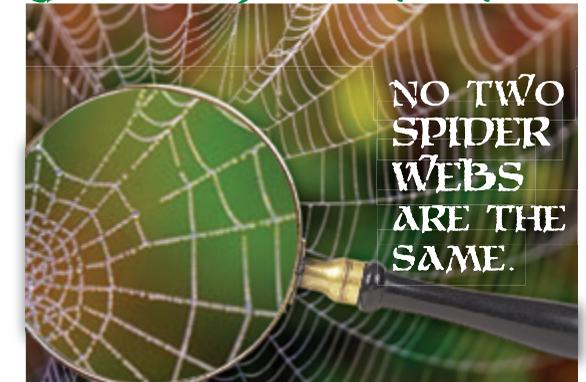
William Duma, RCA, was born in Calgary in 1936 and graduated from the Alberta College of Art in 1962. His landscape paintings are widely exhibited and found in collections throughout North America and Europe. Trout Unlimited Canada honoured him as Artist of the Year. Works from his fall 2015 show: "Banks of the Elbow River" are available Wallace Galleries (500 - 5th Ave SW) and may be viewed on-line at [www.wallacegalleries.com](http://www.wallacegalleries.com).

*Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at [S2Gplusinfo@gmail.com](mailto:S2Gplusinfo@gmail.com). Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus).*

## BRAIN GAMES SUDOKU

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## Insect Trivia



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- **February 1 to 29 - YYC Hot Chocolate Fest:** Participating restaurants and cafes across Calgary each create a signature hot chocolate and try to win Calgarians' hearts — the hot chocolate with the most votes takes home the title of Calgary's Best Hot Chocolate. [www.yychocolate.com](http://www.yychocolate.com)
- **February 3 – Calgary Flames vs Carolina Hurricanes** at the Saddledome 7:30 pm. [www.calgaryflames.com](http://www.calgaryflames.com)
- **February 5 to 20 - Lord of the Flies:** Remarkably true to the novel in spirit... the theatre lends itself particularly well to the ritualistic aspects of the story - chanting, dancing, marching, forming a circle round the victim, stamping out a fire. You end up feeling you have seen a fable of infinite implications enacted in a little room. [www.storybooktheatre.org](http://www.storybooktheatre.org)
- **February 12 – Calgary Hitmen & Red Deer Rebels** face off at 7:00 pm at the Saddledome. [www.hitmenhockey.com](http://www.hitmenhockey.com)
- **February 12 to 14 - Block Heater: A Winter Music Extravaganza:** There's a new music festival in Calgary over the Family Day long weekend. More than 20 artists perform at three Inglewood venues over three days. [www.calgaryfolkfest.com](http://www.calgaryfolkfest.com)
- **February 12 to April 17 - Suite Surrender:** Mistaken identities, overblown egos, double-entendres, and a lap dog named Mr. Boodles round out this hilarious riot of a love note to classic farce. [www.stagewestcalgary.com](http://www.stagewestcalgary.com)
- **February 21 to 22 - Spinosaurus: Lost Giant of the Cretaceous:** Meet Spinosaurus, the largest predatory dinosaur yet discovered and hear the incredible story of how this prehistoric giant was almost lost to science, before being brought back to light with the help of a remarkable young paleontologist. [www.artsccommons.ca](http://www.artsccommons.ca)
- **February 26 - Calgary Hitmen vs Royals** at the Saddledome 7:00 pm. [www.hitmenhockey.com](http://www.hitmenhockey.com)
- **February 27 – Calgary Flames & Ottawa Senators** face off at 8:00 pm at the Saddledome. [www.calgaryflames.com](http://www.calgaryflames.com)
- **February 28 - Night With the Stars:** This year, Theatre Calgary's annual fundraiser has an otherworldly theme. This gala takes participants to a different galaxy. [www.theatrecalgary.com](http://www.theatrecalgary.com)

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School of Athens refers to a famous fresco painted by Raphael in the Apostolic Palace in Vatican City. Depicts Raphael's interpretation of philosophy as a branch of knowledge. Showing a gathering of Greek philosophers engaged in various activities, the fresco is considered a prime example of High Renaissance art and considered Raphael's masterpiece.

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**Ward 6 residents are proud to live in their neighbourhood, highest in Calgary!**

Thank you to the volunteer who floods the rink; thank you to the Scout and Guide leaders for mentoring our youth; thank you to the Community Association board members and volunteers who provide events and programming to create a high quality of life for our neighbours; thank you to our Community Liaison Officers at Calgary Police Service for making our communities safer; thank you to our neighbours, friends, and community leaders for building great communities and improving our quality of life - please keep up the great work! Because of you, 93% of Ward 6 residents are proud to live in their neighbourhood, highest across the City in the 2015 Citizen Satisfaction Survey conducted annually by Ipsos Reid. Citywide, 85% of Calgarians are satisfied with their overall quality of life which reaches 90% among Ward 6 residents. To review the full 2015 Citizen Satisfaction Survey & Research on Calgary's Economy visit [www.calgary.ca/citsat](http://www.calgary.ca/citsat).

Infrastructure, traffic and roads remain at the top of the issue agenda, while transit continues to hold second place. Overall, Calgarians think The City should invest more in transit, affordable housing and traffic flow management and transportation planning. Nearly 90%

of Ward 6 residents are satisfied with transit service in Calgary, but 60% of 2014 and 2015 Ward 6 survey respondents would like to see more investment in transit. Many Calgarians (75%) think it is a good time for The City to be investing in new projects like roads, public transportation and local facilities. Council unanimously approved an additional \$47.5M in the 2016 Capital Budget that expedites a number of shovel-ready projects that had already secured funding slated for construction in subsequent years. We want to keep moving forward and focus on keeping our communities successful.

As traffic congestion is expected to increase by 10-25% on Sarcee Trail SW with the delay of the West Calgary Ring Road (WCRR), the City is conducting functional studies to enhance travel times and decrease traffic congestion. I am working with Administration and the Provincial Government on the timing of the WCRR construction as this will determine funding options and timing of implementation of infrastructure to mitigate downstream impacts. Please visit [www.calgary.ca/ward6](http://www.calgary.ca/ward6) for updates.

**Councillor Chat with Richard Pootmans**

Councillor Chats are an opportunity for you to meet with your Councillor to discuss any issues that are important to you. Please join Richard for an informal conversation on **January 16, 2016 from 9:30-11a.m. at Glendale Community Association** or **February 4, 2016 from 5-7p.m. at Glenbrook Community Association**. Please sign up for The Ward 6 Report at [www.calgary.ca/ward6connect](http://www.calgary.ca/ward6connect).



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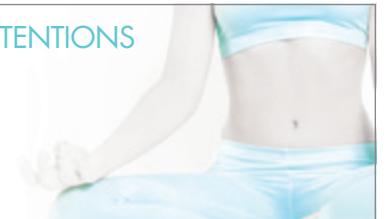
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of Education**



### Registering for the New School

The Calgary Board of Education is excited to be building a new elementary school for Aspen Woods, which is expected to open for January 2017. Students will register at and attend their current designated school until the new school, named Dr. Roberta Bondar School, is ready to open.

I live in:	Register for kindergarten at:
Aspen Woods, West of 85 <sup>th</sup> Street S.W.	Jennie Elliott School 3031 Lindsay Dr. S.W.
Aspen Woods, East of 85 <sup>th</sup> Street S.W. or Strathcona Park, West of 69 <sup>th</sup> Street S.W.	Olympic Heights School 875 Strathcona Dr. S.W.

Kindergarten registration begins on Jan. 11, 2016. Registration at CBE schools is not determined on a first come, first served basis, so it is not necessary to register on the first day registration opens. However, registering your child as soon as possible helps our principals plan and prepare accordingly for the new school year.

The CBE is engaging with the community regarding the kindergarten to Grade 9 designations. Please visit [cbe.ab.ca/schools](http://cbe.ab.ca/schools) for updates on the grades that will be offered. Students living in the designated area and who are currently attending either Olympic Heights School or Jennie Elliott School, will automatically be transferred to the new school.

The documents that you need to register your child include: the registration form (available at the school or at [cbe.ab.ca/registration](http://cbe.ab.ca/registration)); your child's proof of age and legal name (birth certificate or passport); and proof of your address (driver's licence, offer to purchase, offer to lease or utility bill) to the school. Your preference for morning or afternoon kindergarten can be made at the time of registration and will be considered, but not guaranteed.

For information on the designation area, walk zone and construction status, please visit [cbe.ab.ca/schools](http://cbe.ab.ca/schools). If you have questions about kindergarten, we encourage you to visit [cbe.ab.ca/kindergarten](http://cbe.ab.ca/kindergarten).

## IN & AROUND CALGARY

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

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

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

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

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

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

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**VIBRATION THERAPY TREATMENT FOR SUFFERERS OF:** osteoporosis, multiple sclerosis, diabetes, stroke, fibromyalgia, arthritis, back and joint pain. If you suffer from any of these conditions we are offering a one month free trial of gentle Vibration Therapy and Exercise Protocols, you will be amazed at the benefits you will receive. Spicewellnesscalgary.ca, 403-698-6892.

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**BEFORE AND AFTER CARE FOR WEST SPRINGS SCHOOL:** Spaces available or hold your spot for September 2016. Call 403-477-1973.

~continued next page~

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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**MATH TUTOR - CERTIFIED TEACHER:** Need some help with your math course? A certified teacher with nine years of experience can help! Get a better understanding of concepts, help with homework, and review/study for exams. Tutoring all junior and senior high math. Try a free session today! Call 403-607-0854 or email [quachjulie@gmail.com](mailto:quachjulie@gmail.com) for more details.



## 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.

~continued next page~



## Calgary Reads: Writings about Reading

### Family Literacy - it only takes 15 minutes of fun!

January 27<sup>th</sup> is **Family Literacy Day** across Canada and we hope you'll take part in literacy-building activities with the children in your life! Just 15 minutes a day can help develop long-lasting literacy skills in children and strengthen the literacy skills of adults too.

Spending time reading, talking, singing and playing together helps parents and caregivers build positive, strong bonds with their children.

### Here are some fun ways your family can mark Family Literacy Day:

#### • How was your day today?

Have your child write notes (sticky notes are always a big hit) or keep a journal about their day... and you do the same. Note fun things and new experiences. Then share the updates with each other in the car, on transit, during dinner or when getting ready for bed.

#### • Have a game night to celebrate Family Literacy Day

Gather your family's favourite board games and decide which ones to play. Take turns reading the instructions, game cards or keeping score. Perhaps decide to make game night a weekly event. It's a great way to come together and build skills while having fun!

#### • Build an obstacle course

Engage the whole family in building an obstacle course in the family room or a spot like the basement. Use pillows, furniture, toys etc. Then together, draw and label a map showing how to navigate the course.

#### • Lights out, talk on!

After bedtime stories with your child, turn off the lights and stay and chat. Take turns making up new endings for the stories you just read... or come up with ideas for the character's next adventure!

Thanks to [ABCLifeLiteracy.ca](http://ABCLifeLiteracy.ca) for the fun ideas adapted here.

For lists of great children's books by age and resources to help your child develop critical literacy skills and a joy of reading, visit [calgaryreads.com](http://calgaryreads.com).



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.



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





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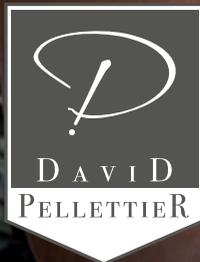
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