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Canyon Meadows Community Association 848 Cantabrian Dr. S.W | Calgary, AB T2W 6G4 Phone:403.251.1715 info@cmca.ca | www.cmca.ca

Elected Officials



Councillor Diane Colley-Urquhart Ward 13 Office P.O. Box 2100, Station M Calgary, AB, CanadaT2P 2M5 Phone: 403-268-1624 Fax: 403-268-8091 Email: ward13@calgary.ca Web: www.calgary.ca/ward13



MLA Richard Gotfried Calgary-Fish Creek Bay 7, 1215 Lake Sylvan Drive SE Calgary, AB Canada T2J 3Z5 Phone: (403) 278-4444 Fax: (403) 278-7875 Email: calgary.fishcreek@ assembly.ab.ca



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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING CANYON MEADOWS FOR 25 YEARS!



Fish Creek Speaker Series

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

Fish Creek - From Gentle Stream to Wild River and Everything in Between:

A Look at Land Uses and Water Quality Assessment Through the Years

Thursday, January 21, 2016 — 7:00pm - 8:00pm Presented by Katie Pearson, Program Coordinator, Friends of Fish Creek

Join us for an evening all about the small creek after which our park was named! In this talk, we will explore how various land uses have affected the creek's water quality over the years. From 2007 to 2013, the Friends worked with volunteers and community organizations to test the quality of the water in the creek. We will share the results of the Friends of Fish Creek Water Quality Monitoring Program and highlight the people and organizations that helped turn this dream into a reality.

Sticks and Stones: Using Bioengineering to Improve Fish Habitat

Thursday, February 25, 2016 — 7:00pm - 8:00pm Presented by Lesley Peterson (P.Biol) Provincial Biologist Trout Unlimited Canada

The process of bioengineering was used to improve fish habitat along a side channel of the Bow River here in Fish Creek. Trout Unlimited Canada undertook this project in the spring of 2015 to improve and enhance the side channel located at Mallard Point. The entire area was heavily impacted by the flood of 2013 and Trout Unlimited saw the opportunity to explore bioengineering as an effective way to repair and enhance the area to improve fish habitat. The presentation will also explore the needs of fish during their life cycle and offer people background on Trout Unlimited and the work they do provincially and nationally.

Friends of Fish Creek Annual General Meeting Thursday, January 28, 2016

Registration at 6:30 pm, Meeting starts at 7:00 pm Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

It is because of our members, volunteers and donors that the Friends have accomplished so much. Come and have your voice heard and meet our board and staff at the Annual General Meeting. Refreshments will be served. Please contact the Friends of Fish Creek Provincial Park Society if you would like to attend, or visit www.friendsoffishcreek.org/event/agm

Fish Creek CommUnity Fair

Would You Like to Volunteer in Fish Creek? The Friends of Fish Creek Need You!

Saturday, February 27, 2016 1:00pm - 4:00pm

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

(13931 Woodpath Rd. SW - Access via 130 Ave. SW and 37 St. SW)

Come to the third annual Fish Creek CommUnity Fair to learn about amazing programs, courses, events and opportunities taking place in 2016. The ground may still be covered in snow, but Spring starts now in Fish Creek! For more info, please visit www.friendsoffishcreek.org/ event/fccuf.



Guides Canada

BLACKFOOT DISTRICT

Happy New Year One And All

2016 marks the 103rd anniversary of Girl Guides in Alberta and you might want your daughter to try something new. Think about joining this long standing program aimed at promoting self development and friendship in women. Guiding is a great place to learn new skills, experience new adventures and build lasting friendships.

Guiding welcomes girls of all ages from kindergarten through to high school and beyond.

Sparks	ECS & Grade 1	or	(5&6 year olds)
Brownies	Grades 2 & 3	or	(7&8 year olds)
Guides	Grades 4, 5 & 6	or	(9 to 12 year olds)
Pathfinders	Grades 7, 8 & 9	or	(12 to 15 year olds)
Rangers	Grades 10, 11 & 12	or	(15 to 17 year olds)
Leaders	(18 years and over)		

The Spark units will be visiting the fire hall, making birthday boxes for the food bank, learning about our feathered friends and making a bird feeder.

The Brownie units will be skating, learning some camp skills at Brownie Academy at Camp Jubilee and working on badges.

The Guide units will be sledding, having sleepovers and snow shoeing.

The Pathfinder units will be skating, going to camp, volunteering at Brownie Academy and attending a Hitmen hockey game.

The Ranger and Trex units will be snowshoeing, winter camping and volunteering at Brownie Academy.

Upcoming District activities include roller skating at Lloyd's in early February.

The 24th Pathfinders and 17th Rangers would like to thank everyone who supported their bottle drive in December.

Registration is on going. Guiding is a great place to grow lasting friendships and experience new opportunities. Why not give us a try!

If you have any questions regarding Guiding or registration please contact Calgary Area Girl Guides at ggcinfo@calgarygirlguides.com or call 403-283-8348.

Girl Greatness Starts Here!









Paint to your heart's content in a relaxed, friendly atmosphere under the guidance of experienced instructor, Donna Nemrava.

NO DRAWING SKILLS ARE REQUIRED. ALL SKILL LEVELS ARE WELCOME.

Classes: Tuesdays 1:00-4:00pm OR 6:30-9:30pm, starting Jan. 26, 2016

Fees: Four-week session (12 hours of instruction): \$89.00 Five-week session (15 hours of instruction): \$110.00

NOTE: The above fees include watercolor paper, paints, and use of all classroom supplies (brushes, palettes etc.) You need only bring your enthusiam to classes!

Tea and cookies will be served!

To view the upcoming class schedule, art projects and my studio, please visit my website at art.escape.tripod.com (please note, there is no www preceding the web address)

> To register for classes or for general inquires, please phone Donna 403-278-5912 or email donnanem@hotmail.com



Meaningful curriculum | Large gym facility Varied play opportunities | Special events Parental participation | Caring, Experienced Teachers | Bright, spacious classrooms

- REGISTRATION STARTING JANUARY 18 FOR SEPTEMBER 2016 -

Call Marilyn 403 278-2608 Located in the Bonavista Baptist Church 1507 Acadia Drive SE

Located in Lake Bonavista since 1977

calgary reads

Calgary Reads: Writings about Reading

Family Literacy - it only takes 15 minutes of fun!

January 27th 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 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.



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

January at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

A new session of registered programs starts in January 9 – check the Program Guide or www.tricocentre.ca. Price Freeze

• Breathe a big post-holiday sigh of relief: recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase until September 2016.

Adults

 Registered adult programs starting in January: Cardio Dance, Barre Stretch & Release, Core Fusion Barre, TRX Flow, Mindful Relaxation, Trim and Tone, Strong is the New Skinny: Weight Training for Women by Women, Fit 101 for the Absolute Beginner. Workshops include Foam Roller Workshop, Peek Week what? Strength & Conditioning Clinic: Jumps, Throws, and Agility, Yoga Nidra.

• Cool new program: Strike It Cardio Drumming: Free Demo class on January 6 from 7:30-8:30pm.

January is a great time to get back to the fitness centre – more than
70 drop-in fitness classes every week included in membership.

Older Adults

 Registered multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga, Sore Joints Training. Workshops and clinics include Foam Roller Workshop and Strike It for Seniors!

Families

 Registered family programs; Family in Motion, Family Yoga, Mindfulness for Youth & Parent, Family YogArt, Prenatal Fitness, Mommy & Me Barre, Mommy/Daddy & Me Aquafit, Mommy & Me Fitness.

 Family Night: Sunday Night is Family Night – swim from 6 to 8pm and/or gymnasium from 6-7pm. Free for members; nonmembers \$3 per person.

Children & Youth

• Registered programs including skating lessons, swimming lessons, dance, sport, gymnastics, active play, and yoga for tots to teens.

IN & AROUND CALGARY

École St. Gerard

Hello 2016! We hope all of our families had a wonderful holiday season!

Important Dates for January:

- January 4: Regular Classes Resume
- January 22: No School (Professional Day)

• January 25-27: Alien In-Line Skating for kindergarten, grade 1 and 2.

Bienvenue!

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.

FEBRUARY 16 TO 21 THE WIZARD OF OZ

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



FEBRUARY

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

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



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

• February 1 to 29 - YYC Hot Chocolate Fest: Participating restaurants and cafes across Calgary

- each create a signature hot chocolate and try to win Calgarians' hearts — the hot chocolate with the most votes takes home the title of Calgary's Best Hot Chocolate. www.yychotchocolate.com
- February 3 Calgary Flames vs Carolina Hurricanes at the Saddledome 7:30 pm. 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
- February 12 Calgary Hitmen & Red Deer Rebels face
- off at 7:00 pm at the Saddledome. 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
- 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
- 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.artscommons.ca
- February 26 Calgary Hitmen vs Royals at the Saddledome 7:00 pm. www.hitmenhockey.com
- February 27 Calgary Flames & Ottawa Senators face off at 8:00 pm at the Saddledome.
- 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



- 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

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Family Physician Award

Do you have an outstanding family physician? Nominate today! Nominations close on **March 1st, 2016**

To nominate, visit www.albertahealthservices.ca/info/page4011.aspx Call Zunaira Ahmad at 403-955-9354 or email to Zunaira.Ahmad@ahs.ca



John Robertson A mus. B mus. Well known piano teacher with 25 years experience is accepting students at all levels. **Teaching in Eagle Ridge** beginning in January 2016 on Mondays and Tuesdays from 4 PM. **Phone 402-208-5528 E-mail: johnrobopus6@gmail.com**

18

20

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Calgary | 🌉

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

Watch for your assessment notice in the mail it contains important information including:

- Your assessed value
- Your access code to log into Assessment Search
- Dates to contact Assessment if you have questions.

Go to Assessment Search to:

- · View information about your assessment and other details
- Search for comparable properties
- Search for sales of similar properties in your area
- View other detailed assessment information.

Assessment Search - getting started

First-time users will need to complete a two-step registration process:

- 1. Create a City of Calgary personal myID account. Visit calgary.ca/myID 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:

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

2015-1053





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

7:00 pm, Wednesday, February 10, 2016 C.A. Smith Arts Centre, Strathcona-Tweedsmuir School

FREE ADMISSION Please RSVP at: sts.ab.ca/SpeakerSeries

MICHAEL HORN Bestselling author of Blended and Disrupting Class

Michael Horn is a leading authority on the future of education and blended learning; author of Blended and Disrupting Class; 14th on Newsweek's list of "Fifty Books for Our Times"; and a regular contributor to numerous publications including Forbes, The Washington Post, The Economist, The Huffington Post. and Education Week.

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ing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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HOME RENOVATIONS: We have over 35 years of experience in home renovations and additions that blend seamlessly with your existing home. We take care of projects from conception to completion. No deposits up front. Good honest work. References available. Adaptable projects limited. 403-651-3919. www.adaptableprojects.com.

WELL EXPERIENCED HOUSE CLEANER AVAIL-ABLE: Very thorough. Excellent references. I do weekly bi-weekly or monthly cleanings. I also specialize in post construction clean ups move in or move out cleanings as well. Please call Malou at 403-698-3958.

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

CURVES: New Year Special - three classes for free. Get strong and stay strong in 2016. All it takes is 30 minutes on the Curves Circuit. There is always a Curves Coach to help you with your form and push you to your personal best. Try three classes for free. Call 403-238-8400 for an appointment.

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

JUNK TO THE DUMP / ODD JOBS: Disposal of any household unwants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior Discount. Please call Sanil for your free estimate at 403-616-2758.

ELLA THE BARBER: For all customers, I moved to Braeside Barber Shop #106 1919 Southland Dr. SW. Phone: 403-259-3244. Working hours: Tuesday to Friday, 9am to 6pm and Saturday, 8am to 5pm.

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AMAZING CLEANING SERVICES: Tired of spending your time off and/or weekends cleaning? Meticulous, efficient and reliable cleaning gal available for your home cleaning needs. Weekly or bi-weekly. Excellent references. Please call 403-988-8418.

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PIANO TEACHER: Experienced professional New York City trained musician in Canyon Meadows studio for over 30 years. Dedicated in developing technical proficiency in keyboard skills, while instilling love of music in all students. RCM exam prep offered for all levels and ages. To be interviewed, please call Lori Greif 403-281-1460 or Email: lori.greif@shaw.ca.

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.

MASSAGE-U-WELL CLINIC: 10% off for massage and acupuncture in January. Registered massage therapists and acupuncturist. #12-523 Woodpark Blvd. S.W. Book online: www. massage-u-well.com Phone: 403-475-0368 **RENOVATION/DEVELOPMENT:** Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Phone: 403-251-9023 or Cell: 403-831-4645.

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PRIME LANDSCAPING: Providing top quality landscape maintenance and construction to south Calgary. Now booking snow removal for 2015-2016. Prices set as a flat monthly fee for unlimited visits. Contact us for free estimate, prices vary depending on project size and complexity. Call 403-333-1600 or e-mail info@ primelandscaping.ca. We are ready to get your job done.

WHAT IS YOUR CANYON MEADOWS HOME WORTH? FREE HOME EVALUATION: from Jerry Charlton, ReMax Realty Professionals. Stop wondering what your home is worth in today's real estate market. Thinking of selling, renewing the mortgage, updating home insurance? Know your home's value. Call or text Jerry Charlton at 403-831-0842 for your free report today. jerry@jerrycharlton.com www. CalgaryHomeBook.com.



OME GARDENING WITH BARBARA **DOYOU 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.

BUSINESS CLASSIFIEDS For Business Classified Ad Rates Call Great News Publishing at

403 263-3044 or sales@great-news.ca

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

CUSTOM KITCHEN & VANITY CABINETS: At big box store price, 10' x 10' L kitchen starting at \$6000, granite tops starting at \$2500. Free quotes, computerized drawings and professional consulting backed by 20 years of experience. Call Gavin at Room To Room Cabinets Inc. 403-630-3401.

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

INTERIOR PAINTING: Let us help you update your home with a fresh coat of paint. Dated fireplace bricks can be whitewashed to give your room a modern look. Antiquing furniture is also very popular and we can do that as well. Free estimates, references, colour consulting, quality work. We take pride in our work! Call Colleen at 403-830-3456 Unique Interiors.

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.

COUNCILLOR, WARD 13 DIANE COLLEY-URQUHART

Email: eaward13@calgary.ca Phone: 403.268.2290 Twitter / Instagram: BigRedYYC FB: Facebook.com/dianecu Website: CouncillorDiane.ca

Happy New Year to Ward 13!

With another year behind us, I truly hope you and yours enjoyed a wonderful and warm holiday season surrounded by family, friends and loved ones.

As many of you know, 2015 was a big year for Calgarians as we all adjusted to tough economic times and struggled with family members and neighbours losing employment. But I look forward to the new year as City Council has accelerated capital projects to kickstart the economy and invest in new jobs and opportunities for 2016.

Province of Alberta Closes Hwy 22X Dog Park

I, among several residents are very disappointed with the news about the Provincial closure of the Spruce Meadows temporary off-leash dog park, located just off of Hwy 22X.

Unfortunately, the decision for the closure was not mine, nor The City of Calgary's jurisdiction to make, as the area is within the Province of Alberta's Transportation Utility Corridor and is owned by The Province through the Alberta Infrastructure department.

The space is currently being leased by Spruce Meadows with the lease ending on December 31, 2015. The Province is not intending to renew the lease with Spruce Meadows in preparation for construction of the Southwest Calgary Ring Road. If you have further questions regarding this park closure, please contact The Province's Alberta Infrastructure Department toll-free at 310-0000.

Community Associaton President Spotlight: Cec Jahrig of Woodcreek

Cec Jahrig has been the Community Association President for Woodcreek over the past five terms. Cec has been a tireless volunteer since taking over the Presidency in 2010 and was also Vice President prior to that.

Cec not only is a Chartered Professional Accountant, but he is also retired from a background in real estate. When the Woodcreek Community Association was in need of a treasurer, Cec was interested in the role. As luck would



have it however, six other candidates had also put their names forward for the position. As a result, Cec decided instead to focus on volunteering on the fundraising side for Woodcreek and eventually ran for President.

Cec has seen the CA memberships soar during his time in office with a total of 2,401 members since 2010, and 1,100 of those members signed up just last year. He has built a great team of volunteers, and without their efforts, the Woodcreek Community Association wouldn't be as successful as it currently stands.

Other accomplishments which Cec has overseen in his tenure included improving community engagement by adding office space, expanding the current facilities to accommodate the community, repaying the Woodbine tennis courts, the building of pickle ball courts, the creation of a skate park, installation of basketball courts in both Woodbine and Woodlands and upgrading the flood lights. Cec is dedicated in recruiting volunteers to organize community and sporting events at the community hall. He is most proud of the support from the entire board and volunteers and has seen a substantial increase in community support throughout the years.

Cec, for all you do and have done for our City, I would like to express a heartfelt thank you on behalf of everyone you serve.





facebook.com/RichardGotfried4FishCreek • @yycfishcreek

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

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

Friday morning for a 10 am Coffee Break at the office 1215 Lake Sylvan Drive SE.

Please continue to raise the voice of warning and concern when you feel your government is not acting with the voice of reason. Each of us can do our part to support and lift one another and make 2016 a good year to remember. In closing a quote that is dear to me from my friend Manmeet Bhullar, "Dear God, make me more loving and compassionate, give more of myself in service, help me see the greatness imbedded in all and enjoy the moments."

Happy New Year.

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

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

Monday, January 11 – Job Research – Network, Resume **Building and Interview Skills**

Wednesday, January 13 - Resiliency - Building Your Ability to Cope

Friday, January 15 – Budget – How to Live On Less Monday, January 18 – Working With Your Creditors Wednesday, January 20 - Changing careers, Building a **Business or Contracting?** Friday, January 22 - Moving Forward - What Now?

Where - Holy Nativity Anglican Church,

12707 Bonaventure Drive SE

When - 8:30 am - 12:00 pm

How - Register by phone to 403-278-0001 or by email at holvnat@shaw.ca. Maximum 60



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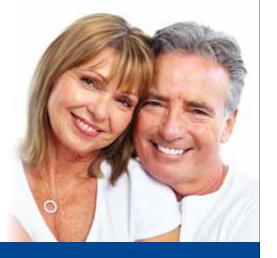
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CHANGES TO 14TH STREET & GLENMORE TRAIL WILL IMPACT YOU

Dear Neighbours,

The City of Calgary is trying to move forward quickly with the SW Transitway and Bus Rapid Transit (BRT) project. This includes the addition of two dedicated bus lanes on the west side of 14th Street from Rockyview Hospital to Southland Drive, the narrowing of lanes on 14th Street and Glenmore Trail, the development of transit terminals in our parks and the creation of bus loops on our neighbourhood streets without consulting us.

What does this mean to the residents and stakeholders of Canyon Meadows?

- Increased traffic from outside of the community;
- More difficulty getting into and out of the community;
- Pedestrian safety issues;
- Greatly increased travel time along 14th Street for all vehicles during and after the <u>FOUR</u> years of construction starting in Spring 2016;
- Project cost in excess of 40 million of our tax dollars before the effects of the SW Ringroad and the four-car Light Rail Transit (LRT) are evaluated.

Who we are:

ready to engage! is a group of concerned citizens representing more than 12 SW Calgary communities who have joined together to give residents and other stakeholders a voice on The City's *SW Transitway and Bus Rapid Transit (BRT)* project

We are asking that:

- 1. this project be put on hold;
- 2. all project reports and source documents be disclosed;
- 3. meaningful public consultation be completed with all stakeholders affected;
- 4. a viable and workable proposal be created to address our concerns and benefit SW Calgary as a whole.

JOIN US AT THE JANUARY 21st INFORMATION FORUM

Thursday, January 21, 2015 7:00-8:30pm

Calgary Jewish Community Centre Auditorium - 1607 90 Avenue SW

Please visit our website at $\underline{www.readytoengage.ca}$ to sign the petition, get informed and stay updated.





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