

JANUARY 2017

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HORN

THE OFFICIAL HAYSBORO COMMUNITY NEWSLETTER



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Hi, I'm Doctor Doig. After 20 years of practice, Dr. Choresel and I have opened Doig Optometry in the Heritage Professional Centre. Our new Optometry Clinic is located in Suite 102, 8180 MacLeod Trail, and you can find us on the internet at [www.doigoptometry.com](http://www.doigoptometry.com)

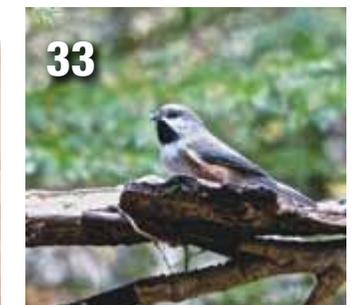


January **2017**



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## HAYSBORO COMMUNITY ASSOCIATION

1204 89 Ave SW  
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*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Haysboro Community Association and Great News Publishing.*

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

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

## IMPORTANT NUMBERS

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

## PRESIDENT'S REPORT

As the festive season approaches quickly, I wanted to take a moment to wish everyone a safe and happy holidays. Christmas is a time of giving and joy and we are blessed that our board strives give and help all year long.

With that in mind a recap of the month of November has the Christmas theme in full force.

The Seniors Resource Group celebrated Christmas with its annual luncheon on November 24. I was fortunate enough to attend this event and it was nothing short of a great success. The food, entertainment, and ambience were fantastic. Special thanks to the Karate group who helped with set up and to the volunteers that helped with take down.

The park also had a significant event this past month celebrating its first birthday on November 18. There was a great turn out with hot chocolate, tea, and a birthday cake for all. The turn out and success to this is a testament of the hard work Sonja and the Sports and Recreation committee have put in over the years. Their hard work also has been a large factor in the progress and inception of our fire pit.

Over this past weekend the city of Calgary was part of a rollercoaster Grey Cup, which had our Stampeders falling just short to the Ottawa Red Blacks. A heart-breaking way to finish a strong season. A few people were able to watch this game in a Grey Cup party that the hall hosted. It was yet another great way to showcase our recently upgraded lounge area.

Another project that our Superwoman, Fiona, is working on is creating a community youth group. For more details or what you can do to help be sure to check with Fiona.

Last but not least the launch of our Advent Christmas boxes for the food bank happened this month. 25 boxes were given out. For those who are interested there are still a few boxes remaining. This is a great cause and a good way to give something back to those less fortunate over the holidays.

For the month of December we have some really fantastic things happening.

On December 4 we have our Haysboro Winter Market. This is a home business and vendor craft sale which includes an array of fantastic and unique things to check out, from baked good to toys and everything in between. Be sure to come check this wonderful event out.

Staying in the Christmas theme on Wednesday December 14 we have our board members Christmas party. This event will take place at The Ranchmans from 7pm-9pm. It will include one free drink for each board member. Appetizers and finger food will also be included. This is a great way for our board members to bond in less formal atmosphere. Hope to see you all there.

And to wrap up our December events a Christmas Carolling event will take place on Thursday December 15 from 6:30-8:30. What better way to get into the Christmas spirit than to sign some carols.

For a list of volunteering opportunities please check our website. We are still looking for people to fill some roles and chair some committees. If you or anyone you know may be interested please let us know.

Thank you to each and every one of you for your work and dedication, without you all none of these great events would be possible.

I hope you all have a Merry Christmas and a wonderful month of December.

Michael

**Active Learning**  
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**Open House January 15**

French Immersion Preschool  
 (some Transportation provided)

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 & Lake Bonavista Schools

**403.473.0600 | [www.activelearningprograms.ca](http://www.activelearningprograms.ca)**  
**2 - 430 Acadia Dr. SE, Calgary, AB**

**OUR MISSION STATEMENT:** The Haysboro Community Association, as a volunteer organization, is dedicated to enhance the quality of life of the community through the engagement of residents in community planning and development, social and recreational programs, all the while fostering a safe and vibrant environment.

**OUR VISION STATEMENT:** Established, safe and vibrant community with residents engaged in responsible development, social and recreational programs, all the while fostering friendly neighborhood connections.

## BOARD EXECUTIVES

|                |                   |                             |              |
|----------------|-------------------|-----------------------------|--------------|
| President      | Michael Akbar     | president@haysboro.org      | 403-560-2804 |
| Vice-President | Kourtney Branagan | vicepresident@haysboro.org  | 403-816-2224 |
| Treasurer      | Miriam Mitchell   | treasurer@haysboro.org      | 403-259-5145 |
| Secretary      | Alexa Briggs      | boardsecretary@haysboro.org |              |
| Past President | Maxine Morrison   | pastpresident@haysboro.org  | 403-615-9443 |

## BOARD OF DIRECTORS

|                        |                 |                             |  |
|------------------------|-----------------|-----------------------------|--|
| Facility & Maintenance | Adrian Fahrni   | facilities@haysboro.org     |  |
| Horn Editor            | Brent Nichols   | editor@haysboro.org         |  |
| Casino                 | Julie O'Brien   | casino@haysboro.org         |  |
| Sports & Rec           | Sonja Sahlen    | play@haysboro.org           |  |
| Civic Affairs          | Maciej Kijak    | civicaffairs@haysboro.org   |  |
| Fund Raising           | VACANT          | fundraising@haysboro.org    |  |
| Programs & Events      | Saadia Stainsby | events@haysboro.org         |  |
| Communications         | Garry Swanson   | communications@haysboro.org |  |
| Volunteer              | VACANT          | volunteer@haysboro.org      |  |
| Senior Resources Group | Dorothy Block   | srgroup@haysboro.org        |  |
| Director-at-large      | Stephen Snell   | stephens@haysboro.org       |  |
| Director-at-large      | Dean Wallbank   | deanw@haysboro.org          |  |
| Director-at-large      | Marisol Narvaez | marisoln@haysboro.org       |  |
| Director-at-large      | Justin Barrett  | justinb@haysboro.org        |  |
| Director-at-large      | Lauren Gilbert  | laureng@haysboro.org        |  |
| Director-at-large      | Gary Williamson | garyw@haysboro.org          |  |

## COMMUNITY CONTACTS

|                                       |                       |                                 |                    |
|---------------------------------------|-----------------------|---------------------------------|--------------------|
| HCA Administration and Hall Rentals   | Fiona Swanson         | info@haysboro.org               | 403-253-1563       |
| 50 Plus Club                          | Hope Raymond          |                                 | 403-255-5757       |
| Haysboro Preschool                    | Cinnamon Burrell      | Preschool@Haysboro.org          | Hall: 403-253-1563 |
| MLA – Glenmore                        | Anam Kazim            | Calgary.Glenmore@assembly.ab.ca | 403-216-5421       |
| Councillor -Ward 11                   | Brian Pincott         | info@ward11calgary.ca           | 403-268-2430       |
| Police Liaison- District 6            | Constable H. Robinson | pol4196@calgarypolice.ca        | 403-428-6600       |
| Southwest Communities Resource Centre |                       |                                 | 403-238-9222       |
| Southland Youth Justice               | Kathy Hutchings       | calgaryyouthjustice.com         | 403-244-8201       |
| Business Advertising                  | Great News Publishing | sales@great-news.ca             | 403-720-0762       |



# Haysboro Horn DEADLINE

Article submissions to [editor@haysboro.org](mailto:editor@haysboro.org) or [info@haysboro.org](mailto:info@haysboro.org) before the 1<sup>st</sup> of each month

The Haysboro Horn is the monthly newsletter of the Haysboro Community Association and is distributed free of charge to all community residents and businesses 12 times per year. Community Classified announcements can be submitted free of charge, with paid community membership, to [info@haysboro.org](mailto:info@haysboro.org) or by calling 403-253-1563.

Display advertising and Business Classified advertising inquiries should be directed to the newsletter publisher, Great News Publishing.

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# HAYSBORO HALL HAPPENINGS

By Fiona

Petra said I should write about New Year's Resolutions for the January Horn, but that is like writing about failure. I never succeed at them! Maybe I should choose something more realistic, like being more patient, loving, kind, and those other positive attributes I already, we, already possess. Often times we look at what we consider to be a negative trait and try to improve upon it, usually related to our body and self image.

In 2017 my only resolution will to be less frustrated with myself. For the past 8 years I have lived with Young Onset Parkinson's Disease – My frustration lies in the things I cannot do so easily anymore and the things I would like to, but know the exertion would aggravate things. I cannot pretend I don't have a tremor, or have slow moments, or such fidgety moments that I can hear my Mom saying 'For goodness sake sit still!'

It is a blessing to be able to work at a job I love, live in a terrific community, have wonderful friends and acquaintances, and a husband with all of those positive attributes I alluded to before. I don't share this for pity or sympathy, but because I hope that whatever you are dealing with, whatever 2017 brings with it, you can look beyond the frustrating moments of cranky kids, aging parents, lost love, job uncertainty and see all the positive moments that exist amidst them. Blessings for 2017.



**Cribbage Tournament**  
Sunday, January 29 from 1-3 at the Hall

## Haysboro Churches

**Heritage Drive Chapel** 935 Heritage Dr SW  
Church of Jesus Christ of Latter-Day Saints

**Hope for Life Christian Fellowship** 403-255-6110  
Interdenominational, St. Gerard's School, 96th Ave SW  
www.hflchurch.ca Non-denominational

**Lighthouse Church** Interdenominational 403-640-2099  
O-9827 Horton Road SE  
www.calgarylighthouse.com

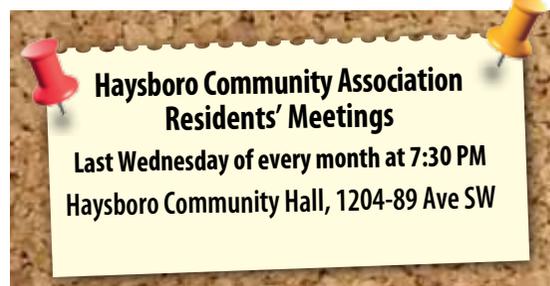
**St. Andrew's Presbyterian Church** 403-255-0001  
703 Heritage Dr SW  
www.standrewscalgary.ca

**Springs Church** 403-473-3400  
924 Heritage Drive SW

**St. Gerard's Church** Catholic 403-253-2251  
8944 Elbow Dr SW  
http://stgerards.ca

## Haysboro Schools

|                                       |              |
|---------------------------------------|--------------|
| Haysboro Elementary                   | 403-777-8530 |
| Woodman Junior High                   | 403-777-7490 |
| Henry Wise Wood Senior High           | 403-253-2261 |
| Haysboro Community Preschool          | 403-253-6524 |
| Calgary Early Learning Centre         | 403-255-4288 |
| Bishop Grandin Senior High            | 403-252-7541 |
| St. Gerard Elementary                 | 403-500-2028 |
| Akiva Academy (ECS - Gr. 6)           | 403-258-1312 |
| St. Augustine Fine Arts School (K-9)  | 403-500-2022 |
| Notre-Dame-de-la-Paix (S)(FR) K-6     | 403-271-5544 |
| École de la Source (FR) K-9           | 403-255-6724 |
| Ste-Marguerite-Bourgeoys (S)(FR) 7-12 | 403-240-2007 |
| École de la Rose sauvage (FR) 10-12   | 403-230-3112 |
| Trinity Christian School              | 403-254-6682 |
| Eugene Coste School (S) K-3           | 403-777-8511 |



**Haysboro Community Association Residents' Meetings**  
Last Wednesday of every month at 7:30 PM  
Haysboro Community Hall, 1204-89 Ave SW

## HAYSBORO PLANNING COMMITTEE UPDATE

By Sonja Sahlen, Director Sports and Recreation

In the fall of 2016 the Haysboro Community Association (HCA) identified the need for a comprehensive plan that could address the existing and forthcoming issues associated with land use and development in our neighbourhood. As part of a partnership between the Federation of Calgary Communities (FCC) and The Faculty of Environmental Design (EVDS) at the University of Calgary, the HCA was selected as the final project for the Master of Planning students at EVDS. Students will focus on current urban development issues and produce a final report that addresses the most pressing issues and provides potential strategies for future development in the neighbourhood. Students from EVDS will work together with the HCA to develop a study that could become the foundation for a future land use and development plan. The Haysboro Neighbourhood Study will begin in January 2017 and will end four months later at the end of April. The project will include a comprehensive public engagement project aimed at providing opportunities for input and feedback from the community at large.

Please stay tuned for more details regarding dates and locations in future editions of the Horn and member newsletters. Your involvement and participation in this project is key to its success.



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## UPCOMING EVENTS



Haysboro let's get together! 2016-17 Schedule of Events

Here are some ideas for some great events – YOU MIGHT HAVE MORE – Hopefully there is at least one you would like to attend!

Hopefully there is at least one you would like to volunteer at!

Hopefully there is one you would like to organize!

E-mail info@haysboro.org or call 403-253-1563 or sign up at Haysboro.org

|                       |   |
|-----------------------|---|
| Saturday, January 7th | Skating Party<br>Advent Food Box Return |
| Sunday, January 29th  | Cribbage Tournament                     |
| Sunday, February 5    | Super Bowl Party                        |
| February 25th         | Pub Night                               |
| March ?               |   |
| April – (Easter – 16) | Easter Egg Hunt                         |
| May                   | Community Clean-Up                      |
| June 25th             | LDOP/CAN<br>150/NEIGHBOUR DAY           |
| July/August           | Popsicles in the Park                   |
| September             | Membership Drive & Party                |

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Please join me in remembering a great icon of the entertainment community....the Pillsbury Doughboy died yesterday of a yeast infection and major trauma from repeated pokes in the belly. He was 71. Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch. The grave site was piled high with flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Born and bread in Minnesota, Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he still was a crusty old man and was considered a positive roll model for millions.

Doughboy is survived by his wife, Play Dough, and three children: John Dough, Jane Dough and Dosie Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart. The funeral was held at 350 for about 20 minutes.

## Volunteers Needed

We're looking for volunteers for several upcoming events, including the skate party on January 7 and the cribbage tournament on January 29. There is also an opening for a new Horn editor.

Visit [Haysboro.org](http://Haysboro.org) or call 235-1563 to sign up.



## HAYSBORO SENIOR RESOURCES GROUP



The Haysboro Senior Resources Group meets on the fourth Thursday of the month (except July, August & December) from 1:30-3:30 p.m. at the Haysboro Community Centre, 1204-89 Avenue S.W. Seniors of all ages are welcome to attend. Each month we have a different program followed by refreshments and time for socializing.

On November 24th we enjoyed the annual turkey dinner which is one of the highlights of the year and is always well attended. We have many people to thank for helping to make this event a success: The Karate Club members who set up tables and chairs, Pastor Frank and the other volunteers from the Lighthouse Church for serving the meal and leading a singalong afterwards, Fiona & Petra for decorating the hall, Alexia & Petra for helping in the kitchen and with serving, Hal and Jack for picking up the food, Michael for helping to put tables away and to those who donated door prizes. All of this is such a great help to the members of the executive who do the planning and carrying out of the dinner. It really is a team effort. And my apologies to anyone I may have missed. We thank you ALL!

Other recent events were the Bake Sale on Dec.4th, and the showing of the movie Elf on Dec.8th. There will be more details on how these went in the next issue.

The next meeting takes place on January 26th. There will be a speaker from the Calgary Seniors Resource Society presenting a program called Take Care Be Aware - information about fraud prevention & financial abuse. This is a big problem which continues to grow so any information that we can get is a good thing. Please plan to attend.

We hope that everyone enjoyed the holiday season and that 2017 will be a good year for all of us.



Have a book you would like to recommend?

The more books you recommend, the more personalized this list becomes.

Email us at [news@great-news.ca](mailto:news@great-news.ca)

### ADULT FICTION

*The Wrong Side of Goodbye*, Michael Connelly

*His Bloody Project*, Graeme Macrae Burnet

*The Whistler*, John Grisham

*The Sleeping Beauty Killer*, Mary Higgins Clark

*A Great Reckoning*, Louise Penny

*The Witches of New York* by Ami McKay

*Hag-Seed* by Margaret Atwood

*The Obsession*, Nora Roberts

### NON FICTION

*A Life in Parts*, Bryan Cranston

*Hungry Heart: Adventures in Life, Love, and Writing*, Jennifer Weiner

*The Tumor*, John Grisham

*Lab Girl*, Hope Jahren

*Disrupted: My Misadventure in the Start-Up Bubble*, Dan Lyons

*The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, Marie Kondo

### CHILDREN'S & YOUNG ADULT

*Double Down (Diary of a Wimpy Kid, #11)*, Jeff Kinney

*The Bronze Key (Magisterium, #3)*, Holly Black

*Hotel Bruce*, Ryan T. Higgins

*The Secret Horses of Briar Hill*, Megan Shepherd

*Impyrium*, Henry H. Neff

*Harry Potter and the Cursed Child - Parts One and Two*, J.K. Rowling

*Divergent*, Veronica Roth

## Women's English and Social Group

Meet your neighbours and practice English! The New Friends and Neighbourhood Group program is a safe and fun environment for immigrant women to improve their English and meet new women in the community.

- Free registration, join anytime
- Once a week for 2 hours
- Learn about community resources
- Make new friends
- No minimum English requirements
- Free childcare provided (6 months - 6 years)
- Learn new things and have fun!

For more information or other locations throughout the city please contact:

Debra Colley, Program Coordinator

New Friends and Neighbourhood Groups

Calgary Immigrant Women's Association

Phone: 403-444-1752, mail: [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com)

Visit our website: [www.ciwa-online.com](http://www.ciwa-online.com)



| Name    | Age | Contact      | Course |
|---------|-----|--------------|--------|
| Asha    | 13  | 403-629-2200 | Yes    |
| Ryan    | 14  | 403-252-6104 | Yes    |
| Ashley  | 15  | 403-560-9378 | Yes    |
| Katrina | 15  | 403-919-3138 | Yes    |
| Maya    | 15  | 403-253-9390 | Yes    |
| Danika  | 16  | 403-640-4331 | Yes    |
| Emma    | 16  | 403-369-7656 | Yes    |
| Nicole  | 16  | 403-850-8460 | No     |
| Jakarta | 19  | 403-808-8503 | No     |
| Emilie  | 23  | 587-581-5707 | Yes    |
| Marlene | 65  | 403-454-2413 | Yes    |

#### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

#### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).

# PROGRAMS at Haysboro Community Centre

For Haysboro Program Registration please contact the Hall  
Monday to Friday 10:30-5:30. Phone: 403-253-1563. E-mail: [info@haysboro.org](mailto:info@haysboro.org)

New members are welcome to join our programs at any time if space is available. Programs may be cancelled due to insufficient registration. GST will be added to programs unless noted otherwise. There is no refund after the program starts or if materials are already ordered. Fee will be pro-rated when applicable.



## Drop –In Tot Time

On-going  
Monday to 9-11am (except school holidays)  
Come visit with other parents as our kids play with the room of toys! Please bring your own nut-free snacks and drinks. Members \$1, non-members \$2, coffee and tea \$1  
Contact Kourtney – [kourtneyb@shaw.ca](mailto:kourtneyb@shaw.ca)

## Haysboro Preschool with Allison and Kerry

Haysboro Preschool is a parent-run program for three and four years olds. Guided by University trained, experienced teachers in an open environment, children choose from a variety of learning centres, circle time, stories and outdoor play with a maximum of 12 children per class. For further information or to view the classroom, please call 403-253-1563 or view online at [www.haysboro.org](http://www.haysboro.org).

## Tai Chi

8 week session  
Tues/Fri 9:15 am - 10:15 am  
Tai Chi is a series of slow, flowing movements. The short form being offered is easily learned and performed by anyone regardless of age or physical condition. Tai Chi gently stretches and tones the whole body, relaxes and calms the mind. Call Betty at 403-259-4635.

2x/week - \$65 for members \$75 for non-members  
1x/week - \$35 for members \$45 for non-members  
10x punch card - \$70 for members \$80 for non-members

## Senior Resources Group

Fourth Thursday of the month 1:30-3:30 – Entertainment, Talks, Trips for Seniors

## Rhyme and Reason

Interactive program for 0-2 year olds and their caregiver  
[www.rhymeandreason.ca](http://www.rhymeandreason.ca)  
\$90.00 per family, \$60.00 for Haysboro members!  
Starting January

## Kmotion Dance

January 12- March 3rd  
[Haysboro.org](http://Haysboro.org) to register

## NON-HCA RUN PROGRAMS – PLEASE REGISTER

### Prapti Yoga

Classes are offered Monday and Wednesday Evenings and Sunday Afternoons. Once a month workshops on Friday evenings. Mondays are registered classes, Wednesdays are drop in classes and Sunday afternoons are registered classes perfect for beginners or those with physical limitations.

All classes develop strength and flexibility and are taught with playfulness, humour and compassion. Call Kathy Dodd at 403-869-5323 or visit [www.praptiyoga.com](http://www.praptiyoga.com) for more information and registrations.

### South Calgary Ladies Bridge

Fridays 12:00- 3:00

### 50 Plus Bridge

Wednesdays 12-3  
Call Lois for more info 403-278-6978

### The Casey Academy of Irish Dance Beginner Irish Dance classes

Taught by former “Riverdancers” Cara Casey and Mark O’Loughlin. Saturday mornings at Haysboro Community Centre 11:00-11:45 a.m. For ages 5-9  
Call #403-520-0059 for more info.  
[www.caseyacademy.com](http://www.caseyacademy.com)

### Kanto Sho Karate Club

We teach traditional Karate to anyone ages 5 and up. Classes run year round; start anytime. Check our website for information. Monday/Wednesday/Friday  
Children ages 4-6: Mondays 5:30-6:15  
Beginner: Monday - 6:15 – 7:15 p.m  
Advanced - 7:15-8:15  
Beginner: Wednesday 6:00 – 7:00 p.m.  
Advanced: Wednesday 7:00 – 8:00 p.m.  
Women’s Only; Fridays 6:00-7:00pm  
Advanced: Friday 5:00 –6:00 p.m  
Glen Smith, 403-681-8833, [kantosh@telus.net](mailto:kantosh@telus.net),  
[www.renbukaikarate.com](http://www.renbukaikarate.com)

### Integrated Wellness

One hour stretch and conditioning class, incorporate into existing regime or on its own, this class is for everyone. Introductory workshops for new students.

Rhonda Bleau, 403-681-3439, [info@wellnesswithrhonda.com](mailto:info@wellnesswithrhonda.com) / [www.wellnesswithrhonda.com](http://www.wellnesswithrhonda.com)  
Tuesdays 7:00-8:00 PM  
Wednesdays 11:00-12:00 PM  
Thursdays 6:15-7:15 PM  
Saturdays 8:30-9:30 AM or 9:40-10:40 AM

### Dawn Ross: Bit By Bit Bodyworks presents: Customized Movement & Yoga

Tuesdays: Jan 10 - Mar 21, 2017  
6:15 - 7:30pm Early Session  
7:45pm - 9:00pm Late Session  
10 weeks / \$222.00  
\*no class Feb 7

Thursdays: Jan 12 - Mar 23, 2017  
7:45 - 9:00pm  
10 weeks / \$222.00  
\*no class Feb 9

### Therapeutic Yoga For Walking & Running

Tuesdays: Jan 10 - Mar 21, 2017  
2:00 - 3:15pm  
10 weeks / \$130.00  
\*no class Feb 7  
For more info and to register: [info@bitbybitbodyworks.com](mailto:info@bitbybitbodyworks.com)

### Music Classes @ Haysboro Community

Fun With Music (Ages 3-5)  
Jan 18-Mar 8  
Wednesday 2:30-3:15  
\$154 - includes registration and material  
A fun interactive music class that lets children explore music.  
• learn to sing and play a variety of songs  
• discover the excitement of music appreciation through storytelling  
• create and perform on percussion instruments  
• Enhance rhythm through movement and a solid theory foundation  
• Discover a new musical concept everyday  
• Introduction to keyboard geography and playing simple songs

## Let’s Play 1 (Ages 6-9)

Jan 18-May 3  
Wednesday 3:45-4:30pm  
Ages 6-9  
\$320- includes registration and materials  
In this 16 week session students will learn  
• How to read notes and play the keyboard  
• Play together in a group  
• Theory and rhythm training  
• Ear training and music appreciation  
• Use technology as a tool for effectively music making

For registration or inquiries contact: (403) 836 - 4866 or  
[info@cadenzamusicstudio.ca](mailto:info@cadenzamusicstudio.ca)  
[www.cadenzamusicstudio.ca](http://www.cadenzamusicstudio.ca)

## Haysboro Community Day

Saturday January 7<sup>th</sup>

### Kinsmen Bottle Drive



10:00-2:00

Leave out for pick up or drop off @ hall  
Proceeds to HCA



### Skating Party

1:00-3:00 pm

Concession & fire pit

### Haysboro Holiday Hamper return

2-4 pm

[Haysboro.org](http://Haysboro.org) 1204 89<sup>th</sup> Ave SW



# SUPERBOWL PARTY

Superbowl Sunday is February 5, and Haysboro will be celebrating with Superbowl in the Lounge, brought to you by Southwood Automotive.



## PROGRAMS WEEKLY SCHEDULE

|                  |  |   |
|------------------|--|---|
| <b>Sunday</b>    | Casey Academy<br>Prapti Yoga   | 10:00-2:00pm<br>2:30-3:30pm   |
| <b>Monday</b>    | Drop-in TotTime<br>Karate  | 9:15-11:15am<br>6:00-8:00pm   |
| <b>Tuesday</b>   | Tai Chi<br>Dawn Ross Yoga<br>Kids Dance<br>Therapeutic Yoga for Walking & Running<br>Customized Movement & Yoga        | 9:15-10:15<br>2:00-3:25 pm<br>2:00-3:30pm<br>2:00-3:15<br>6:15-7:30<br>7:45-9:00                    |
| <b>Wednesday</b> | Callanetics<br>AllStar Enviro Safety<br>Rhyme & Reason<br>50+ Bridge<br>Fun With Music<br>Let's Play<br>Karate<br>Yoga | 7:00-8:30pm<br>8:00-5:00pm<br>9:30-10:30am<br>12:30-3:00pm<br>2:30-3:15<br>3:45-4:30<br>6:00-8:00pm |
| <b>Thursday</b>  | Prapti Yoga<br>4 <sup>th</sup> Thursday of the Month<br>Senior Resources<br>Callanetics                                | 9:30-10:30am<br>1:30-3:30pm<br>7:00-8:30pm  |
| <b>Friday</b>    | Tai Chi<br>South Calgary Ladies Bridge<br>Karate   | 9:15-10:15<br>12:00-3:00pm<br>6:00-7:00pm   |
| <b>Saturday</b>  | Callanetics 2 Sessions<br>Casey Academy  | 8:30-10:30am<br>11:30-12:15pm   |



## Learning Opportunities Ahead

### Talking About Dementia with Dr. David Hogan

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

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

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

Delta Calgary South (135 Southland Drive SE)

### Register today

Visit [www.alzheimercalgary.ca](http://www.alzheimercalgary.ca)

Call (403) 290-0110

Email [info@alzheimercalgary.ca](mailto:info@alzheimercalgary.ca)

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**HAYSBORO Preschool**

**2017-18 School Year Registration**  
**Saturday, March 4<sup>th</sup>, 2017**  
**9:00am – 10:00 am**

Haysboro Community Hall  
 1204-89<sup>th</sup> Avenue SW  
 403-253-1563  
 haysboro.org  
 preschool@haysboro.org

Tues/Thursday 3-year-old AM PM  
 Monday/Wednesday  
 4-year-old PM or  
 Monday/Wednesday/Friday  
 4-year-old AM

Haysboro COMMUNITY ASSOC.



# A Paint Nite to Remember

The Haysboro School Parent Association would like to invite adult residents of Haysboro to participate in our January Paint Nite Fundraiser.

**Where:** Haysboro Community Hall, 1204 89 Ave SW  
**When:** Friday January 20th 7pm-9pm painting – stick around to socialize afterwards  
**Tickets:** \$45 per person (must be 18+)

At Paint Nite, a local artist will assist and inspire us – all while we socialize and build community for a great cause (\$5 wine and beer). We'll end up creating fond memories and a painted masterpiece. No art experience needed!

There will be a 50/50 raffle as well – tickets \$5 each.

Register now at <https://www.paintnite.com/events/1130291.html>

Tickets would make GREAT gift ideas for your friends and family this holiday season. Please contact Lisa Demers ([abbabooks@shaw.ca](mailto:abbabooks@shaw.ca) 403-370-2193) for questions/details.



**The best dance fitness class you have ever been to**

Come give it a try on

**Thursday, January 19th**  
**6:00-6:50 pm**

Haysboro Community Hall  
 1204-89th Ave SW  
 Info@haysboro.org



## KANTO SHO KARATE

403-681-8833 | [www.renbukaikarate.com](http://www.renbukaikarate.com)

40 years of experience. We provide training that develops self-control and character.

The Dojo is safe and fun for all ages.

The Dojo and all of our Black Belt instructors are registered in Japan.

Haysboro Community Centre

**REGISTER NOW FOR NEW YEAR CLASSES**

**DISCIPLINE | FOCUS | SELF-ESTEEM | FITNESS**



**CHECK OUT OUR NEW CLASSES AT THE DOJO!**

**Children's Class (4-6 year olds)**  
 Mondays 5:30pm - 6:15pm

**Women's Class with Self-Defense specifics**  
 Fridays 6:00pm - 7:00pm

*Drop in and try a class free*

## OPEN HOUSE JAN 25, 5:30 - 7:30pm

**REGISTRATION 6:30-8:00 pm**  
**JAN 31, Alumni & KCA Members**  
**Feb 1, General Public**

Let's connect at the Kingsland Community Preschool

REGGIO INSPIRED

PLAY BASED

3 & 4 YR OLD PROGRAMS



**KINGSLAND**  
 Community Preschool

**403.258.1308**

[www.KingslandCommunityPreschool.com](http://www.KingslandCommunityPreschool.com)



*Happy New Year 2017*

*A "Toast" To Your Magnificent Health, Happiness & Abundant Prosperity for 2017 and the future.*



*Haysboro's Resident Realtor for 17 years, with over 110 Homes Sold in this community.*

**Francesca Serafini**  
Direct: 403-703-8685  
serafini@telus.net  
[www.francescaserafini.com](http://www.francescaserafini.com)



## South West Communities Resource Centre

Located in the Professional Wing of the Oakridge Co-Op Mall

#42 2580 Southland Drive SW, T2V 4J8

Phone: 403-238-9222 • Email: [info@swcrc.ca](mailto:info@swcrc.ca) • [www.swcrc.ca](http://www.swcrc.ca)



The SouthWest Communities Resource Centre (SWCRC) is a thriving and vital non-profit community resource centre serving families in south west Calgary since 2003. Located in the Oakridge Coop Plaza, the SWCRC focuses on positive ways to raise children, help people build healthy relationships, manage stress, obtain information and resources, and respond to the emerging needs of all members of our communities.

In 2017 the SWCRC, along with our partnering agencies will be offering **new programs and services** and would be pleased to tell you more about the following:

- Family Literacy Program – For immigrants with children 3 – 5 (helps children prepare for school)
- Living Life to the Fullest – For people coping with anxiety, stress and life's challenges (8 sessions)
- Becoming a Canadian Citizen: Understanding new rules and regulations.
- Permanent Resident Card Renewal
- Parent Talk – Learn more parenting strategies on Thursday mornings.
- Free Computer Classes (4 sessions)
- Employment Workshops for Youth (3 sessions) for age 15 – 24
- Chat N'Play - an informal social time on Monday afternoons for parents and young children.

Contact our office at 403 238-9222 or email [info@swcrc.ca](mailto:info@swcrc.ca) for more information on dates and how to register.

Let the SouthWest Communities Resource Centre be your support and help you and your family take steps in 2017 for a happier, healthier, and more meaningful life.



## Get Your Total Body Transformation!



BEFORE

12 WEEKS AFTER

COOLSCULPTING

### Rapid Weight Loss Program

*Calgary's only Medically Supervised hCG Program includes:*

- Weekly visits, hCG & 6 weeks maintenance!
- Metabolic Testing & Fat Burning Injections
- Medical history review & lab testing

*Benefits of our Clean Start hCG program:*

- An average weight loss from ½ lb to 1 lb per day
- No loss of muscle or structural fat
- Lose the weight and keep it off!

### Targeted Fat Elimination

*Do you have stubborn pockets of fat?*

- Eliminates love handles, muffin tops, and bra fat!
- Only clinic in Calgary with both COOLSCULPTING and Vanquish/Exilis targeted fat removal!

### Skin & Body Tightening

*Loose skin on your face or body?*

- Exilis tightens loose skin on face, arms, abdomen

**Save up to \$1,000!**



A305, 1600 - 90th Ave SW  
(3rd floor Glenmore Landing)

For more info or to book a **free consultation**  
\*Expires Aug 31 2016

**Call 403-452-5699 Today!**

[www.GlenmoreHealthcare.com](http://www.GlenmoreHealthcare.com)

**Saks music** <sup>25</sup>  
Years

**New Year Resolution # 1**

**Start Music Lessons Now!**

- Friendly atmosphere*
- Caring, professional teachers*
- Lessons in all styles*
- Most instruments including voice*
- Beginner to advanced*
- Just for fun or conservatory prep*
- Convenient times day or evening*

Mention you saw this ad and enter our draw to win a \$150 gift certificate!

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**403.251.2443**

#21, 11440 Braeside Drive SW Brae Centre Mall

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**(403) 710-3712  
www.mclawslaw.ca**



# Haysboro Playgrounds

Thanks to everyone who joined us to celebrate the 1st Birthday of the Haysboro Community Park on November 18th. Our playground committee has secured the necessary funds and is working on finalizing Phase 2 which will be constructed early Summer 2017. A few issues were addressed this fall – a rubberized pour-in-play product was added around both hill slides and modifications were made to the rope bridge. The erosion around the slides was quite severe due to the steep slopes and high foot traffic, the grass didn't stand a chance and the dirt was coming loose and contaminating the pea gravel fall surface below. This is a fast slide; with the speed that users exit off the bottom, a proper fall surface that isn't gummed up with mud is definitely important! City Parks periodically checks on the pea gravel at the bottom of the large slide particularly – if you notice that a significant amount has been moved from the area and needs to be shovelled back to cushion our landings, please help out and make a call to 311.

Results from a survey by Vivo for Healthier Generation and MRU show an 83% increase in the users at our park! It seems to us that the park is being used more and by more people so great to see the data support that. It would be wonderful to see some of our other parks revitalized as well. We are looking for residents who are interested in joining our playground committee to work on the Hillgrove Cres Playground Project as well as both playgrounds on Haddon Rd. We have an opportunity to apply for grants again in the 2nd half of 2017. It would be great to collect data on how those parks are currently being used. If you live close by one of these parks and are interested in seeing it improved, we would love to talk to you! Our fabulous self-professed data geek Meg has come up with a simple data gathering tool that would give us proper 'before' stats - very helpful when writing grants. Contact play@haysboro.org if you're interested in joining the fun!

## IN & AROUND SCHOOLS

### Haysboro School

Happy New Year from Haysboro School!

It has been a great fall term at Haysboro School with lots of activity both inside and outside the classroom. All 176 students, from Kindergarten to Grade 6, were involved in the harvesting of the produce grown in the Dreamcatcher Garden over the summer, and had the opportunity to see and taste the fruits of their labour! Chef Katelin Bland has continued the legacy of Chef Sobol in working with the children to make the link between garden and table.

In addition to their studies, Haysboro students have been fortunate to have had opportunities to enrich their learning through specialists in the arts, literacy, and outdoor education. There was even an unusual structure in the schoolyard in early December that our friends in the neighbourhood may have noticed- the Yurt! The Yurt's appearance was a special treat for students who got to take their learning outside, even in the winter!

December was a very busy month at the school with the winter concert, caroling club, Hitmen game and sing-along, and the annual school participation in the Mayor's Food Drive. Thank you, everyone, who brought donations!

### St. Augustine School

Last month, the season of Advent was observed in many wonderful ways at St. Augustine Fine Arts School. Advent is a time of expectant waiting and celebration of the nativity of Christ at Christmas. Students celebrated this important occasion by lighting the candles of the Advent wreath, during each week of the Advent season. In taking part in this very important tradition, students were given the chance to reflect and focus on the important virtues that are represented by each candle and that Jesus brings with his coming: Hope, Love, Joy and Peace. St. Augustine students further celebrated the month of December by showcasing their annual Advent production entitled, "Joy to the World" at the University of Calgary - University Theatre.

## Eugene Coste School International Spanish Academy

Eugene Coste will be starting the new year with an Open House on Thursday January 5th at 6:30 p.m. If you are considering registering your child in the Spanish Bilingual Program, then please join us at the school for this information meeting. Please note this will be an adult only meeting.

The students will be participating in a "Little Rembrandts' Art residency" starting January 9th. We will end the session with an art show for the families to view all of the wonderful masterpieces.

On January 26th we will be hosting a Parenting Power session on Safety Surrounding Kids Using Technology. This event will be open to the community. Details will be available on the school's website closer to the date.

#### Upcoming Dates:

- |                 |  |
|-----------------|--|
| January 3rd:    | Classes resume   |
| January 5th:    | Open House at Eugene Coste School – starts at 6:30 pm (adults only)                              |
| January 9-30th: | Little Rembrandt's Art residency   |
| January 10th:   | Parent Council Meeting (6:30-7:30)<br>Eugene Coste School Enrichment Society Meeting (7:30-8:30) |
| January 26th:   | Parenting Power  |
| January 30th:   | Evening Art Show (4-6:30)  |

On the athletic front, the wrestling season wrapped up, with city finals being held in mid-December. We are very proud of our St. Augustine Angels and thank the students for their excellent representation of our school community. Basketball season is just beginning and we likewise expect many wonderful things from our student athletes.

St. Augustine Fine Arts School is truly blessed with an amazing group of students, staff and parents. Through our integrated fine arts program, and a focus on faith, we strive to provide educational experiences that will make all students feel successful. For more information about St. Augustine Fine Arts School, please visit our website at [www.cssd.ab.ca/schools/staugustine/](http://www.cssd.ab.ca/schools/staugustine/).



### Happy New Year One And All

2017 marks the 105<sup>th</sup> 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.

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

The Spark units will be visiting the fire hall, sledding, 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 having sleep-overs, visiting 4 Cats studio and snowshoeing.

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

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

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

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](mailto:ggcinfo@calgarygirlguides.com) or call 403-283-8348

**Girl Greatness Starts Here!**

## IN & AROUND CALGARY

### Southland Leisure Centre

See [calgary.ca/leisurecentres](http://calgary.ca/leisurecentres) for schedules and more information.

#### MEND Mind, Exercise, Nutrition...Do it!

Child obesity is a significant issue in Alberta. There is substantial evidence linking obesity to preventable chronic diseases and psychological impacts on children. MEND is a community, family-based healthy lifestyle program. These programs are provided at NO COST to participants and provide a comfortable environment for families to interact and learn how to make healthy lifestyle choices. The program will provide you with the tools and support you need to help you and your family transition to a healthier lifestyle. If you are interested in hearing more about MEND or wanting to register, please contact:

Southland Leisure Centre - 403-648-6593

Ages 2Y – 4Y: A 10 week healthy eating and activity program for families.

#### Friday Night Dance Party at Southland Leisure Centre – January 27 and February 24 from 7:15-10:00pm.

Admission to the Party includes a dance lesson (primary movements, rhythmic structure, posture, leading and following), social dance, as well as refreshments. No Partner Required!

#### Drop-in Climbing and Gymnastics at Southland Leisure Centre

– There's so much to do at Southland Leisure Centre! Come have some fun and unique experiences in our rock wall climbing and gymnastics gym drop-in times. All equipment is provided and instructors are present to guide you.

#### Drop-in Badminton and Basketball, Soccer, Pickleball at Southland Leisure Centre

Every Sunday, 8 am to noon. Family Swim at Southland Leisure Centre. It's a designated family swim time. Come enjoy our waterpark, including a trip or two to the Aqua-Play structure. Be prepared to get wet! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies.

#### Babysitting Room at Southland Leisure Centre

Treat yourself to some 'me time' to workout or take a class. No bookings required for our Babysitting Room.



Mon – Sunday - 08:30am – 12:30pm, Monday-Thursday 04:00pm - 08:00pm

Reasonable rates for a well deserved break!

#### Calgary AfterSchool at Southland Leisure Centre

A FREE supervised drop-in program for youth ages 11-15 during the school year. Come use the pool on Tuesdays and Fridays, and the Sport Hall and Youth Room are open each day! New activities are always introduced and daily snacks are available.

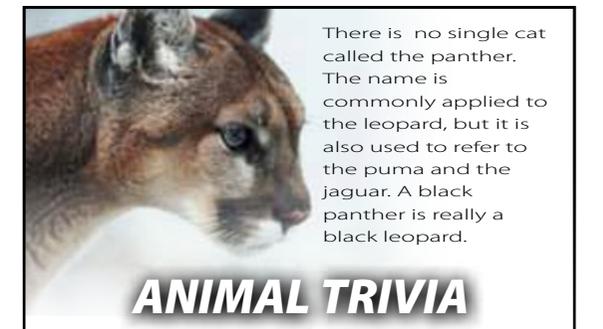
Cost: Free

Ages: 11 – 15

Day: Monday to Thursday, 3 – 6 p.m. and Fridays, 1 – 5 p.m.

Location: Southland Leisure Centre (2000 Southland Dr. SW)

Fridays, 7:30 to 10 p.m. Youth Night at Southland Leisure Centre – Friday nights have taken an active twist! Come with your friends and join us in the Sport Hall for a variety of youth exclusive sports including basketball, badminton, dodgeball, soccer and much more. Weekly planned active activities are also available. If swimming is your thing, admission also includes access to public swim in our waterpark. General youth admission applies.



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

### ANIMAL TRIVIA

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# Happy New Year!

We hope you have had a great holiday! We have had a fun and exciting season around the shelter with many animals finding wonderful new homes. It is hard to believe we are already a few days into a brand new year!

New Year resolutions are a popular tradition for many people, but did you know there are great ways to get your dog in on the fun too? This year, consider helping Fido resolve to master these five important life skills:

- 1. Reliable recall** – One of the most important skills for dog safety, a reliable recall is a call to return to you that works the first time, every time. This skill can be a challenge, but mastering it just might save your dog's life.
- 2. Serene sitting** – Learning to sit quietly and calmly is a great life skill that can be used to replace many undesired behaviours like barking at the door or jumping up.
- 3. Waiting patiently** – If your dog bolts out of doors or cars in excitement teaching Fido to wait could save your shoulder and protect Fido from injury. This skill will reinforce to your dog that GREAT things come to those who wait!

- 4. Leave it** – In our homes dozens of dangerous things, from prescription medication to toxic foods, can be accidentally dropped onto the floor. Teaching your pooch to 'leave it' gives you time to pick up the dangerous item and trade it for your puppy's favorite treat.
- 5. Trading up** – A vital skill for every dog, the ability to trade items of 'value' (bones, toys, pilfered trash etc.) to you in exchange for something even better (high value treats and praise) will allow you to remain the 'bringer of great things', even when you have to enforce the rules.

Training these five skills can seem like a big undertaking, but as with all goals patience and persistence are key. Spending a little bit of time on training each day will exercise your dog's mind and have a huge payoff down the road too! Looking for some help in creating a class or choosing a training class? Does Fido have a tricky behaviour you want to add to your training list this year? Give our FREE behaviour helpline a call at 403-723-6018 to discuss options!

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 29



## January in Fish Creek

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

Thursday, January 26, 2016

7:00 pm – 8:00 pm

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

(13931 Woodpath Rd SW)

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

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

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

Wednesday, January 25, 2017

Registration at 6:30 pm, Meeting starts at 7:00 pm

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

It is because of our members, volunteers and donors that the Friends have accomplished so much. Come and have your voice heard and meet our board and staff at the Annual General Meeting. Please contact the Friends of Fish Creek Provincial Park Society if you would like to attend. Refreshments will be served. Only members who have paid their 2016—2017 Membership dues are eligible to vote.

To register visit [www.friendsoffishcreek.org/event/aggm](http://www.friendsoffishcreek.org/event/aggm)

### Winter Wellness in Fish Creek Introducing Yo-Qi: A Wellness Experience

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

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

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

For more information visit [www.friendsoffishcreek.org/programs/wellness-clinics](http://www.friendsoffishcreek.org/programs/wellness-clinics)

### Park Protectors Needed!

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



## 50 REASONS TO SMILE

**BUY A NEW TRICO PASS, AND GET A \$50 COUPON!**  
CONTACT GUEST SERVICES TO LEARN MORE

Coupon can be used towards a Trico Program, 3-Session Personal Training Package, or 10-Visit Pass for family and friends!

Trico Centre for Family Wellness  
11150 Bonaventure Drive SE  
[www.tricocentre.ca](http://www.tricocentre.ca)



**FEB. 9 – 12  
CALGARY BOAT AND  
SPORTSMEN'S SHOW AT  
STAMPEDE PARK BMO CENTRE**

The Calgary Boat and Outdoors Show is Southern Alberta's Biggest and Best Boat and Outdoors Show! More info [www.calgaryboatandsportshow.ca](http://www.calgaryboatandsportshow.ca)



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

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



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

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



FEBRUARY

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

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

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

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

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

### Feb. 14 – 25 Skylight at Theatre Calgary

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

### Feb. 24, 25 Winefest at Stampede Park BMO Centre

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

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

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



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](http://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 passes are affordable and our programs are family-friendly. With a pass, 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 pass with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

### Recession Busters

- The Trico Cares program offers fee assistance for passes and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport). See [www.tricocentre.ca](http://www.tricocentre.ca) for details.
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.

### Register for Winter Programs

It is not too late to register for January-start programs for children, adults, and older adults.

### Adults/Older Adults

- Amp up your fitness with registered adult programs starting in January: Cardio Kickboxing, Cardio Dance, Ballet Barre Blast, DancePL3Y. Improved strength and wellness with Myofascial Stretch and Release and Straighten Up!
- 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 with your pass.
- Small Group Training: personal training made affordable. Maximum of 4 participants in each focused group. Choose from fat burning, healthy back and joints, learning the basics, power lifting, and designing your own strength program.



- For older adults: registered multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga.

### Families

- Registered family programs: Mommy & Me Fitness, Mommy & Me Barre, Mommy/Daddy & Me Aquafit, Pre-Natal Aquafit.
- Family Night: Sunday Night is Family Night – swim from 6 to 8pm. Free for pass holders; general public is \$3 per person.

### Children & Youth

From "just learning to walk" to teenagers: swim lessons, skating lessons, dance, gymnastics, creative, sports/active, karate, mind/body - programs for every age.

### Students

High School Student January Exam Stress Release Pass, January 1-31 just \$22.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less passes than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.

## KEYBOARD SHORTCUTS

### TO DO THIS:

Change the case of the letters  
**SHIFT + F3**

Format all letters as capitals  
**CTRL+SHIFT+A**

# BUSINESS CLASSIFIEDS

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



## Haysboro Real Estate Update

Last 12 Months Haysboro  
MLS Real Estate Sale Price Update

|                | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| November 2016  | \$362,000.00         | \$367,000.00       |
| October 2016   | \$486,200.00         | \$473,000.00       |
| September 2016 | \$559,900.00         | \$550,000.00       |
| August 2016    | \$459,700.00         | \$450,000.00       |
| July 2016      | \$519,900.00         | \$508,950.00       |
| June 2016      | \$514,900.00         | \$496,750.00       |
| May 2016       | \$539,900.00         | \$532,500.00       |
| April 2016     | \$527,250.00         | \$518,500.00       |
| March 2016     | \$477,500.00         | \$440,500.00       |
| February 2016  | \$505,000.00         | \$495,000.00       |
| January 2016   | \$419,900.00         | \$410,000.00       |
| December 2015  | \$449,900.00         | \$439,500.00       |

Last 12 Months Haysboro  
MLS Real Estate Number of Listings Update

|                | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| November 2016  | 1                  | 1                   |
| October 2016   | 6                  | 8                   |
| September 2016 | 4                  | 7                   |
| August 2016    | 8                  | 8                   |
| July 2016      | 6                  | 4                   |
| June 2016      | 10                 | 6                   |
| May 2016       | 12                 | 12                  |
| April 2016     | 4                  | 8                   |
| March 2016     | 9                  | 4                   |
| February 2016  | 5                  | 3                   |
| January 2016   | 7                  | 3                   |
| December 2015  | 4                  | 3                   |

To view more detailed information that comprise the above MLS averages please visit [haysboro.great-news.ca](http://haysboro.great-news.ca)

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Haysboro. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

**BRYAN'S PLUMBING, GAS FITTING:** Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

**RIGHTWAY PLUMBING AND HEATING:** Has been happily serving the Haysboro area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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

**WELL EXPERIENCED HOUSE CLEANER AVAILABLE:** 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.

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

**HOME RENOVATING:** Haysboro resident available to help with your home renovating needs. I have experience in all areas of home repair including drywall, painting, flooring, decks, fences and yearly maintenance. For a free estimate call Ken at 403-708-8737.

**FOR ALL YOUR DRYWALL RENOVATION NEEDS:** Boarding, taping, textured ceilings/refinishing. Over 25 years' experience. Licensed, insured, WCB, Better Business Bureau, references, warranties. Calgary Interior Systems Ltd. Journeyman trades with the integrity to do the job right. For your free estimate call: 403-248-6281. Cell: 403-708-1397. Email: ralph@calgaryinteriorsystems.ca.

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

**COMPUTER CAUSING YOU GRIEF? FEELING FRUSTRATED AND DON'T KNOW WHERE TO START?** Experienced, trusted and reliable technician ready to make things run smoothly for you. Offering personal, home-based and small business computer services to suit your time and budget. Call Debra with DDL Computer Solutions at 403-630-2862 or email ddlalonde@shaw.ca.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

**DOUBLE DIAMOND PLUMBING AND HEATING LTD:** A 24 hour residential service company with qualified journeyman plumbers. As qualified journeyman plumbers, we are here to address any issues for you. We are your local plumbing and heating experts - call us first and let our service shine! Call 403-875-0166 or Email: doublediamondplumbingltd@gmail.com. www.doublediamondplumbingltd.com.

**ANYTHING TO THE DUMP:** Garage clean outs, branches, appliances. Cheaper than a bin and I load. Call Ken 403-708-8737.

**PROFESSIONAL MUSIC LESSONS:** Discover your potential with music lessons at Sak's Music. A friendly atmosphere with caring, professional teachers offering lessons in all styles and most instruments including voice. From beginner to advanced, just for fun or conservatory prep. Nine studio teaching rooms and convenient times, day or evening. 403-251-2443.

**JEFFREY ELECTRIC:** Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

**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.

## BRAIN GAMES SUDOKU

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

## 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

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damage, or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

### 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;
- Attempt to cover exposed skin from the elements;
- 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 cheeks may be affected by the cold;
- If a cold-related emergency has occurred, treat it by first removing the individual from of the environment;
- Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (~41°C max.) until re-warmed.

### Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose clothing (i.e. scarves), or clothing containing drawstrings which can present a choking hazard if they become caught or snagged.



## Top 4 New Year's Resolutions for a Better Neighbourhood

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

Happy New Year! A better neighbourhood starts with you - start 2017 by being a good neighbour!

Here are 4 initiatives you can do to improve your neighbourhood:

- 1. Don't be a stranger** - Make it an objective to say "hello" to at least three neighbours that you don't know by name. Who knows maybe you'll make new friends!
- 2. Experience the great outdoors** – Plenty of neighbourhoods across our city have access to parks and pathways. Make it a point to be outside more often. Not only is getting outside good for your mental and physical health but it can build a greater appreciation for your neighbourhood.
- 3. Look out for one another** – Creating a safer community requires doing 1) and 2) on the list. When you're connected to your neighbours a sense of safety can be achieved. The more often you're outside, you can readily identify any unsafe aspects in your community.
- 4. Purchase a membership** – Obtaining or renewing an annual membership to your community association can offer social, recreational opportunities and community life.

For more resources check out our website at [www.calgarycommunities.com](http://www.calgarycommunities.com) under the Building Safe Communities tab.



MLA Calgary-Glenmore

**Anam Kazim**

#A208, 1600 - 90th Avenue SW • Calgary, AB Canada T2V 5A8

Ph: (403) 216-5421 • Fax: (403) 216-5423

Email: [calgary.glenmore@assembly.ab.ca](mailto:calgary.glenmore@assembly.ab.ca)

Facebook: Anam Kazim - MLA for Calgary Glenmore

Twitter: @anamkazimMLA

Dear Constituents:

**Happy New Year!**

I hope all of you had an excellent holiday season with family, friends and loved ones. I would like to express my deep gratitude to all of you who came to our Holiday Open House on December 9, 2016. My staff and I were thrilled to share joyous moments with you there. As we are entering the New Year, I am delighted to share our government's achievements along with my participation and contributions in the house in 2016.

**Pipelines:** I am very proud the Kinder Morgan and Line 3 pipelines were given federal approval. I know we Albertans have been waiting for this day for a very long time; finally our Premier and governments tireless efforts have paid off. Our made-in Alberta plan is getting results to ensure Albertans do not have to choose between jobs and the environment; this proves we can have the best of both. This decision means access to the largest market in the world and fairer value for our oil and gas resources, jobs and prosperity for Albertans and Canadians alike, and an end to Alberta's energy resource landlock. Many congratulations to all of you and thanks to the federal government.

**Alberta Investor Tax Credit (AITC) & Capital Investment Tax Credit (CITC):** While in session, another moment of pride for me was to represent Calgary-Glenmore as co-sponsor of Bill 30: *Investing in a Diversified Alberta Economy Act* through the Ministry of Economic Development and Trade. This bill is a big step towards promoting economic diversification, supporting employers and entrepreneurs, creating jobs and new opportunities, encouraging investment and providing security for future generations.

The AITC is a great incentive for entrepreneurs because it supports enterprises in the early stages of development. It gives a 30% Tax Credit to investors in a wide range of sectors, including renewable energy, manufacturing or processing, agriculture, agri-business and agri-food, transportation and logistics, financial services, creative industries and tourism. This credit would support up to 4,400 new jobs over three years and contribute up to \$500 million to the province's GDP.

The CITC supports large scale capital investments in manufacturing, processing, infrastructure and tourism through a 10% tax credit.

My participation in the house to support this bill consisted not only a speech but also a short poem I wrote. You can see both of these on my Facebook page. Both credits apply to a wide range of investments and I would highly encourage you all to consider applying for them. For further information on these investment credits please contact our office and we will be happy to assist you.

Every time I enter the House, I feel very proud of the extensive entrepreneurial spirit, exceptional talents and extraordinary intellect in Calgary-Glenmore that I represent. As this New Year gets under way, I want to wish you the best in all your endeavors and look forward to working with you to move our province forward.

## Accessible University

[accessibleuniversity.com](http://accessibleuniversity.com)

Providing practical resources about residential accessibility:

**Accessibility Basics**  
**Modify a Home**  
**Locate a Home**  
**Community Services**  
**Advocacy**

[info@accessibleuniversity.com](mailto:info@accessibleuniversity.com)  
AccessibleYYC AccessibleHousing

An initiative of Accessible Housing, a non-profit organization in Calgary



**Councillor, Ward 11**  
**Brian Pincott**  
 P.O. Box 2100 Stn. M, #8001A  
 Calgary, AB T2P 2M5  
 403-268-2430 • [www.ward11calgary.ca](http://www.ward11calgary.ca)

### A Year in Review

Happy New Year! I hope you had a great holiday season. I wanted to take a moment and share a 'Year in Review' for Ward 11 in 2016, and to talk about what is on the horizon for 2017.

This past year we've had some exciting developments in the Ward:

#### 20<sup>th</sup> Street SW Bikeway

The bike lanes are open for you use! This project brought road design improvements and new pavement along the route. Remember we all need to move together, and be aware of pedestrians, cyclists, vehicles, and some changes to parking.

#### 37<sup>th</sup> Street SW Storm Trunk Project – Phase 2

Phase 2 includes construction from south of 66<sup>th</sup> Avenue SW to the Elbow River. This portion is currently in the preliminary design phase.

#### 50<sup>th</sup> Avenue SW Corridor Study

The City is wrapping up Phase 3 engagement of its Transportation Corridor Study of 50<sup>th</sup> Avenue SW between Crowchild Trail and 14A Street SW. As part of Phase 3, the project team sought feedback to help inform the evaluation, identify a preferred design concept and refine the recommended design concept.

#### 61<sup>st</sup> Avenue SW Greenway Corridor

Construction on 61<sup>st</sup> Avenue SW continues. Please check the proposed alternate routes map to help you avoid delays on your commute. In conjunction with this project is the construction of the 61<sup>st</sup> Avenue SW Pedestrian Bridge, aiming for completion late 2017.

#### Anderson Pedestrian Bridge

The Pedestrian Overpass is now open to pedestrians and cyclists, connecting the communities of Cedarbrae and Woodbine. This connection replaces at-grade crossing at Anderson Road and 37<sup>th</sup> Street SW, to which pathway users will no longer have access to when construction begins on the South West Calgary Ring Road.

#### Crowchild Trail-Flanders Avenue Interchange

The Interchange is now open! Landscaping and final

finishing work will begin in spring 2017, with all interchange construction complete in summer 2017.

#### Crowchild Trail Study November Update

The City is now in Phase 6: Reporting and Completion of their study looking at Crowchild Trail between 24<sup>th</sup> Avenue NW and 17<sup>th</sup> Avenue SW. Although this portion does not pass directly through Ward 11, Crowchild Trail is an important commuter road to other parts of the city.

#### Deerfoot Trail Study Update

The City of Calgary and Alberta Transportation are working together to study Deerfoot Trail and recommend safety and mobility improvements. Although not in Ward 11, Deerfoot Trail is used by many of us, and is a significant artery in the city.

#### South Crosstown BRT

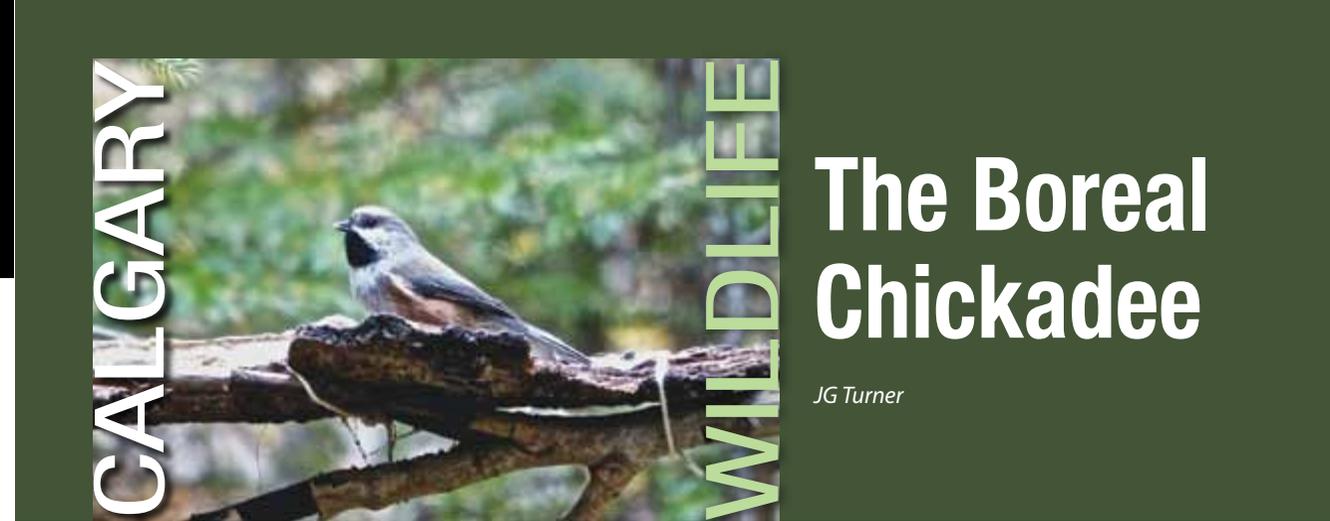
The South Crosstown BRT route is primarily set and will not require new roadways. With the exception of three new stations planned in the future, existing stop locations used for Route 306 will be used from Westbrook to Heritage LRT Stations. The route will then extend east of Macleod Trail to Quarry Park.

#### SW Transitway BRT

At this time, the project team is finalizing the designs of the north portion of the SW BRT, from Glenmore North to downtown. The project team expects to go to tender very soon, with construction beginning next year. For the south portion, the project team has been working with ATCO to prepare for their work on replacing the gas lines under 14th Street SW, as part of ATCO's Urban Pipeline Replacement Program. We expect that work to also begin in 2017. As soon as our office gets further information or notice of any public events, we will share this with residents of the area.

Thank you for your patience as the City works hard to create better connectivity through diverse modes of transportation for all citizens.

Remember to subscribe to your Ward 11 updates at [www.ward11calgary.ca](http://www.ward11calgary.ca), or by emailing my office at [ward11@calgary.ca](mailto:ward11@calgary.ca). Happy New Year!



# The Boreal Chickadee

JG Turner

The Boreal Chickadee is a typical member of the chickadee family: noisy, active and highly social. Although considered 'large' by chickadee standards, the Boreal Chickadee is a very small bird (weighing in at .2 - .4 oz or 7-12 g, 4.7-5.5" or 12-14 cm long). It has a dull brown cap, rufous (rich brown) sides and flanks and whitish cheeks, wears a black bib and has a tiny dark bill and short dark tail. All members of the Boreal Chickadee family share the same brown toned colouring. The Boreal Chickadee has the same flight pattern as its other chickadee relatives: it makes short flights from place to place on rapidly beating wings, alternating a few quick shallow strokes then pulling its wings to its sides to glide briefly before beating them again.

#### Fun Facts:

- This little bird is a year round resident in boreal forests in its range, which goes all the way up to the Arctic Circle, all across Canada.
- In Alberta, the Boreal Chickadee can be seen in the mountains, foothills, northern parklands and boreal forests. It is the most common chickadee found in the extreme northeast and northwest of the province. The Black-capped Chickadee is more commonly found in Calgary.
- Its habitat is coniferous forests, but it can also be found in mixed woods forests, where it can be seen foraging for seeds, insects and their pupae and larvae, in the foliage of coniferous and deciduous trees, even hanging upside down to access a food source!
- Pairs remain together and they nest in holes in trees or stubs, such as in a natural cavity or old woodpecker holes.

- The Boreal Chickadee has several survival strategies for living in a cold climate:
  - it hides food in the fall;
  - it has denser feathers than most other birds and puts on heavier plumage in the fall, creating a comfortable 'parka' for itself; and
  - in cold weather, it can lower its body temp at night from 42C to 29C (108F to 85F) which conserves stores of insulating fat.

The Boreal Chickadee often flocks with other bird species in the winter and will visit backyard feeders, where they can be seen squabbling amongst themselves over access to the feeder. They are attracted by suet, raw sunflower seeds and shelled peanuts.

If you find an injured or orphaned Boreal Chickadee or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or look at the website at [www.calgarywilodlife.org](http://www.calgarywilodlife.org) for more information.



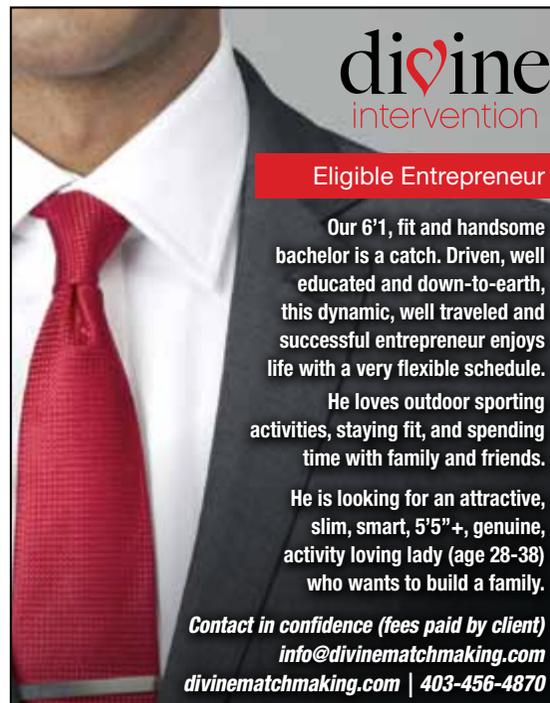
# COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**  
**Contact [news@great-news.ca](mailto:news@great-news.ca)**

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**FLC SENIORS CLUB – TAI CHI 55+:** Study of Cai's Tai Chi, based on the Traditional Yang Style. Our Winter Session starts January 5<sup>th</sup>, with Thursday classes at the Trico Centre and the Lake Bonavista Community Association. Please call Juliette at 403-225-1593 or Christel at 403-271-1289. [www.flcseniors.ca](http://www.flcseniors.ca).

**LOVE TO SING?** Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see [www.vocalatitudes.org](http://www.vocalatitudes.org).



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## The Indoor GARDENER

Cindy DeJager

### PRAYER PLANT

(marantaceae leuconeura erythronera)  
 Origin: Brazil

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

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

#### HOW DOES A PRAY PLANT PRAY

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

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

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

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

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

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

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

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



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#### 2016 YEAR IN REVIEW

Overall a very challenging year with lower migration, higher supply & few transactions. The good news is total sales volume was only down by 6% & the average benchmark price down by only 5.5%. There is a silver lining: affordable interest rates, competitive pricing & a greater supply make for favourable conditions to either purchase or to exchange equities in selling & purchasing.

Gathering as much information & having an accurate interpretation of the market data has never been more important than in the current market!



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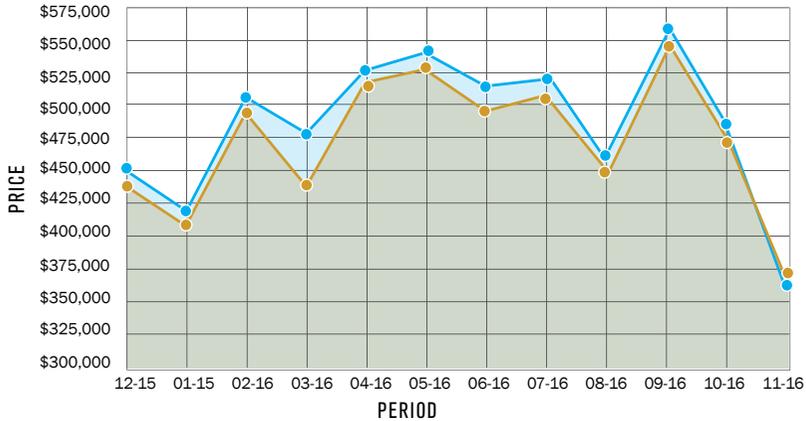
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