# **ESTHILLS**

BRINGING CHRISTIE PARK, SIGNAL HILL & STRATHCONA RESIDENTS TOGETHER









## **Elected Officials**



Councillor Richard Pootmans Ward 6 Office P.O. Box 2100, Station M Calgary, AB, CanadaT2P 2M5 Phone: 403-268-2430 Fax: 403-268-3823 Email: ward06@calgary.ca Web: www.calgary.ca/ward6



**MLA Mike Ellis** Calgary-West Unit 234, 333 Aspen Glen Landing Calgary, AB Canada T3H 0N6 Phone: (403) 216-5439 Fax: (403) 216-5441 Email: calgary.west@assembly.ab.ca

## **NEWSLETTER AD SALES**



**Great News Publishing Ltd.** 403.720.0762 | 403.263.3044 sales@great-news.ca | www.great-news.ca

# CONTENTS

Events 4

Calgary Wildlife 7



**GREAT NEWS PUBLISHING HAS BEEN** PROUDLY SERVING CHRISTIE PARK, SIGNAL HILL & STRATHCONA FOR 2 YEARS!



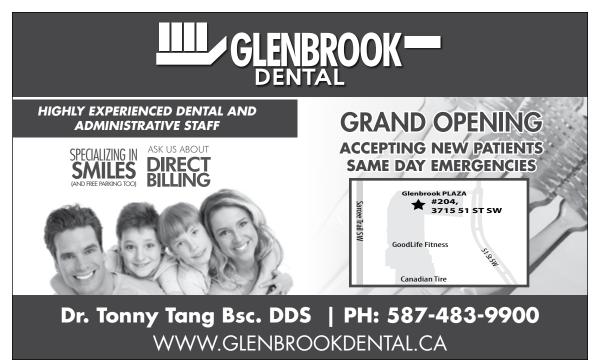




Tuesday mornings, 9:30 - 11 am January 12 - March 15, 2016

At the SCA Community Centre, 277 Strathcona Dr. SW Practice speaking English, learn about Canadian culture and meet other people at St. Martin's Anglican Church free English conversation classes. Tuesday morning at the SCA Community Centre. Drop-in for a few classes or join us every week. For more information, please contact Laura at community.stmartins@yahoo.ca or call 403-612-9949. All welcome!

"Cooking with Friends" - a weekly cooking class to share recipes, cook together and enjoy lunch with new friends. Thursdays 10:30 - 1 pm, January 14 - March 17, 2016. Please contact Laura at community.stmartins@ vahoo.ca or call 403-612-9949. All welcome!



# in & around your community Schools

## **Montessori School of Calgary**

The Montessori School of Calgary hopes you all enjoyed an AWESOME! holiday season. As much fun as friends, family and cookies can be ... it is time to get back to the fun of learning.

We are so proud of our current Montessori School of Calgary students, and of our alumni. Our independent learning environment allows the freedom to follow your dreams, delve deeply into learning about what interests you and play to your strengths. Here are two examples.

Theatre Calgary's world class production of A Christmas Carol that ran in November and December featured our own Annabel Beames as Tiny Tim.

Annabel, a third year Elementary student, was AWESOME! Taking on that role in such a major production would be daunting to many; not to Annabel. As the youngest cast

member, she had a steep learning curve. Usually our elementary students have two, three hour work periods per day. She had much more than that. Her learning took place in the theatre. The skills she learned and developed in all areas of the Alberta curriculum while being free to follow her passion and talent will be with Annabel for life!



Brothers Rameez Virji and Ali-Faizan Virgi attended Montessori School of Calgary. Both were honored as Youth in Motion's Top 20 Under 20 in Canada. Rameez invented a pill that could be used instead of an injection for immunization and insulin purposes. His grandfather was afraid of needles and he wished he could help. So he did. Ali invented a belt that is worn by the visually impaired. It detects objects in the person's path. The idea began after he watched a blind person struggling on a city sidewalk and crossing the street. Ali spoke at WE Day this year in Calgary. Supporting the development of empathy and encouraging you to put your curiosity into your learning are philosophical pillars of Montessori education.

Lindy Arndt, Head of School, Montessori School of Calgary



## Susan Mustapic

Toll Free: 1.855.242.5552 Office: 403.242.5555 Cell: 403.870.4542 susan@traveltote.ca

Live in the neighbourhood! I can book all your travel needs! 14 years experience! Exemplary personalized service! (Groups, family trips, destination weddings, honeymoons, all inclusive packages, cruises, personalized itineraries, luxury travel)





FAMILY PRACTICE AND WALK-IN CLINIC

## **ACCEPTING NEW PATIENTS**

Mon-Fri 8:30 am – 6:30 pm Saturday 10:00 am - 3:00 pm

## **NEW IUD CLINIC** TRAVEL HEALTH CLINIC

Providing timely, comprehensive and continuous care with compassion based on the current best evidence



www.crescentmed.ca

PHONE: 587-318-1608

> 923 37 St SW Calgary T3C 1S4

WE ARE ALSO SEEKING **FAMILY PHYSICIANS** TO JOIN OUR TEAM

## 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 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



# 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



# **Bohemian Waxwing:** Visitor from the North

By: Katie Fisher Photo: Niket Sura

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

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

He spends much of his time in the forest, foraging for fruit and insects. The Bohemian Waxwing is elegant in flight, catching insects in mid-air or hovering to snatch fruit. He must be careful when choosing his fruit, as the Bohemian is susceptible to alcohol intoxication, and even death, from eating fermented fruit. He chooses to

build his nest with his monogamous partner, on branches, closest to the trunk of the tree; constructed with twigs, grasses and camouflaged with mosses and lichens. From time to time, he will visit city parks and gardens in hopes of finding fruit.

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

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



## HOME GARDENING WITH BARBARA



## DO YOU READ WHAT I READ?

Barbara Shorrock

All the information you could ever want to access is on the internet now, but I still believe there is nothing so satisfying as a beautiful book with glossy photos, whether it be a cookbook, a travel book or a book about gardens. The research for today's article has been done in my own house where the serious bookshelves are laden with the collection of many years of gifts and purchases. Winter is upon us (as I write this we are experiencing a major snow and wind event with wind-chills at a dangerous level; in Saskatchewan we used to call these blizzards) and it is the best season to browse and dream of what might be possible in a few months when spring arrives. So pour yourself a cup of tea, add a plate of cookies, and browse with me through some of my favourites:

Front Yard Gardens - Liz Primeau. Large or small, bold or subtle, formal or cluttered – it is all good. Liz covers the whole spectrum of that space between your front door and the street.

Favourite Plants - Liz Primeau, editor. From Canadian Gardening Magazine, this features the best plants to choose for your Canadian Garden. Not meant to replace your "Encyclopedia of All Things Plants" it helps the gardener to make wise choices when adding to old beds and creating new ones.

The Flower Gardener's Bible – Lewis and Nancy Hill. Much more than a series of beautiful pictures and descriptions, this book tells you how to and why to and where to, assuming the reader doesn't have a lot of knowledge to begin with.

A Year In the Garden - Steven Bradley. Season by season, he takes us through projects that are manageable by most handy gardeners. This isn't a Canadian book, so you get a glimpse of what works in the US and Britain, but the illustrations and photos are excellent.

The Calgary Gardener Vol 1 and 2 - The Calgary Horticultural Society. I can't tell you how many of these I have given to gardeners new to Calgary. Our climate and soil can be a bit of a mystery to immigrants, particularly those who have migrated from British Columbia and Ontario, never mind other countries. No glossy pictures in these guys, just page after page of down-to-earth useful information on how to deal with winter Chinooks, alkaline soil, lovely summers that are interrupted by blasts of winter now and then, and what to plant and where.

The Northern Gardener: Perennials that Survive and Thrive - Barbara Rayment. Zone 3 choices for our part of the country, all organized and alphabetized. Well written and easy to navigate.

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

No Guff Vegetable Gardening - Donna Balzer and Steven Biggs. They call themselves Garden Coaches, and this unusually arranged soft-cover volume is full of cheerful graphics by a couple of artists from Gabriola Island's Feedlot Studios (love that name). Of course, there is much useful info among the charming photos and amusing drawings. A fun read.

One of the benefits of attending the Queensland Garden Club monthly meetings is access to the freebie's donated by members who are culling their collections of books, magazines, house plants, succulents, pots, baskets, etc. etc. 1st Wed. each month at the Queensland Community Centre.

## 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.

## **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.

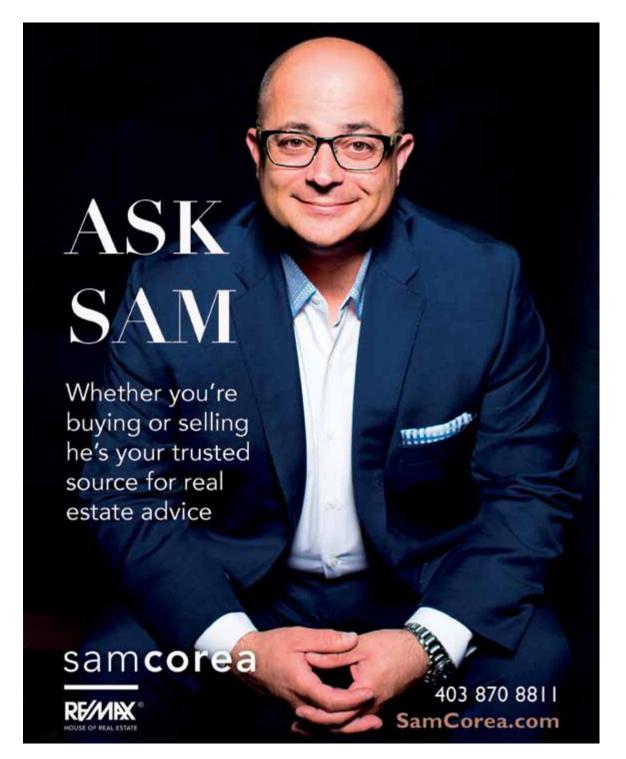
## **PLUMBER**

**PLUMBOB** For All Your Plumbing Needs



- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice ✓ Hot Water Tank Specials

Call Mark: 403.862.3973



**Chicken & Gnocchi Dumplings** 

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

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

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

## **INGREDIENTS**

Breakfast / Supper

**CULINARY FILE:** 

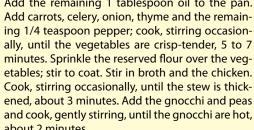
- 1 16-ounce package shelf-stable gnocchi
- 1 cup thawed frozen peas
- 1 pound boneless, skinless chicken thighs, trimmed, cut into 1-inch pieces
- 1/3 cup all-purpose flour
- 2 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon salt
- 1/2 teaspoon ground pepper, divided
- 2 cups diced carrots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

## **DIRECTIONS**

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

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

Add the remaining 1 tablespoon oil to the pan. about 2 minutes.





# Interesting

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



- 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

## **Bev Smith** Back Porch 5 AM

Check the traps

It's November and the mice this year were only About five.

But end of season

This one is very smart. Eerily.

I lined up the traps my patented way Five, in a circle. He'd have to step on one to get to another Surely.

A bit of cheese placed just outside one, to entice.

Seems cruel but I have rules.

Out there in the vard, under trees. Fine.

He's in his world

But the porch is my territory.

Each morning the cheese is gone.

I marvel

I rearrange them to a straight row, back to front

I rearrange them to no pattern

I put them in other locations to surprise him

I buy more traps

Yesterday I put six in two rows, face to face

With an end one so he'd be physically unable to not mess up And I waited.

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

He had moved the end trap farther away, brilliantly And then gotten access to the first pair from the side.

I had not thought of that.

Wish I had motion-sensor camera to watch him

Does he have a friend?

Does he reach through with tiny paws?

And I realize a mouse brain has outwitted my own -again. I went to the store to get better traps

They had them.

Kill traps with huge metal bars to slam down on him Or poison pellets -

Costly but guaranteed.

And I could not bring myself to buy them.

We are returning to our routine

I feed him cheese daily

In some sort of devious but gentle way that tests his IQ

If he dies, he dies.

But it makes it a fairer challenge.

Respect.

## 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 mylD account. Visit calgary.ca/myID to register.
- 2. Link your property assessment to your mvID 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



## SunValley Kids Academy DAYCARE

**Infant Care** Toddlers | Preschool | Kindergarten Healthy meals and **Nutritional Snacks** Music, Art, Spanish and French classes, Indoor gym

> LOOKING FOR **BILINGUAL CARETAKERS ENGLISH AND FRENCH OR SPANISH** LEVEL 1 OR 2

• Unit G100, 2210 2 St SW. Calgary, AB, T2S 3C3 **403-454-0575** sunvalleykidsacademy.com

**Fully Licensed** Subsidy available

### **Book Truck**

Calgary Public Library is adding two brand new mobile libraries to its list of 18 community libraries. The Book Trucks will make stops in communities throughout Calgary, starting January 2016. Each Book Truck will feature 1,800 books and movies for children, teens, and adults. All you need is a FREE Calgary Public Library card (you can even sign up for one on The Book Truck)! To view The Book Truck schedule. visit www.calgarylibrary.ca/booktruck.

## Laptops on loan!

Did you know that the Library loans laptops? All community libraries are equipped with computers for public use, and soon all locations will also offer Chromebook Laptops for internet browsing from any seat in the building. Check with your community library for details.

## Book Club in a Bag!

Everything you ever needed to host a fascinating book club

can be found in the Library's Book Club in a Bag. The Calgary Public Library has just added over 55 new titles to our Book Club in a Bag collection, with a great book club read available for every reading interest! Each book club set has 10 copies, as well as discussion guides, book reviews, and more. Ask for details at your community library.

## 50@150

In anticipation of Canada's 150th birthday in 2017, Calgary Public Library is hosting 50@150—an exhibit by artists Alex Park and Paul Scott Birnie that celebrates prominent and diverse Canadians. From January 11-23, 2016, be sure to visit Central, Fish Creek, Crowfoot, and Saddletowne libraries.

## **Chess in the Library**

Join members of the Calgary Chess Club and Calgary Junior Chess Club for the opportunity to play chess supported by coaching. Children under 12 must be accompanied by a parent or caregiver. Chess clubs happen Saturdays at Shawnessy Library and Sundays at Country Hills, Crowfoot, and Central libraries. Check dates and times at www.events. calgarypubliclibrary.com or call 403-260-2620. You can also drop by for a pickup game of chess using giant pieces on a giant board at Bowness, Central, Country Hills, Fish Creek, and Forest Lawn libraries.





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

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

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

# **Keep Your Paws Warm!**

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

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

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

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

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

Jennifer L. Scott, D.V.M.

# **BUSINESS CLASSIFIEDS**

**NEPTUNE PLUMBING & HEATING LTD:** Oualified journeymen plumbers/gasfitters, very experienced in Westhills. 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."

**ANNEMARIE MUSIC:** Accepting new students for piano and theory lessons. Royal Conservatory of Music Program or just for fun, beginners to advanced levels. Over 20 years piano teaching experience. Located in Signal Hill, phone AnneMarie at 403-686-7050 for more information.

**NEED A HOUSE OR PET SITTER?** Enjoy peace of mind knowing your house and/or pet is in good hands while you are away. Reliable adult experienced with dogs and cats. Regular house checks vary depending on your needs. References available. Phone / Text: 403-863-9146 Email: cb.1@ live.ca.

### CAL-RES COATINGS LTD. RESIDENTIAL PAINTING:

We are a full service painting company offering: interior and exterior painting, shop wood finishing/specialty finishes, elastomeric stucco coatings, kitchen cabinet refinishing, fully licensed and insured. No deposit required. Call for a complimentary estimate. Ask for Joshua 403-369-7534 or visit www.calres.ca.

**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.community mediation.ca, 403-269-2707.

TILE AND STONE INSTALLATION: 15 years of experience in residential and commercial tile installation, grouting, and water proofing. Quality service and very reliable. Free estimates. Fully insured and WCB. Please visit www.portobellotile.ca or contact 403-619-9962.



TINA VANDERKEEMEL: Holistic Mobile Registered Massage Therapist. Please check out website for prices! www.freerangehealers.com. tinavhealing hands@gmail.com, 403-467-3260.

EMMA PAINTING'S MISSION: Is to provide the best quality, clean and on time service. A father and son team with more than 25 years of painting experience in Calgary and surroundings with over 2,000 homes painted. We do all kind of interior painting, staining, or spraying. Please call Eric at 403-870-0326 or visit www.calgaryabpainting services.ca. Thank you.

**DAYHOME IN STRATHCONA PARK SW: Play and** Learn Childcare has openings for full time and part time for children of all ages. Call Lorraine at 587-352-5337 for more information.

K2 BOOKEEPING: 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.

MK CLEANING SERVICES: Detailed experienced cleaning in your home. Offering one time, weekly, bi weekly and monthly scheduling. We strive to use environmentally friendly products wherever possible. Licensed, insured and bondable. Standard rate \$35.00 per hour. 25% off holiday special. Contact us for a free estimate mk@mkcleaning.ca 403-589-5644.

# calgary reads BUSINESS CLASSIFIEDS

## **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

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.

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

K9 BED BUG DETECTION: Fast and accurate, in your home or business. Had house guests lately? Been travelling by airplane or bus? Itchy reoccurring rashes? Let Night Night Sleep Tight Inc. help you with answers and peace of mind! Don't wait lets talk! Call 587-899-BUGS (2847) or visit NightNightSleepTight.ca.

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

GARAGE DOORS AND OPENERS: Sales, repairs, replacements, quick service on broken springs and emergencies, 25 years of experience. Door sales on now! 403-891-3534. Support local business. sales@ thomsondoors.com www.thomsondoors.com.

VIDEO TRANSFER TO DVD: We will transfer various formats of film or video tape (VHS, BETA, 8mm, Super 8 etc.) to DVD for you! With over 25 vears of experience, we provide quality production, transfer and duplication services. Call Ty Reynolds Video Services 403-262-3078 or email ty@450films.com. Check out our website www. tyreynoldsvideoservices.com.

TILE, HARDWOOD, LAMINATE, CABINETS, CON-CRETE WORK, PAINTING, PATIOS: Ultimate Construction has been in business for over 21 years. We are licensed and insured. "Fine Italian craftsmanship." We will seriously work within your budget. Call Franco at 403-804-0141 or 403-295-7442.

For Business Classified Ad Rates Please Call Great News Publishing at 403 -263-3044 or sales@great-news.ca



## **COUNCILLOR, WARD 6 RICHARD POOTMANS**

PO Box 2100, Station "M", Calgary, AB T2P 2M1 403-268-1035 • C: 403-660-6692 F: 403-268-8091 • E: Ward06@Calgary.ca **Communications & Community Liaison:** Eileen Badowich, CAward6@calgary.ca www.calgarv.ca/ward6 • 📢 🏏

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

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

Infrastructure, traffic and roads remain at the top of the issue agenda, while transit continues to hold second place. Overall, Calgarians think The City should invest more in transit, affordable housing and traffic flow management and transportation planning. Nearly 90% of Ward 6 residents are satisfied with transit service in Calgary, but 60% of 2014 and 2015 Ward 6 survey respondents would like to see more investment in transit.

Many Calgarians (75%) think it is a good time for The City to be investing in new projects like roads, public transportation and local facilities. Council unanimously approved an additional \$47.5M in the 2016 Capital Budget that expedites a number of shovel-ready projects that had already secured funding slated for construction in subsequent years. We want to keep moving forward and focus on keeping our communities successful.

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

## **Councillor Chat with Richard Pootmans**

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





Call us at 403.244.3636

## **VACUUM REBUILDERS IS MOVING**

We've joined forces with the **VACUFLO** team at **4312 Macleod Trail South** 

Same great service - new location!

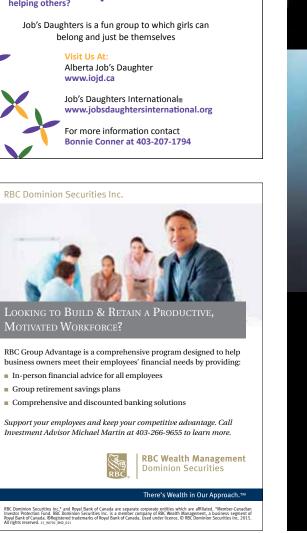
www.vacuumrebuilders.ca

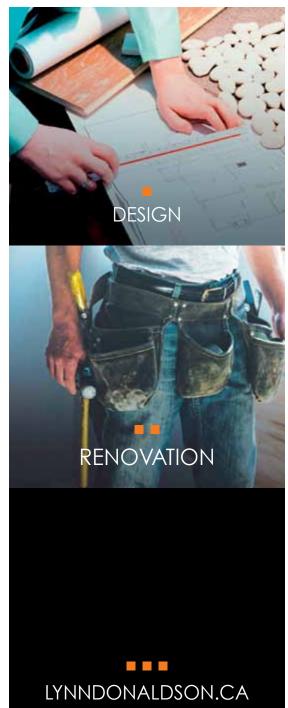


RBC Dominion Securities Inc.

MOTIVATED WORKFORCE?

Group retirement savings plans







SCHOOL FOR BOYS

Visit Our Website for Upcoming Open Houses Grades Full day Kindergarten

www.northpoint.school

## THE NORTH POINT MODEL

- Experiential Learning
- Personalized Natural Learning
- Socratic Teaching
- Mastery
- Community
- Applied & Integrated **Technology**
- Outdoor Education & **Athletics**

## **OUR STUDENTS**

North Point School welcomes all Boys who are curious, enthusiastic, and would benefit from an active learning environment. Our School is for students who want to achieve their personal best academically, while exploring and interacting with the world around them. IF YOU FEEL YOUR SON COULD BENEFIT FROM WHAT WE HAVE TO OFFER - CALL NOW!

## LEARNING, REIMAGINED

Tel (403) 744-5214 Site 22, RR #8, Calgary, AB T2J 2T9 (The old Red Deer Lake School on the SE corner of Hwy 22X and 53rd St. SW) Grades K-9 -Full day Kindergarten

Brent Devost, Head of School bdevost@northpoint.school

Scott Kostecki, Assistant Principal skostecki@northpoint.school

Kim Pirie Cook, Founder kpirie@northpoint.school



## **NEW YEAR**



(Regular \$175)

## \$70 for a 1 hour massage

Free Nutritional Evaluation (valued at \$140) Free acupuncture anti aging consult

> **5763 Signal Hill Centre SW** Calgary, AB, T3H 3P8 403-719-9355 (WELL)

www.signalhillwellness.com

