

THE
KINCORA

View

**Cold
Weather
Safety**

**Councillor
REPORT**



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Councillor Report

Every four years The City of Calgary creates business plans and budgets to deliver on what's important to Calgarians. The 2019-2022 service plans and budgets have been developed and approved by Council based on what The City heard from Calgarians throughout their consultation process. For more information on what services The City is providing, how much those services cost and how The City is spending your tax dollars, please view the 2019-2022 service plans and budgets at calgary.ca/yourservices.

City Council approved amendments to the Streets Bylaw to incorporate a fine schedule and an escalating fine structure for property owners who do not clear their sidewalks within 24 hours of snowfall ending. When a sidewalk or pathway adjacent to a privately owned property is not cleared a complaint can be issued through 311 to Community Standards. The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12 month period. This fine is in addition to removal charges which are a minimum of \$150.

The City of Calgary and the Calgary Public Library will host free, family friendly New Year's Eve fun at the new Central Library, Olympic Plaza and the Municipal Atrium at City Hall. There will be something for everyone including activities such as skating, story time, children's dance party, performances and much more! An early indoor countdown for the kids begins at 9 p.m. at the new Central Library. Annual fireworks display will be held at midnight. More information is available at calgary.ca/NYE.

I would like to wish you and your family a Merry Christmas, Happy Hanukkah and all the best in the New Year.

Joe Magliocca, Councillor, Ward 2

DID YOU KNOW??

On average, it takes 7 - 15 years to grow a Christmas tree.





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Cold Weather Safety

Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, taking appropriate measures to dress properly, anticipate sudden weather changes, and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It is also advised that you store an emergency kit in your vehicle at all times containing extra clothing, blankets, and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin.
- It commonly affects the ears, nose, cheeks, fingers and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e., hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed.
- Call 9-1-1, or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Call 9-1-1. Do not forget to protect yourself from the factors that originally lead to the patient's



situation.

- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Alberta Health Services

Sudoku Corner

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits 1 – 9 only one time each.

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

Answer on Page 13

Nitanisak District Girl Guide News

Here's some of what we were up to in October and November.



The 85th Brownies held a Fall Camp with 2 other Brownie units at Camp Jubilee in Cochrane. The theme was “The Amazing Race” – Brownie version (and yes, we did try to invite the winners of Amazing Race Canada: Heroes Edition out to camp, since they are from Calgary!). It did snow at camp that weekend, but despite the weather, we had lots of fun on Saturday running through various stations, competing in things like Hide the rubber chicken (in the snow!), building structures out of spaghetti and mini marshmallows, and some minute-to-win-it races. We also held a campfire Saturday night with a Guide unit camping next door to us. We earned lots of new songs and collected our campfire ashes the next morning for an Ashes of Friendship Ceremony, memories of fun times to be carried in the form of ashes from campfire to campfire for years to come. We have also welcomed 8 new girls into our unit with our Halloween themed enrolment ceremony, and we look forward to jumping into the new “Girls First” program in the New Year!

The 25th Guides (ages 9-12) have had a great start to this Guiding year. We now have 20 girls registered and 5 excited guide leaders with 4 of them being brand new to Guiding, that are looking forward to being positive influences on the girls, while at the same time learning from them! So far this year the girls have had a fall camp, that turned into an interesting winter camp. The girls experienced a fire drill which went extremely well, along with teaching the new guiders the code of conduct, Guide Law & Promise, as well as learning about the WAGGGS. The Guides put on a very successful Halloween Party for themselves and the 151st Brownies, that included; crafts, games, food and a haunted house. Coming attractions for the next month or two include; bring a friend night, enrollment, Remembrance Day celebration, STEM and planning a field trip to ride and/or learn about horses as the girls are all very passionate about them. We are very proud of girls for selling 80 cases of cookies!!!

Nitanisak District Girl Guides

Calgary Public Library

Your New Central Library is Now Open!

There's something for everyone at the new Central Library. Take a guided tour of the building, step back in time with the Calgary's Story collection, see Indigenous art, or try a technology program. Other features include a 12,000-square-foot Children's Library, two LUKES cafés, Audio Recording, Video Recording, and Production Studios, a Teen Centre and Tech Lab, and a Performance Hall. Learn more at calgarylibrary.ca/new-central-library and come visit us at 800 3 Street SE today!

Did You Know? Early Learning Centres Are the Place to Play

Did you know the Library has ten Early Learning Centres throughout the city? Early Learning Centres are vibrant and interactive spaces for young children to learn through play. Each is built around a distinct concept, like Into the Woods at Shawnessy Library or Bird's Eye View at Crowfoot Library. Watch our new video at calgarylibrary.ca/early-learning-centres to learn why we're creating these special spaces for Calgary's littlest learners. Plus, visit our newest space — built around a helicopter! — at Seton Library this January.

Cozy Up This Winter with Kanopy

If cool weather has you dreaming about cozy days inside, you'll want to know about Kanopy. This video streaming service in our E-Library has over 30,000 documentaries, classics, and international films, plus a large selection of movies and TV shows just for kids. With your free Library card, you receive 10 Kanopy film credits every month. Watch videos from anywhere, anytime, on smartphones, tablets, computers, or smart TVs. Visit calgarylibrary.ca/kanopy to learn more.



Best Picks for [Active] Indoor Play!

Winter hits hard in Calgary and there come days when we simply cannot go outside safely. When those days come, think Active Indoor Play! Active Play is any sort of physical movement that gets our children (babies too!) “huffing and puffing”. Activities like these increase our kids’ heart and breathing rates, which in the long run increase their energy and improve their physical health and well-being. Canadian physicians recommend a mix of adult-organized and free play activities, split between 2-3 hours a day for toddlers and preschoolers. Children should not be inactive for more than an hour at a time! It’s important to remember that Active Play does not require large spaces or huge chunks of time. Short bursts throughout the day (20 minutes) are just as effective (sometimes even more so) than one extended activity.

- **ANIMAL ALPHABET:** Choose an animal for each letter and move like they do! Crunch like a Caterpillar, Dig like a Dingo... Keep active for the whole alphabet!
- **SCREEN SAVER:** We know how hard it can be to limit screen time... but one of the main reasons why we try to stay away from it is because it keeps our kids stationary

for too long. The solution? Re-enact what’s happening on the tube! Flip around with the little mermaid... stomp with the dinosaurs... race like Lightning McQueen.

- **TUMMY TIME:** Babies need exercise too! Tummy Time can be tricky, but if you’re finding it difficult, try different kinds of tummy time; try putting your baby on YOUR tummy, so they can see your face and feel the rhythms of your breathing. Babies also love baby faces — put them on a mirror so they can see their own!

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children based on the Early Development Instrument (listed above). We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: nwecdcoalitions@gmail.com.

Calgary NW Early Childhood Coalitions

Step Into Winter

When it comes to choosing a practical pair of winter boots, it’s important to think about more than style. Look for a winter temperature rating to ensure the pair you pick is warm, and shop for a comfortable pair with anti-slip soles, too.

Cathy Harbidge, Calgary Fall Prevention Clinic coordinator with Alberta Health Services, says it’s important to look for boots with:

- Adequate support through the sole and around the ankles
- High-traction anti-slip soles
- The correct size. If they’re too big, you may twist an ankle or even have your boots fall off when you’re walking
- Adjustable laces or laces with a zipper.



Sometimes people’s feet swell, Harbidge says, so laces allow you to adjust the boots for comfort.

Harbidge also recommends shopping for footwear later in the day, when your feet are likely at their biggest. Have de-icer on hand for sidewalks and steps to reduce the risk of falling, and try attaching anti-slip shoe grips to the exterior of your boots to increase traction if you’re walking on a lot of ice.

For independent third-party ratings on specific winter boot brands, go to www.ratemytreads.com.

Excerpted from the Fall 2018 issue of Apple magazine, on newsstands now. For a free subscription, email apple.mag@ahs.ca

Alberta Health Services

Five Winter Adventures That Don't Involve Skis

Enjoy Inspiring Views at Johnston Canyon Icewalk

Johnston Canyon is one of the iconic experiences of Banff National Park, where stunning views of canyon walls give way to even more breathtaking views of its waterfalls. In the winter, the snow and ice give the canyon an even more magical, meditative quality. From the trailhead, it's an easy hike through snow to a trail where safe steel walkways offer great views of the rock wall and the blue sheets of ice hanging from frozen waterfalls. This is prime selfie country. If you book a trip with Discover Banff Tours, you will be outfitted with cleats for your boots and a warm bus ride from the town of Banff 30 minutes away.

Olympic-Style Bobsleigh is Thrill-a-Minute

Alberta has a rich Olympic history, given that Calgary hosted the 1988 Olympic Winter Games. At Winsport's Canada Olympic Park, regular folk like you and me can get a taste of what it's like to be an Olympian with its bobsleigh experiences, a 60-second rush that will get your heart pumping at speeds reaching 100 km/hr. Squeeze into the four-person bobsleigh driven by an experienced pilot to do 14 twists on the track. If you want to go solo, try the luge track, which is also a blast. If you're looking to brag, either experience gives you mad rights. Book ahead at Winsport Canada before you go.

Skate Away at Hawrelak Park

Skating at Hawrelak Park in Edmonton has been a tradition for years, drawing all ages to one of the most well-known stretches of recreational ice in Alberta. If you're in the mood for a laid-back feel in a cozy atmosphere, this is as soft as adventure gets. But if you come during the heart of winter, you'll get an added bonus at the park -- the crazily lit Ice Castles exhibit. Formed by flowing water that freezes over a base build with hundreds of lights, this attraction is beautiful and unique. Book a ticket for the Ice Castle before you go. For even more fun in the park, plan your trip around the annual Silver Skate Festival at the park (Feb. 10-20), which has roots deep in Edmonton's winter traditions.

Get Your Tube on at Canyon Ski Resort

Just minutes from Red Deer, you can ride an inflatable tube down an giddily fun course at Canyon Ski Resort at the Snow Tube Park. While many mountain ski resorts now build tube parks, you can also get a great



Banff & Lake Louise Tourism

slide here at Alberta's largest non-mountain resort. Get great views of the foothills while you reach speeds up to 60 km/hr. You get pulled up the hill on your tube by a dedicated lift before careening down the groomed two-lane park. A big snow-making system bolsters the terrain to help keep everyone sliding.

Fort Chipewyan Opens Up a Northern World

This adventure leans toward those looking for hard-core, hands-on fun. Try ice fishing and dog sledding with friendly Fort Chipewyan resident and Atim Ostogwan Dogsled Tours operator Robert Grandjambe. He has deep First Nations roots in this remote northern community, which began as a fur trading post in 1788. I got a crash course in traditional gill-net fishing on Lake Athabasca, hauling nets filled with wriggling fish while gusts of wind kicked up puffs of snow. A 20-minute dogsled trip got us there. Part of the journey is getting to Fort Chip from Fort McMurray on the rugged ice road, a 280 km (174 mi) trip. There are 40-minute flights from Fort Mac to begin your adventure.

by Mike Fisher

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Tundra Swans

Although not a permanent resident of our immediate area, birders flock to see Tundra Swans in our inland waterways as they migrate through Alberta in the late autumn and early spring. These majestic visitors pass through Calgary on their way to and from their breeding grounds in the arctic. Despite our romanticism of these beautiful animals, Tundra Swans are formidable opponents when roused and will protect their nests against predators including foxes, weasels and other birds.

Tundra Swan Facts

- The first written description of the Tundra Swan was provided by Lewis and Clark; Lewis dubbed them “whistling swans” because of the sound of their wings in flight
- Tundra Swans pair bond and once bonded remain together for feeding, roosting and mating
- During breeding season, Tundra Swans typically sleep on the ground; during the winter they tend to sleep on the water
- Tundra Swan plumage, normally pure white, can take on a reddish tinge when feeding in iron-rich areas
- Juvenile swans, or cygnets, have downy grey feathers

It is important not to feed bread to wildlife; bread is harmful to waterfowl as it is not a nutritionally complete food source. Feeding swans and geese can encourage them to forego migration, can increase habituation and aggression towards people, and it can



Image Courtesy www.naturespicsonline.com

cause malformation in wing and feather development due to nutritional deficiencies.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society at 403-214-1312 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

Andrea S. H. Hunt

Sudoku Corner Solution

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

Facts About December

- The birthstone for the month of December is the turquoise.
- There are two zodiac signs for December: Sagittarius (November 22 – December 21) and Capricorn (December 22 – January 19).
- The narcissus is the birth flower for December.
- December is named for the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year.
- Kwanzaa is celebrated on December 26 - January 1 every year.
- On December 17, 1903, the Wright Brothers made their first flight.

Classic Sugar Cookies

A favourite holiday activity for many of us is baking, but between gift shopping and get-togethers, it's hard to find the time. In fact, a recent survey by Becel found that one in two Canadians want to bake more during the holidays, and 77 per cent would spontaneously bake to celebrate with family and friends. So why not get your loved ones together for a cookie swap?

This fun fest is the perfect way to share favourite recipes, while leaving each guest with enough treats for their upcoming festivities. The sugar cookie is a classic recipe for the holidays and is sure to be a crowd-pleaser for both young and old.

Easy Sugar Cookie Cut-outs

Prep time: 25 minutes

Cook time: 10 minutes

Makes: 75 cookies

Ingredients:

- 1 cup (250 mL) (2 sticks) Becel salted margarine sticks
- 1 ¼ cup (280 mL) sugar, divided
- 2 large eggs
- 1 tsp (5 mL) vanilla extract
- 3 cups (750 mL) all-purpose flour

Directions:

1. Beat margarine sticks with 1 cup (250 mL) sugar in large bowl with electric mixer until light and fluffy; about 2 minutes. Beat in eggs and vanilla until blended. Gradually add flour and beat on low speed until blended. Divide dough in quarters; wrap in plastic wrap and flatten into disks. Refrigerate at least 1 hour or until firm.
2. Preheat oven to 350°F (180° C). Remove plastic wrap from dough. Roll each quarter about 1/8-in. (3 mm) thick on floured surface with floured rolling



THE KINCORA VIEW

pin. Cut dough into shapes with 2-in. (5 cm) cookie cutters. Arrange on ungreased baking sheets, 1 in. (2.5 cm) apart. If dough becomes too soft, return to refrigerator to firm up.

3. Sprinkle with remaining 2 tbsp (30 mL) sugar.
4. Bake 10 minutes or until edges are just golden. Let stand 1 minute on wire rack; remove cookies from sheets and cool completely. Decorate as desired.

News Canada

Age-appropriate Tasks to Get Your Kids Cooking

One of the best ways to ensure kids eat a nutritious meal is to get them in the kitchen. But assigning age-appropriate tasks may be a challenge for parents.

Emilia Heiman, a registered dietitian with Loblaws, shares some age-appropriate tasks so kids can try to learn about healthy eating. In no time, your little sous chef will be asking to make dinner themselves.

Two to three. They may be little, but at just two to three years old, there are plenty of things little ones can start doing to interact with food. Washing fruit and veggies is the perfect introductory task. Small children also benefit greatly from smelling and touching different foods like herbs to build familiarity and develop their palate in a risk-free way.

Three to four. Once children reach the age of about three, they're ready to help you add pre-measured ingredients to assemble recipes. They'll love feeling like grown-ups as they top DIY pizzas to their liking with things like chopped peppers, pepperoni or cheese.

Four to six. This is a great age to introduce tasks that require improved motor skills and a bit more dexterity. Between four and six, kids may be ready to cut ingredients with a serrated plastic knife. Start off with foods that are easy to work with like pitted avocado, cooked chicken breasts or soft fruit.

Six plus. At six, children have the motor skills to help you measure ingredients and form foods. Get them involved using a measuring cup, putting cookie dough on a pan, filling muffin cups, or grating cheese with a little supervision.

Find more great ideas for families at loblaws.ca/raiseafoodlover.

News Canada