

THE  
**KINCORA**  
  
**View**

**Happy  
New  
Year!**

**Councillor  
REPORT**



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# Councillor Report

I would like to wish all residents of Ward 2 a Happy New Year! 2019 will be a great year for Ward 2 as we have a lot of exciting projects moving forward. City Council has approved a new Four Year 2019-2022 Budget Plan. This Budget provides funding for a number of important projects in Ward 2 which includes:

- New Interchange on Stoney Trail / 14th Street.
- Twinning the Shaganappi Trail Interchange over Stoney Trail.
- Building the Missing Link on Symons Valley Parkway.
- Completing 144th Avenue between Evanston and Symons Valley Road.
- New Symons Valley Library in Sage Hill.

These infrastructure projects represent over \$100 Million of capital investment in Ward 2 which will help create more jobs, reduce congestion on our major roadways and better connect our Ward 2 communities. While I did not support everything in the 2019-2022 Budget, approval for these projects has been my top priority as your City Councillor and I was pleased to see that Budget 2019-2022 fully funds each of these projects.

The Calgary Awards is one of the largest citizen recognition programs in our city. The City of Calgary established the Calgary Awards in 1994 to celebrate and recognize outstanding achievements and contributions made by Calgarians in the previous year. Each year, individuals, corporations, community groups and organizations are nominated in five major award categories, for a total of 13 awards. The City of Calgary encourages all Calgarians to look to their neighbours, colleagues, community leaders, local organizations and businesses for those who could qualify as recipients of the Calgary Awards. For additional information, nomination criteria and the online application form visit: [calgary.ca/calgaryawards](http://calgary.ca/calgaryawards); Nominations open on Wednesday, January 16, 2019.

*Joe Magliocca, Councillor, Ward 2*

## DID YOU KNOW??

The first public cell phone call was made on April 3, 1973 by Martin Cooper.



### Elected Officials

**Councillor:** Joe Magliocca 403-268-2430

**MP:** Pat Kelly, MP Calgary Rocky Ridge 403-282-7980  
[pat.kelly@parl.gc.ca](mailto:pat.kelly@parl.gc.ca)

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**Kincora Resident's Association**  
[www.KincoraResidents.org](http://www.KincoraResidents.org)

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# Calgary Connection

### **Volunteer Calgary:**

Visit the “Volunteer” page of [www.propellus.org](http://www.propellus.org) for volunteer opportunities in Calgary.

### **Home-Start:**

Home-Start is a free program coordinated by Boys and Girls Clubs of Calgary that offers to support to families with young children, who may be experiencing a variety of issues such as: feeling alone, caring for twins and triplets, postpartum depression, being new to Canada, parenting and/or family stresses, illness in the family. Interested in getting involved? For more information or to learn about upcoming training sessions, visit our website at [www.boysandgirlsclubsofcalgary.ca](http://www.boysandgirlsclubsofcalgary.ca).

### **Mentor Volunteers Needed at Hull Services:**

Mentors provide our kids with encouragement and guidance in making healthy choices. They help our young people realize their strengths, see that they are important and that they matter. “When close and caring relationships are placed at the center of a youth intervention, positive and healthy development happens.” Jean E. Rhodes, PHD. Join us in helping our youth lead healthy, productive lives and contact Jacky at [jsanderson@hullservices.ca](mailto:jsanderson@hullservices.ca) or 403-238-7974 or visit [www.hullservices.ca](http://www.hullservices.ca).

### **Making an Impact in Your Community - Supportive Home Providers**

Research shows that youth enter homelessness largely due to conflicts at home. What starts with couch surfing with friends to avoid going home, can escalate to prolonged episodes of homelessness. Youth can quickly become entrenched in street life. Supportive housing requires individuals who provide a safe and caring home to successfully transition youth into independence. Please call McMan Calgary & Area for further information. 403-508-7751.

### **+ 55 Connections Social Club**

Are you single and 55 years of age or over? Are you near retirement or already retired? Are you interested in expanding your social network? Meet us for coffee any Thursday at 10:30 am. Enjoy a comfortable atmosphere. Meet others who have similar interests. Find out about monthly planned activities. Please note: this is not a matchmaking service. For more information. Call Sylvia at 403 281 0667 or Joan at 403-242-7793

### **Youth Employment Centre**

Do you know someone aged 15-24 who is looking for work? The City of Calgary’s Youth Employment Centre (YEC) offers year-round services and resources to help youth, secure employment and take the first step in their career. Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit [youthemploymentcentre.ca](http://youthemploymentcentre.ca).

### **Silver Springs 13th LEGO Competition**

Silver Springs Community Association will be hosting its 13th Annual LEGO Competition on January 26, 2019. We have age categories for 2 yrs to 102 yrs! Call to get your-self registered! Contestants create their LEGO entry at home in one of our 4 categories: Structures, Transportation, Cool Scenes and Space (spaceships, aliens, planets, etc. For registration forms and more information on the event check out our website or give us a call to register. [www.silverspringscommunity.ca](http://www.silverspringscommunity.ca) 403-288-2616

### **Women’s English & Social Group**

Improve your English and meet new women at a New Friends and Neighbourhood Group. We have 16 group locations in the city. Groups meet once a week for 2 hours to practice English, make friends and have fun! No cost, no immigration requirements and no minimum English. Free childcare provided for children 6 months to 6 years old. Visit [www.ciwa-online.com](http://www.ciwa-online.com) or contact Debra Colley at [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com) or 403-444-1752



# Toboggan Safety

Emergency Medical Services (EMS) would like to remind parents and children of some basic toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees or rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun 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 damaged 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 certified, properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

## Hazards

- Avoid hills that are too steep or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose scarves or clothing containing drawstrings which could present a strangulation 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, out of the cold, to warm up;
- 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, not hot, water, until re-warmed.

*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.

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

Answer on Page **XXXXXX**

# Snow Angels

The snowflakes are about to arrive along with cold temperatures (brrr!). Why not start a community Snow Angel campaign? It's a great campaign to get involved and help neighbours. By shovelling snow for each other you can encourage other neighbours to take care of one another!

## Benefits of Snow Angels

1. People who are less mobile may fear losing the homes they love or having to leave the communities they've lived in for years if they are unable to keep their sidewalks clear. By removing snow for neighbours, you may be able to help them feel secure staying in their homes.
2. Paramedics experience a dramatic increase in heart-related calls after heavy snowfalls. Cold air and heavy lifting can cause strain on the heart which leads to cardiac distress, especially for the elderly or those with physical ailments.
3. Social isolation can contribute to a low quality of life. For some, daily interactions with Snow Angels provide a source of community inclusion and pride.
4. Neighbours who know each other are less likely to be victims of crime as people look out for those they know.

Remember residents have just 24 hours after a snow fall to remove snow from sidewalks adjacent to their property.

For more information, you can find it on the Federation of Calgary Communities website ([calgarycommunities.com](http://calgarycommunities.com)) under the Building Safe Communities menu item.

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



# Safety First: Tobogganing and Sledding

Winter is a great season to get outdoors, especially with the thrill of tobogganing and/or sledding!

Here is a list of helpful reminders if you decide to take part in this fun winter activity.

- **Inspect your ride:** Inspect all your equipment for any cracks or broken parts, this includes toboggan or sled, helmet and ensure that you can keep your equipment under control.
- **Be cautious:** Slide during the day time and in well-lit areas, be aware of potential hazards like holes, fences, trees and signs.
- **Ready, set, slide:** Ensure the path is clear, keep control and kneeling or sitting feet first face is the safest method to ride.
- **Maintained hills:** Did you know that the Parks and Bylaw don't allow tobogganing or sledding downhill in a city-maintained park? However, there are 20+ hills across the city that have been maintained for your safety. To find which hills are maintained for public use check the City's website at [www.calgary.ca](http://www.calgary.ca)

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



# Cross-Country Skiing – Get Fit This Winter

**M**y girlfriends and I gave ourselves a challenge this winter – a fitness challenge. It's tempting to hibernate for the season but as we're discovering, it's much more rewarding to stay active. As part of our adventure in fitness, we committed to a weekend of cross-country skiing.

Once we'd done some basic research on the benefits of this sport, our Nordic experiment began to make sense. Did you know that Nordic skiers have twice the cardiovascular and muscular fitness as those who aren't active? And even when compared to other athletes, Nordic skiers live longer and healthier lives? Now we just needed a place to go and a place to stay.

### Heaven near Hinton

The Big Bear Cabin at Entrance Ranch turned out to be a spacious yet cozy log cabin getaway for the five of us and just 10 minutes from Hinton and our ski destination. Upon arrival, we unloaded our rented ski gear and stocked the fridge with breakfasts and lunches for the weekend. The red wine is next for unpacking and soon we are gathered around the wood fireplace.

The next morning, we set out for the Hinton Nordic Centre in William A. Switzer Provincial Park, a quiet place of pine, spruce and aspen forests. We stashed our lunches at the rustic day lodge, studied the trail maps and geared up.

With 35 km (22 mi) of groomed trails, the area is ideal for beginners and experts, as well as skate and classic skiers. We decided on the newbie-friendly Boogie Trail and spent the next hour trying to glide elegantly like the experienced skiers whizzing past us.

By the afternoon we found our groove. A couple of us hit Barf Hill where we had many a tumble trying to herringbone up the hill and a few spills snowplowing down – a fitness challenge indeed but accompanied by gales of laughter.

### Fine Dining with Mountain Views

After a solid day's work on skis, we drove just 15 minutes west of Hinton for a gourmet experience at Stone Peak Restaurant in the Overlander Lodge. We take in a memorable mountain sunset from our window table while waiting for our artisan salads to arrive. Our server had helped us make selections from the award-winning



wine list, as well as healthy choices from the mouth-watering entrees like seafood risotto, Chinook salmon fillet, and chicken breast stuffed with spinach, black beans and goat cheese. We toast to a successful first day out as the stars begin to emerge in the clear evening sky and pledge that our adventure in cross-country skiing will become a regular winter activity. And of course, no one will be stiff or sore in the morning.

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## Cross Country Skiing

Savour the pure alpine air as you glide along the dazzling white trail in the winter sunshine. Breathe in the fragrance of the evergreens and wonder what animals made the fresh sets of tracks crossing your path. The only sounds are the swish of your skis and the occasional birdsong. When the trees give way to a sublime panorama, you'll marvel that such a healthy activity can be this exhilarating.

With over 70 nordic hubs to choose from, what better place to start than the home of Canada's national cross country and biathlon ski teams? Designed for the 1988 Winter Olympics, Canmore Nordic Centre Provincial Park will challenge you with 65 km (37 mi) of groomed and track-set trails. And it's only about an hour's drive west of Calgary, so wax up those skis and follow in the footsteps of Olympians. Or follow your own path on hundreds of trails, front and backcountry, throughout the province.

Canada Trails: [www.canadatrails.ca](http://www.canadatrails.ca)  
Canmore Nordic Centre  
[www.canmorenordiccentre.org](http://www.canmorenordiccentre.org)

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## Drive Safely This Winter

Getting safely to your destination is easier with a bit of preparation, whether you are taking shorter trips around the neighborhood or longer excursions on the highway.

Have your antifreeze levels, battery and ignition system, brakes, heater and defroster checked on your vehicle. Install good winter tires for the best traction in slick conditions. Also, driving with your gas tank nearly full ensures that even if you are stranded that you will be able to keep warm until help arrives.

You will also want to have a vehicle emergency kit, with:

- Jumper cables
- Flares or reflective triangle
- Ice scraper
- Car cell phone charger
- Cat litter or sand for better tire traction
- Non-perishable food and water
- Blankets, extra warm clothes and winter gloves
- Small shovel

Should you need these items, you will be glad you took a few moments to plan ahead.

Safe driving, Calgary! For more information on winter emergency safety, and to learn more about how to prepare your family and your home for an emergency, visit [calgary.ca/getready](http://calgary.ca/getready). Learn what the risks are in Calgary, how to build a 72 hour emergency kit and take the Calgary Emergency Management Agency's Ready Calgary course.

*City of Calgary*

## Sudoku Corner Solution

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

## Calgary Public Library

### Seton Library Opens January 14, 2019!

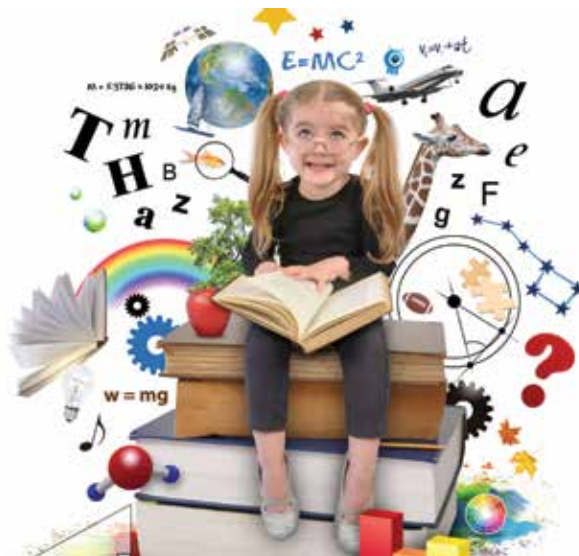
Visit our newest Library in southeast Calgary, located inside the Brookfield Residential YMCA at Seton. This 25,000-square-foot Library features an Early Learning Centre built around a real helicopter, meeting rooms that can be booked for free, an amphitheatre, a large collection of resources, and much more. Use your free Library Card to take programs for the whole family, receive up to \$5 of FREE printing per month, and borrow Chromebooks for in-library use. See you at Seton Library!

### Did You Know? Book Meeting Rooms for Free

Did you know there are more than 60 free bookable meeting rooms available at libraries across Calgary? Use your free Library card to book a space for your community group, not-for-profit, study group, book club, or event. Freeing meeting rooms are available at every Library except Rocky Ridge, including more than 30 bookable meeting rooms available at the new Central Library. Learn more at [calgarylibrary.ca/book-a-meeting-space](http://calgarylibrary.ca/book-a-meeting-space).

### Take Online Music Lessons for Free

Want to learn to play a new instrument? You can now watch step-by-step video lessons with experts, thanks to a new eResource called ArtistWorks for Libraries. Your free Library membership provides unlimited access to online music lessons for many instruments, including guitar, ukulele, violin, flute, clarinet, and piano. This eResource is funded by Sun Life Financial, and partners perfectly with the Sun Life Financial Musical Instrument Lending Library at Memorial Park Library. Visit [calgarylibrary.ca/artistworks](http://calgarylibrary.ca/artistworks) to learn more.



# Clean Out The Crisper With This Creamy Pesto Pasta Salad

Looking to balance your budget? The answer is closer to home – or, more specifically, your kitchen.

The average Canadian home wastes nearly \$1,500 each year throwing out food. That's \$31 million in food going to landfills, while four million Canadians go hungry each year.

Hellmann's believes real food is too precious to waste, so they've teamed up with food waste expert Jean-Francois Archambault to share tips and recipes to help reduce food waste at home.

This creamy pasta salad is not only delicious but incredibly versatile. Enjoy it as-is or customize to use up the ingredients in your fridge. For example, swap out basil for another herb in your crisper, add leftover chicken or turkey, or mix up the vegetables based on what you have at home.

## Creamy Pesto Leftover Pasta Salad

**Prep time:** 15 minutes

**Cook time:** 10 minutes

**Makes:** 8 servings

### Ingredients:

#### Pesto

- 1 garlic clove
- 1/3 cup (75 mL) grated parmesan
- 1/2 cup (125 mL) garlic croutons
- 1/4 tsp (1 mL) chili flakes
- 1/2 cup (125 mL) basil leaves
- 1/3 cup (80 mL) olive oil
- 1/4 tsp (1 mL) salt

#### Pasta salad

- 1/2 cup (125 mL) pasta
- 1 can (120 g) tuna or leftover cooked chicken/turkey
- 1/3 cup (75 mL) Hellmann's with Olive Oil
- 2 cups (500 mL) diced or shredded vegetables (broccoli, celery, zucchini, peppers, peas)
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) pepper



### Directions:

- In a food processor, blend garlic, parmesan, croutons and chilis. End with the herbs and pour the olive oil as it is still running. Blend a shorter time for crunchier texture or longer for a smoother texture. Season to taste.
- In a large pot of boiling and salted water, cook pasta as recommended by the package. Strain and let cool.
- In a large bowl, mix pasta, pesto and other ingredients together. Serve immediately or keep refrigerated.

*News Canada*

# Start Your Mornings Right

Made with orange juice, this simple, make-ahead breakfast is packed with protein to kick-start your day. Prep everything the night before so in the morning all you have to do is pop it in the oven for a warm, delicious breakfast your whole family will enjoy.

## Berry Breakfast Strata

### Ingredients:

- 2 tbsp. butter
- 3 tbsp. honey
- 4 large eggs
- 1/2 cup whole milk ricotta
- 3 tbsp. sugar
- 1 cup whole milk
- 1/4 cup Florida Orange Juice
- 4 slices of bread, torn into 1-inch pieces (about 4 cups)
- 275 g frozen mixed berries, thawed and drained



### Directions:

- Combine butter and honey and melt in microwave.
- In a large bowl, using a whisk, beat the egg, ricotta and sugar.
- Add milk, Orange Juice, butter and honey mixture. Stir to combine. Gently fold in bread and berries.
- Place mixture into an 8x8-inch baking dish. Cover with plastic wrap and place in the refrigerator for at least 2 hours and up to 12 hours.
- Preheat oven to 350°
- Bake the strata until golden on top and baked through; about 40 minutes.
- Let stand for 5 minutes before serving. Spoon into dishes to serve.

Find more great recipes at [floridacitrus.ca](http://floridacitrus.ca).

*News Canada*