

TUSCANY SUN

OUR COMMUNITY'S VOICE

JANUARY 2014

Brought to you by your Tuscany Community Association

Happy New Year!

**School
Updates**

**Tuscany Cup
Classic Outdoor
Hockey Tourney**

January 25 - 26

**New Councillor
Report**



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TUSCANY
community association
www.tuscanyca.ca

Tuscany Community Association

P.O. Box 27054 Tuscany RPO
Calgary, Alberta T3L 2Y1

President Kelli Taylor
.....president@tuscanyca.ca
Vice President Darren Bender
.....webmaster@tuscanyca.ca
Treasurer Lee Bardwell
Executive Administrator
..... Jamie Neufeld
.....executiveadmin@tuscanyca.ca

TCA Committees

Youth Council

.....youth@tuscanyca.ca

Traffic and Safety Committee

.....traffic@tuscanyca.ca

Elected Officials

Councillor:

Ward Sutherland
403-268-2430
ward01@calgary.ca

MLA:

Sandra Jansen
403-826-1619
calgary.northwest@assembly.ab.ca

MP:

Rob Anders
403-292-6666
www.robanders.ca

Tuscany Sun Newsletter

Editor & Article Submissions:

Darren Bender
news@tuscanyca.ca

Associate Editor: Kelley Kissner

Submission deadlines for this monthly publication are the 5th of the month, prior to the distribution month.

Advertising Sales:

Phil 403-660-7324
phil@suburbanjournals.ca

The ad booking deadline is the 14th of the month prior to the distribution month.



This publication is published 12 times a year by Suburban Journals Publishing and delivered to residents by Canada Post. This publication is also available for pickup from the Tuscany Club.

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In Our Community

TCA President's Report

We live in a wonderful community, and many people work hard to make it that way. Over the course of the year, I have reached out to some of these people, and I hope to connect with more people in the next few months. Thank you to the various leaders, especially volunteers, who devote their time and talents to improve life for Tuscany residents.

Some families have been a bit confused about the difference between the TCA (community association) and the TRA (residents association, which operates the Tuscany Club). As you register for various sports programs, you may be asked if you have a community association membership and when it expires. The TCA membership is \$25 per household. We work as a liaison with the City of Calgary on behalf of Tuscany residents with regards to sports programs, planning and development, traffic and safety, and more. The Tuscany Sun is the TCA's monthly publication, and we provide space for the TRA to advertise their programs. The TCA is a volunteer organization, and I invite you to add your energy if there is something you are interested in assisting with.

The year ahead will be filled with many opportunities. Some of the construction projects will be completed, and others will begin. Our roadways should finally be finished, after so many years of adjustments and detours, and the LRT will open sometime in the fall of 2014. The Community Garden and the Book Swap are continuing this spring, and the 3rd Annual Harvest Festival is already being planned for September. Yes, we'd love for you to participate!

Ideas for new events and projects are welcome. If you are interested in lending a hand or in working with the TCA to add value to our community, please email me at president@tuscanyca.ca.

- Kelli Taylor, President



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In Our Community

Letter to the Editor

Re: Damkar family dream – NW Campus Centre Street Church

The Damkar family has farmed in the Bears paw area since the early 1940s, and for over 50 years, they have dreamed of gifting a portion of their land to build a church and ultimately a seniors facility. The Damkars are currently focused on making the first part of their longstanding dream a reality—by gifting land to the Centre Street Church to build a new Northwest Campus along 12 Mile Coulee Road.

In June 2013, the Damkars submitted an Application to Amend the Watermark Conceptual Scheme and Land Use Bylaw to clarify details regarding how the Damkar parcel will be developed and to change the existing parcel's land use zoning to accommodate the proposed development.

Highlights of proposed development

- Ten acre site with a building size of approx. 44,000 square feet.
- Phase one will include a 22,000 square foot sanctuary to accommodate 864 seats, a kitchen, meeting rooms, and administrative area.
- Phase 2 will depend on fundraising and will accommodate a gymnasium.
- The proposed building has been tastefully designed by leading architect Alvin Fritz to complement the beautiful landscape.
- As part of the development, but not as part of the gift to the church, ten single-family lots have been included facing Spyglass Way to act as a natural transition to the award

winning Watermark Community.

- While the Damkar's intention is to pursue the rest of their dream of building a seniors facility on a 15-acre parcel adjacent to the church site, that is not part of the current application process.

In October, 2013, the proposed development reached a new milestone. The application has been circulated both internally within Rocky View County and externally to stakeholders, and all comments have been received. Thank you to everyone for your participation and feedback. To date it has been a very positive process. We want to particularly thank our neighbours, including the Tuscany Community Association, who provided a formal response to the process. This is a great way for our team to understand what our neighbors are thinking and what matters most to them. We also want to thank the many

neighbours who have submitted their letters of support.

The team is currently responding to and addressing all of the comments made in the circulation process. When all matters have been addressed it will move into first reading and a public hearing, which we anticipate will be early in the New Year. The ultimate goal is to begin construction in 2015.

The Damkars sincere intent is that their gift to the Church will also be received as a gift to their neighbours, their community, and ultimately to God. To learn more about the project visit www.fromthedamkars.com.

- Daria McDonald, Community Planner, Brown & Associates Planning Group

Editor's note: Brown and Associates is the planning consultant working on this project.

Girl Guides



Our Guiding year is fully underway! After a short break in December, we are enjoying winter camping, sleepovers at the zoo, Heritage Park, and many other venues around the city. We have a District-wide Winter Guide camp planned for mid-January—the girls are very excited for

a weekend in Cochrane. We have had many guest speakers come to talk to us and have gone on field trips to many local businesses and attractions.

Girl Guides is always looking for new leaders and District members. We are also always looking for local businesses to either come to speak to us or have us visit your business. If you would like more information on our program, please visit www.girlguides.ca. If you are interested in volunteering, please email sbvgirlguides@shaw.ca or call Lauren at 403-710-5775.

In Our Community

Councillor Report

NW LRT Extension - Royal Oak/Rocky Ridge and Tuscany Project Update

The NW LRT Extension is ahead of schedule. An open house will be announced in spring.

Rogers Cell Tower in Tuscany

In 2014, the Rogers Wireless cell tower is scheduled for construction on Stoney Trail.

New Tuscany Fire Hall

In order to address concern over emergency response time, Councillor Ward Sutherland is actively involved in facilitating with all stakeholders a fire hall location that fits the required response time regulations.

West Memorial Sanitary Trunk Catchment Area

A study of Calgary's northwest wastewater system was conducted to evaluate the impacts of growth to its infrastructure. The result found the main sanitary sewer line is working at capacity. Current work is underway to upgrade the wastewater system. The estimated completion date is 2017.

The City is currently working on

establishing criteria for how applications are processed aims to:

- Provide customers further clarity on how their project might be impacted before submitting an application.
- Reduce delays caused by case-by-case reviews.
- Enable customers to plan, develop, or build to furthest point possible before wastewater upgrades are completed.
- Ensure consistent and transparent method of approving, holding or refusing applications.

The information session shared new criteria with the public, while providing information on sanitary constraints, upgrade plans and alternative or interim solutions that may be viable for industry.

In January or February, the City will hold an engagement night to address the impact on customers, as well as provide more information. For further background information on the impacts of the West Memorial Sanitary Trunk, community and area impact map, or to provide comment on new criteria, please visit calgary.ca/PDA/DBA/Pages/West-Memorial-Sanitary-Trunk-Catchment.aspx or contact 311.

Development of New Framework for Commercial Activities in City Parks

To address changing needs, The City of Calgary Parks department is asking Calgarians their thoughts on appropriate commercial activities in parks. Feedback will be used to develop a framework that is consistent and reflects citizen values. To participate in the survey, please visit: <http://bit.ly/1cNpvJO>

Snow and Ice Control

The City of Calgary's Roads Department has a pre-planned, measured response to snowfall that helps make roadways safe and efficient called Snow and Ice Control (SNIC). City crews will be available around the clock to react to snow. To stay informed about the SNIC program, visit Calgary.ca/snow. To check out the interactive road conditions map to see if you are located on a snow route, go to www.cocnmp.com/snic/

- Ward Sutherland

Youth Council



Want to be involved in the Youth Council? Email youth@tuscanyca.ca for more information.

8th Annual LEGO Competition

Free family fun—public viewing of entries from 12:00 to 2:00 p.m. on



Saturday, January 18, 2014, at the Silver Springs Community Centre, 5720 Silver Ridge Drive N.W. Entry registration began December 1, 2013! Age categories range from 2 years old up to adult.

More information is available at www.silverspringscommunity.ca.

Lost and Found

Found: One CD case containing 17 CDs near the super-mailbox on Tuscany Meadows Heath N.W. If you are the owner, please contact the Tuscany Community Association at: <http://tuscanyca.wordpress.com/about/contact-us>. Please provide a description of the CD case and CDs inside, as well as your contact information and we will get the case back to you. Many thanks to Bill F. who found the case and contacted the TCA to find the owner.

Our Schools

Tuscany School

Several years ago, our school adopted the Circle of Courage philosophy. There are four elements of the Circle of Courage: Belonging, Independence, Mastery, and Generosity. Over the past couple of months, there have been several opportunities at the school for students to display their generosity. In October, Tuscany School participated in the Trick or Treat for UNICEF campaign. Tuscany School showed incredible generosity, and the funds raised will provide school resources for children around the world. The Jacket Racket collection at Tuscany School was wrapped up on November 15, and Tuscany families really came through. We collected 107 winter coats, as well as many snow pants, hats, and mittens. In December, Tuscany School participated in the Mayor's Annual Food Drive. Food was collected to help people in need in Calgary. Participating in these activities allowed the students to feel the joy that comes from helping others and fostered a sense of community within our school.

We would like to invite all Tuscany School parents to attend the next School Council meeting on January 9, 2014, in the school gathering space. Council meetings are an important way to become informed as a parent on the happenings in our school community. Decisions that could directly influence your child's education and experience at Tuscany School are discussed at these meetings. Please try to attend our monthly meetings to ensure that your voice is part of the process.

Kindergarten Registration for September 2014 will open on January 13, beginning at 9:15 a.m. in the school gathering space.

While the projected number of students exceeds our capacity, our pattern over the past years indicates we will be able to accommodate all kindergarten and grades 1, 2, and 3 students for 2014–2015. In the past two years, we have been able to accommodate all kindergarten students referred to W.O. Mitchell in the spring by the September 15 deadline and anticipate doing the same for 2014–2015.

Should our actual registrations exceed our capacity of 175 students per grade, the following overflow process is in place for determining which students will attend Tuscany School for 2014–2015. The following criteria will apply:

1. Students residing within the walk zone who have a sibling attending our school.
2. Students living within the walk zone who do not have a sibling attending our school. Students living outside the walk zone (within boundary) who have a sibling attending our school.
3. All other students living in the designated community.

Should there be kindergarten spaces available following the registration of those students who live within the walk zone with a sibling in our school or students that live within the walk zone with no siblings at Tuscany, a lottery of all remaining kindergarten students will be held to fill the remaining spaces.

As mentioned, at this time, we anticipate being able to register all kindergarten students by the September 15, 2014 deadline.

St. Sylvester



Bonne Année et Bonne Santé! Happy 2014 from the staff and students of École St. Sylvester School. We hope everyone enjoyed a peaceful and rejuvenating Christmas break.

Many charitable projects were accomplished during the Advent season. We are so very proud of the generosity of our students as they collected articles and compiled them into kits for Calgary Drop-In Centre's Fill a Sock-Fill a Need Program. We also like to extend a big thank you to all the families who supported the School Council's major fundraiser by purchasing poinsettias.

January doesn't show any sign of slowing down for us! Grade 5 students will be partaking in a field trip to Telus Spark, and Grade 6 students will be heading to the Rothney Observatory. We will be celebrating St. Sylvester Day on January 31, beginning with the St Sylvester Day Liturgy followed a family dance. As well, we will continue to collect food items for the food bank during the last week of January.

It is with mixed emotions as we say good-bye to our librarian, Mme. Mariline Forbes, who is set to retire this month. We wish you the best in this next phase in your life.

Registration for Kindergarten and Grade 1 is ongoing throughout the year with the Calgary Catholic School District. All parents who are interested in French immersion are encouraged to register their children at our wonderful school. All families are encouraged to enquire at 403-500-2063.

Our Schools

Bowness High School

November and December were jammed packed with events at BHS, and January and February are shaping up to be almost as busy. Students are back to school on Jan. 6. School Council meets on Jan. 8 and again on Feb. 12 at 7 p.m. All BHS parents are welcome to attend. We will be hosting our Grade 9 Open House from 6:30 – 8:30 p.m. on Jan. 30. All Grade 9 students and parents from our feeder communities are welcome to attend.

Several fundraising initiatives have been ongoing at Bowness High. Student Council has been raising money for Philippine relief efforts and will continue to do so into 2014. Random Acts of Kindness (RAK) sponsored their annual Jacket Racket and dozens of garments were donated by students and staff for worthy families. Other RAK events include garbage pick up, food bank drive for We Scare Hunger (Save the Children), Christmas shoe boxes with Samaritan's purse, sandwiches for the Mustard Seed, Christmas hampers, and anonymous gift buying for families in need.

The Bowness Band will be performing on Jan. 27 in the school theatre. Non-perishable food items will be gratefully accepted. Bowness High is excited to host the 35th Annual Trojan Classic Basketball Tournament on Feb. 7 – 8. Teams will be coming from B.C., Alberta, and Manitoba to compete. Community members are invited to come and take in the action!

BHS Construction classes are crafting beautiful, sturdy cedar Adirondack chairs, porch chairs (seats two people), end tables, coffee tables, picnic tables,

planter benches, and one large dog house, all of which will be for sale to the community. We also have free step stools. Drop by the west side of the school and view the projects in the compound. Free fire wood cut-offs, clean cedar, and spruce are also available. Call Construction Teacher Paul Allard at BHS, 403-286-5092 ext. 2602, voice mail 3082, for more information.

A reminder that Feb. 13 – 14 is Teacher's Convention, and Feb. 17 is Family Day. There will be no classes during these days.

Bowness High is looking for donations and sponsorships from local businesses for the prestigious 35th Annual Trojan Classic Basketball Tournament, Feb. 7 – 8. Please contact Sarah Williams at sbwilliams@cbe.ab.ca or call her at 403 286-5092 ext. 2136 to find out how you can help.

Twelve Mile Coulee

In December, Twelve Mile Coulee School focused on developing citizenship through relationships within the school, city, and world. As part of its local citizenship initiative, TMC supported the Calgary Drop-In Center. Students from each grade collected toiletries, warm socks, and candy, which they then filled into stockings for the clients at the Centre. In addition, students sold greeting and holiday cards produced from TMC student art work. They also made sandwiches that were

delivered to the Drop-In Centre when the stockings were dropped off.

Life at TMC has continued to thrive in other ways as well, with sports teams and extracurricular clubs in high gear. The school hosted its second annual Talent Show on Dec. 18 to great acclaim. This was an entirely student lead initiative. The second annual student Tycoon Marketplace provided the opportunity for the Grade 6 Business class entrepreneurs to sell their wares. It was another example that entrepreneurialism is alive and well in Tuscany!

Twelve Mile Coulee School is asking the Tuscany community to check in their basements or closets for used guitars that could use a new home. There are teachers at the school willing and able to put them to good use in Fine Arts options, Music, and possibly a club. The cost of outfitting a class is high, approximately \$5,500, so we are calling on the community to see if there are any families with a guitar waiting for some new love! The school is also looking for a dress form to support its Fashion Studies program. If you have a guitar or a dress form that you would like to donate to the school, please drop them off at the school office.



In Our Community



**Support Tuscany!
Buy Your Community Membership Today!**

Membership ...do you have your
Community Association membership yet?

Benefits of Membership

- A healthier and more enjoyable community through the provision of community sports and recreation activities like soccer – your membership contributes to the costs of operation
- Insurance coverage to participate in Community Association organized sports, such as soccer
- Discounted insurance rates - email president@tuscanyca.ca
- Up-to-date information about issues affecting you and the community through the Tuscany Sun and our website
- Effective representation and advocacy to external third parties about issues of concern to the community, including public health and safety, development and the natural environment
- Maintenance and preservation of the natural environment, including Twelve Mile Coulee
- A safer community through our advocacy on traffic and other safety issues
- Pride and a sense of community through participation in community activities

*YES! I would like to become a member of
the Tuscany Community Association*

**Go to www.tuscanyca.ca to register online
for your membership today!**

TUSCANY
community association

Your Tuscany Community Association

The TCA is a non-profit organization run by a core group of volunteers who are committed to the needs and constructive development of Tuscany and its community. The TCA has a broad mandate to represent the community to external stakeholders, such as the City, and to provide community sports programs. We also have an emphasis to preserve and protect the natural environments in Tuscany.

This year, the TCA is focusing its efforts on three broad goals: community cohesiveness, traffic safety and the development of youth programs in Tuscany. If you would like to participate in the development and implementation of these goals, the TCA is always looking for committed volunteers.

For more information, contact president@tuscanyca.ca or go to our website at www.tuscanyca.ca.





Tuscan RESIDENTS ASSOCIATION

The Tuscan Club is operated by the Tuscan Residents Association (TRA) as a private recreation facility for the exclusive use of its members. For more information about the TRA, visit the FAQ section of our website, listed under the "Residents Association" banner at www.tuscany-connect.com.

Address

Tuscan Residents Association
212 Tuscan Way N.W.
T3L 2J6

Phone

403-241-6402

Hours of Operation

Park and Facility Hours:

Mon. to Sun. 9:00 a.m. – 10:00 p.m.

Office Hours:

Mon. to Sat. 9:00 a.m. – 4:30 p.m.

Tuscan Snow Clearing Update for the 2013 – 2014 Season

Tuscan Residents Association (TRA) would like to announce changes to the existing snow clearing operation. Some areas previously cleared by TRA will no longer be attended to because these areas fall under the responsibility of the City of Calgary Roads Department. Please visit www.tuscany-connect.com to view the new snow-clearing map.

Please note the following:

- TRA will clear the common sidewalks in the community, which includes sidewalks along playgrounds, sports fields, pathway entrances, landscape feature corners, and green spaces. Any questions or concerns should be forwarded to the TRA Maintenance Department at parks.tuscany@shaw.ca or 403-241-6402, ext. 114.
- Pathway snow clearing is done by City of Calgary Parks, Pathways Division. Any concerns regarding the pathways should be directed to the City Of Calgary 3-1-1 line.
- Snow clearing of sidewalks surrounding school properties is the responsibility of the school board. Any concerns should be directed to the corresponding school board.
- Designated sidewalks along Tuscan Boulevard and Tuscan Drive are cleared by the City of Calgary Roads Department. Any concerns regarding these sidewalks should also be directed to 3-1-1.

January Events & Notices

Winter Program Registration

There are still spaces available in many of our winter programs, which start the first week of January. Register online through your [tuscany-connect.com](http://www.tuscany-connect.com) account, or email clubprograms@shaw.ca for more information or to make sure you are eligible for programs. See a complete list of all available TRA programs and special events by viewing the program guide—just click the link on the front page of www.tuscany-connect.com.

Rent Space at the Tuscan Club

Rooms are available for receptions, banquets, birthday parties, seasonal events, club and business meetings, and more. Space is available only to TRA members in good standing. For more information, call 403-241-6402 or email customerservice.tuscany@shaw.ca.

Tuscan Cup Classic Outdoor Hockey Tourney

This year's three-on-three outdoor hockey tourney is being held January 25 – 26 at the Tuscan Club, and registration is now open. For more information, email clubprograms@shaw.ca or call 403-241-6402. Each team consists of two Tuscan residents plus friends. Every team is guaranteed three games, and the team entry fee is \$30. Twelve teams max.

50+ Social Drop-In Club

Wednesdays, 1:00 – 3:00 p.m.

Join others from around the community for cards and games, good conversation, occasional outings, and great coffee and treats. Call 403-241-6402 or email clubprograms@shaw.ca for more details.

Community Concerns and Maintenance

The condition of amenities in the community is a priority to the TRA. Of course, we also welcome the assistance of residents in identifying outstanding issues or problems. If you are out and about in the community and notice something (e.g., broken fence panels or vandalism), please feel free to notify the TRA at 403-241-6402, and we will address the issue as quickly as possible.

Spring Program Guide + Registration

The TRA Spring Program Guide comes out on Monday, February 3. It will highlight all the programs and special events presented by the TRA for the Spring 1 and 2 sessions between March and June, including youth and adult tennis lessons, plus all our usual variety of sports, fitness and recreation programs, and activities. Registration for all spring programs will open on Friday, February 7 at 9:00 a.m.

Contact the Recreation Manager at clubprograms@shaw.ca for more information on any TRA programs and events.

In Our City

NW LRT Extension

Royal Oak/Rocky Ridge and Tuscany Project Update: January 2014

Project is on Schedule to Open in Fall 2014

The construction of the new CTrain line and station is progressing on schedule. The new station is close to completion. Work is continuing on electrical, signage, communications, signals, and other systems to prepare the station for service in the fall of 2014.

Traffic Speed Reduction Remains in Place

Crews will continue to access the median near the station for construction purposes via the closed lanes adjacent to the CTrain Right of Way on Crowchild Trail. Drivers can expect to see increased construction activity as the cables that form part of the overhead catenary system, which power the trains, are installed in the coming months. Because construction is ongoing, traffic speed will continue to be reduced to 60 km/h for safety reasons as construction vehicles move in and out of this area. The City will continue to work with the responsible contractors to open the lane up as early in 2014 as possible.

Other Construction Updates

The exteriors of the Arbour Lake and Rocky Ridge Substations are mostly complete. These buildings house the power for the traction power systems that operate the trains. Work continues inside the buildings to install the electrical systems to power the trains. The track work is nearly complete.

Construction on the Park and Ride lots began in July 2013 with completion

planned by fall 2014. Residents may notice more construction vehicle traffic in the community as a result of construction. To ensure impacts, such as dust, mud, noise, and other disruptions are kept to a minimum, the City of Calgary works with their contractors to minimize these impacts. Impacted residents will be advised of any new construction or changes that will affect them.

Once the station, track work, park and rides, and electrical systems are complete, Calgary Transit will begin preparing the station for full operation in fall 2014. This includes training operators to operate trains on the new section of the line.

All up-to-date project information on construction and the project is posted at www.calgary.ca/nwlrt. If you have any questions or comments, please call 311.

Calgary NW Recreation Centre Information Session

Save the Date: Jan. 23, 2014 at 5 – 8 p.m. at the Silver Springs Community Association, 5720 Silver Ridge Drive N.W.

This will be an opportunity for northwest communities to meet the operators, see the designs, ask their questions, and learn more about the new Rocky Ridge recreation facility. In attendance will be the City of Calgary project team and representatives from GEC Architecture, YMCA Calgary, Calgary Public Library, and the Public Art Program.

Family Literacy Day

Family Literacy Day is January 27— and every day.

The theme of Family Literacy Day this year is 15 Minutes of Fun. It encourages parents to make time every day for reading and other learning activities with their children. Spending at least 15 minutes a day can make a huge difference to a child's literacy skills and development, and it can help parents improve their skills as well.

Family Literacy Day was launched by ABC Life Literacy Canada in 1999. Each year, to mark the occasion, thousands of activities and events are held across the country in learning

centres, schools, homes, and literacy organizations.

A wide range of resources for parents and families, including the HSBC Learning Activity Centre, storytelling tips, games, events, articles, and many other literacy resources are available at www.familyliteracyday.ca.

If every family is committed to their daily 15 minutes of learning together, Family Literacy Day will not only make an impact on January 27, it will make a difference every day of the year.

- News Canada

In Our City

January Book Recommendations

The Curious Incident of the Dog in the Night-time, **by Mark Haddon**

Narrated by a fifteen-year-old autistic savant obsessed with Sherlock Holmes, this dazzling novel weaves together an old-fashioned mystery, a contemporary coming-of-age story, and a fascinating excursion into a mind incapable of processing emotions. Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. Although gifted with a superbly logical brain, Christopher is autistic. Everyday interactions and admonishments have little meaning for him. At fifteen, his carefully constructed world falls apart when he finds his neighbour's dog Wellington impaled on a garden fork, and he is initially blamed for the killing. Christopher decides that he will track down the real killer, and he turns to his favourite fictional character, the impeccably logical Sherlock Holmes, for inspiration. But the investigation leads him down some unexpected paths. As Christopher tries to deal with the crisis within his own family, the narrative draws readers into the workings of his mind. And herein lies the key to the brilliance of Mark Haddon's choice of narrator: the most wrenching of emotional moments are chronicled by a boy who cannot fathom emotions. This novel has been a perennial book club favourite; it is a comedy, a tearjerker, a mystery story, and a novel of exceptional literary merit that is great fun to read.

The Book Thief, **by Markus Zusak**

Now playing in theatres, Markus Zusak's unforgettable story is about the ability of books to feed the soul. Death himself narrates the World War

II-era story of Liesel Meminger from the time she is taken, at age nine, to live in Molching, Germany, with a foster family in a working-class neighbourhood of tough kids, acid-tongued mothers, and loving fathers who earn their living by the work of their hands. The child arrives having just stolen her first book—although she has not yet learned how to read—and her foster father uses it, *The Gravedigger's Handbook*, to lull her to sleep when she's roused by regular nightmares about her younger brother's death. Across the ensuing years of the late 1930s and into the 1940s, Liesel collects more stolen books, as well as a peculiar set of friends: the boy Rudy, the Jewish refugee Max, the mayor's reclusive wife (who has a whole library from which she allows Liesel to steal), and especially her foster parents. Death is not a sentimental storyteller, but he does attend to an array of satisfying details, giving Liesel's story all the nuances of chance, folly, and fulfilled expectation that it deserves. An extraordinary narrative and a moving story.

Pet Care Benefits

Does your workplace offer pet health insurance? More and more businesses are adding that nugget to their company benefits, and it is indeed becoming one of the fastest-growing benefits offered to Canadian employees. One in three Fortune 500 companies is now offering pet insurance. Here in Canada, the number of leading businesses doing it has grown to over 600.

- News Canada, www.petsecure.com

Crowfoot Library

Programs for Adults

- **eBook Doctor:** No registration required.
 - * *Kobos:* Jan. 2 and Jan. 29, 2:30 – 4:00 p.m.
 - * *iPads & iPhones:* Jan. 15, 2:30 – 4:00 p.m.
 - * *Android Devices:* Jan. 22, 2:30 – 4:00 p.m.
- **eBooks: A Library on the Go:** Jan. 7, 7:00 – 8:30 p.m.
- **Portable Tablets for Beginners:** Jan. 14, 7:00 – 8:30 p.m.
- **ESL Coffee & Conversation:** Thurs., Jan. 9 to Feb. 27, 6:30 – 8:00 p.m.
- **Citizenship Preparation Class:** Jan. 18, 1:30 – 4:30 p.m.
- **Career Basics: Enhancing your Job Search through Social Networking:** Jan. 22, 6:30 – 8:30 p.m.

Programs for Children and Youth

- **Drop in Family Storytime:** Sat. and Wed., 10:30 – 11:00 a.m. Ages 2 to 5 with a parent or caregiver.
- **Post-it-Note Art Show:** Jan. 9, 4:30 – 5:30 p.m. Ages 10 to 14.
- **Books Aloud!** Thurs, Jan. 23 to Feb. 13, 7:00 – 7:45 p.m.
- **Family Literacy Day: Read, Sing and Play:** Read, Sing and Play: Jan 26, 2:00 – 2:30 p.m. All ages.

Visit www.calgarypubliclibrary.com for more information on these programs. Registration is required for all programs unless otherwise noted.



In Our City

Bowness Library

Programs for Adults

- **Career Coaching and Computer Technology Coaching:** Sat., Jan. 4 to Apr. 26, 10:15 a.m. – 12:15 p.m.
- **Ebook Doctor:** Jan. 11 and 25, 2:00 – 3:30 p.m.
- **Toastmasters International: To the Point:** Jan. 14, 7:00 – 8:30 p.m.
- **Stitch and Chat:** Sat., Jan. 18 to Apr. 26, 1:30 – 3:00 p.m.
- **Adult Book Club:** Jan. 19, 2:00 – 3:00 p.m. January's Book Club selection is *Headmaster's Wager* by Vincent Lam.
- **ESL Conversation Club (Intermediate):** Wed., Jan. 22 to Feb. 26, 6:30 – 8:30 p.m.
- **The Annual Health Check-up - What's It For?** Jan. 27, 7:30 – 8:30 p.m.

Programs for Kids

- **Drop-in Family Storytime:** Fri., Jan. 17 to Apr. 11, 10:15 – 10:45 a.m. Ages 2 to 5 with a parent or caregiver.
- **Reading Buddies:** Mon., Jan. 20 to March 3, 4:30 – 5:45 p.m. For readers in Grades 1 to 3.
- **Computer Buddies:** Mon, Jan. 20 to Mar. 3, 6:30 – 7:30 p.m. For students in Grades 1 to 6. Ages 5 to 12.
- **Canadian Oil Sands Limited's Math Minds:** Wed., Jan. 22 to Apr. 23, 4:30 – 5:30 p.m. For students in Grades 1 to 6.
- **Fireplace Tales:** Jan. 24, 10:15 – 10:45 a.m. Ages 2 to 5 with a parent or caregiver.
- **Family Literacy Day:** Read, Sing and Play! Jan. 27, 2:00 – 2:30 p.m. Ages 2 to 5 with a parent or caregiver.

Visit www.calgarypubliclibrary.com for more information on these programs. Registration is required for all programs unless otherwise noted.

Be a Good Neighbour, Clear the Snow

Winter has arrived, and it's time to be mindful of how the buildup of ice and snow on city sidewalks can pose a risk of injury to Calgarians. Older adults, those with mobility issues, or parents pushing strollers or walking with young children may find it treacherous to venture out if neighbours are not diligent about clearing the ice and snow. All of us can help make walking in our communities safe for everyone if we work together and follow the regulations set out in Calgary's *Street Bylaw*.

Property owners are responsible for clearing all sidewalks adjacent to their property. This means removing all snow and ice down to the bare concrete within 24 hours after the snow stops falling. If, as a property owner, you do not live at the residence, it is important to work with tenants or arrange for a contractor to clear the snow. It's also important to note that if a property is being developed, the developer is often the owner responsible to clean sidewalks around a construction site or empty lot. The property owner is ultimately responsible for snow clearing under the bylaw. For any ice that is difficult to remove, a de-icing mixture is available at fire halls or Roads depots. Please bring your own container.

Remember that snow from private property cannot be put onto the street.

Large mounds of snow in the street can impede the flow of traffic, limit driver and pedestrian visibility, and hinder Blue Cart and Black Bin collection.

Sidewalks also need to be clear of obstructions such as electrical cords. When plugging in your vehicle, make sure you don't place an electrical cord on or over any portion of a street.

Have you considered being a Snow Angel? It can be a challenge for some residents to shovel and clear their sidewalks. The Snow Angel campaign, now in its 10th year in Calgary, encourages citizens to be good neighbours by helping older adults and others in need with their snow removal. All you have to do is adopt someone's sidewalk this winter and keep it clear.

Let's remember that snow, ice, and obstructions on our sidewalks can result in serious injuries and can cause those with limited mobility to be confined indoors. Be a good neighbour and clear the snow.

To find out more about snow and ice removal in Calgary visit calgary.ca/snow or contact 311. For information on how to become a Snow Angel, visit calgary.ca/snowangels.

- *The City of Calgary Animal & Bylaw Services*

"A friend is one who knows you and loves you just the same."

Elbert Hubbard

In Our City

Snow Routes and Parking Bans

Snow Routes are on major roadways, collector roads, and bus routes. During a ban, parking will be restricted on designated Snow Routes for up to 72 hours. Parked vehicles that remain on these roads during the ban are subject to enforcement (a parking tag and tow). If you are going out of town, ensure your car is not parked on a Snow Route.

During an active Snow Route Parking Ban, no plowing complaints will be registered. You can make a Service Request to the City of Calgary if you have a concern after the ban is lifted. Your opinion will be added to a weekly report for the City to review. You can sign-up for automatic email alerts. For more information:

- Visit Calgary.ca/snow.
- Subscribe to email alerts.
- Follow [@yyctransport](https://twitter.com/yyctransport) on Twitter.
- Call 311 and listen to the message.
- Use local news.
- Check the road conditions map online at: www.cocnmp.com/snuc.

On-street handicap zones located along snow routes will be exempt from the parking ban at all times. Apply for your parking sign by calling 311. You can require a space in front of your residence for exclusive use by Access Calgary.

- Anne Burke

"Where the senses fail us, reason must step in."

Galileo Galilei

On Roundabouts

Roundabouts (traffic circles or loops) have been growing in popularity across Canada and the U.S. Calgary currently has over 40 for pedestrians, cyclists, and motorists. Life-cycle cost, land requirements, safety, operations, and other factors need to be considered.

Roundabouts reduce vehicle speeds through an intersection and vehicles do not have to come to a stop. The Alberta Basic License Driver's Handbook discusses how to manoeuvre and yield in roundabouts. Traffic enters and circulates *counter-clockwise*, to the right of the central island. Vehicles entering must yield to all traffic already in the roundabout.

An update to Council is due January 2014 on the progress to date for the new city-wide roundabout program and guidelines, including landscaping and public art. Consultation with various stakeholders, such as developers, community groups, and city departments, will be combined with research.

Features that might encourage pedestrians to cross the circulating roadway (in order to approach whatever is in the center of the circle) should be avoided completely, however, as pedestrians should not be on the central island at any time.

- Anne Burke

Calling all Snow Angels

Winter is here and so is the snowy season.

This year The City of Calgary is celebrating the tenth year of Snow Angels, an initiative through Community & Neighbourhood Services. Snow Angels encourages Calgarians to look out for those who may need assistance with snow removal.

Keeping walks clear can be very challenging—even dangerous—for older adults and others who have limited mobility. It doesn't take much time to be a Snow Angel. When shovelling your own sidewalks and driveway, just take a couple extra minutes to clear your neighbour's sidewalks as well.

John Mungham, Snow Angels program coordinator, is asking all Calgarians to adopt a sidewalk this winter.

"Keep an eye out for those in your community who need may need

assistance," says Mungham. "Looking out for those around us is what makes our neighbourhoods great places to live. Clearing your neighbour's walk can make a world of difference."

Nominate Your Snow Angel

This year's Snow Angel campaign runs December 4, 2013 to April 18, 2014. In the past 10 years, The City has recognized over 6400 Snow Angels. Last year, 543 Snow Angels were nominated. Let's build on that tradition. If you, or someone you know, has been helped by a Snow Angel, please share your story. Call 3-1-1 to nominate your Snow Angel. They will be officially recognized by The City of Calgary and entered in a prize draw.

For more information visit calgary.ca/snowangels.

- City of Calgary
Community & Neighbourhood Services

In Our City

'Tis the Season—Tobogganing is Back!

With the first few snow storms under the city's belt, Calgarians are heading to the hills for one of winter's greatest pastimes—tobogganing.

Did you know that The City of Calgary has designated several parks and green spaces as sites appropriate for tobogganing? These hills have better landing areas that make the activity safer. They are also inspected on a monthly basis for obstacles.

There are several things you can do to keep your family safe while

tobogganing:

- Always wear a helmet to protect your head from injury.
- Assess the hill before tobogganing, because conditions can change from day to day.
- Jumps should not be created. The City will remove them for safety reasons.
- Avoid hills that are not designated for tobogganing. Undesignated hills can be dangerous, and you can be fined \$100 under a City bylaw if you slide down them.



For a complete list of hills designated for tobogganing and sledding, visit www.Calgary.ca/parks.

- City of Calgary

Snow Shovelling Safety

Before you start:

- Dress properly for the weather before heading outdoors. Unprotected exposure to low temperatures and wind chill can result in hypothermia or frostbite.
- Dress in layers starting with a warm insulating inner layer and ending with wind and waterproof outer layers. If you become too warm as you shovel, you can always remove outer layers, as required.
- Wear proper footwear with a solid tread and adequate ankle support. Don't forget to wear a toque or hat to prevent heat loss from your head.
- Stay well hydrated by drinking plenty of water before and after you shovel. Avoid caffeinated beverages and alcoholic beverages, and avoid smoking. These act as stimulants that can put a strain on your heart by constricting blood vessels and increasing heart rate. Caffeine can also promote dehydration—another important reason to avoid it. Alcoholic beverages do not act as a stimulant, but they promote

dehydration, impair your judgment, and make you more susceptible to the effects of the cold weather.

- Reduce the chance of injury by warming up your muscles with light exercise and stretching before you shovel. Warm muscles use energy more efficiently.

How to shovel:

- Choose the correct size of shovel for you. A smaller shovel will require you to lift less snow at a time and reduce the strain on your body.
- Protect your back by lifting properly: keep the shovel close to the body, stay balanced by standing with feet about hip-width apart, bend your knees, and squat with a straight back. As you lift the snow, use your legs to provide the lift, tighten your stomach muscles to support your back, and keep your back straight. Do not bend your back.
- When possible, push snow, don't lift it. Always orient your body in the same direction you are pushing the snow. If you need to move the

snow to one side, reposition your entire body to continue

- facing the direction you are pushing.
- Do not throw snow over your shoulder or to the side. Most back injuries occur when you are in a twisted position. The injury can be made worse when you are bearing the weight of heavy snow as you twist.
- Don't extend your arms when maneuvering a full shovel of heavy snow as this puts excess strain on your back muscles and too much weight on your spine. Attempt to keep the weight of the shovel close to your body.
- Pace yourself and take a break, especially if there's been a heavy snowfall; don't try to clear it away all at once.



- Alberta Health Services

In Our City

Silver Springs Pool Update

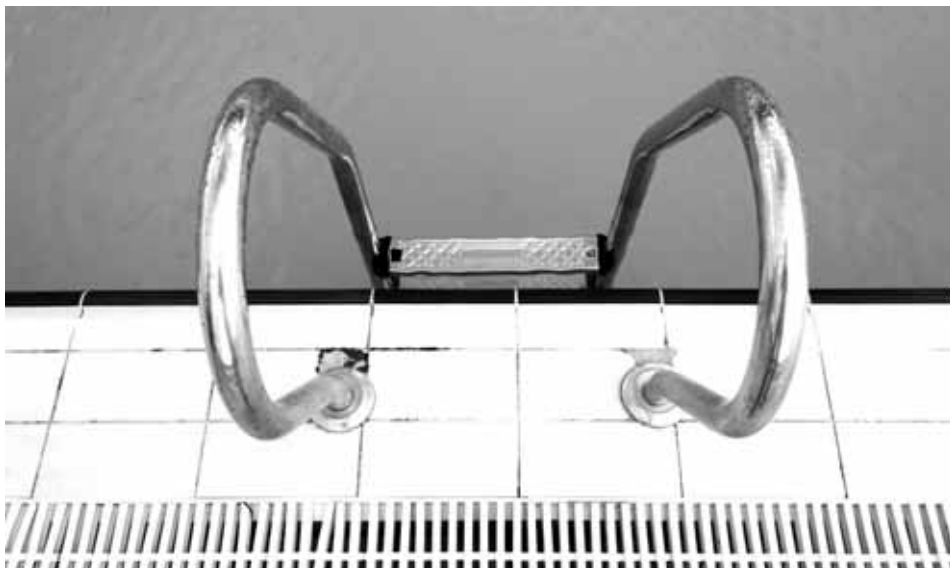
The Silver Springs Outdoor Pool Fundraising Foundation (SSOPFF) has been working through the summer and fall on fundraising. Accomplishments to date include the following:

- Established working relationship with The City of Calgary to determine parameters for fundraising efforts.
- Creation of brochures, online presence, and initial documents in support of fundraising efforts.
- Coordination with SSCA to accept initial donations.
- Formation of the Silver Springs Outdoor Pool Fundraising Foundation, a non-profit corporation under the Alberta Companies Act.
- Organized and executed the “Labour Day Splash” pool event, which raised over \$1,600 in two hours.
- Successfully achieved a partnership with Parks Foundation Calgary for project gift administration, which means that PFC will issue tax receipts on our behalf for donations over \$25.
- Formation of fundraising teams.

While we initially intended to canvas to raise funds this fall, current projections show we need to raise \$1.85M. We now intend to explore other fundraising options first and then canvas or seek support for a temporary tax levy from community residents to achieve any shortfall.

Four fundraising teams have been formed:

Corporate Donations/Donations from Local Businesses—Research corporations’ giving portfolios and criteria; obtain contact information and



make initial contact with corporations and local businesses; draft cover letters and create application packages; meet with corporations and local businesses to obtain funding.

Grants—Research and apply for all grants at any level of government. Research and apply for any corporate grants for which the project qualifies.

Events/ Projects—Brainstorm, plan, and execute special events to promote and fundraise for the project.

Media—Create and monitor SSOPFF internet presence. Prepare reports for Community Association Newsletters and liaise with CAs regarding events and updates. Monitor Facebook and Twitter presence. Research print and other media options for potential articles raising awareness of the project and the need.

If you have an interest in working on one of these teams, please contact us at silverspringspool@shaw.ca.

We would also like to advise that

you can now donate to the SSOP renovation project using your credit card. Parks Foundation Calgary has an online donation form, which may be found at <http://parksfdn.com/Donation%20Form.pdf>.

Silver Springs Outdoor Pool is one of many community-led projects that Parks Foundation Calgary is administering, so in order to ensure that your donation reaches the SSOP, please indicate in the first section of the donation form that your donation is to go to “Other” and specify “Silver Springs Outdoor Pool Renovation”. You may then email the form to Parks Foundation Calgary at: Delores Sakauye at dsakauye@parksfdn.com, or Lily Llaguno at lllaguno@parksfdn.com

Donations will still be accepted by cheque or cash as well. Cheques should be made payable to “Parks Foundation Calgary re: Silver Springs Pool Renovation.” Tax receipts will be issued by Parks Foundation Calgary for donations over \$25.00 within 2 – 3 weeks.

In Our City

Bow Ridge Little League Baseball

A New Year for Baseball

With a new year comes a new season of baseball. By now, you must be thinking: “Baseball? In January, in Calgary?” For the organizational volunteers at Bow Ridge Little League, the wheels already are turning. Planning and arrangements must be made now to ensure sufficient indoor resources are available for pre-season clinics and training sessions for players, coaches, and umpires. These activities are followed by evaluation sessions with the goal of building balanced teams.

Ideally, players and coaches would be assigned to teams by mid-April to accommodate team practises as soon as our fickle spring weather permits. Much of March is dedicated to the indoor activities, all of which means registrations must be completed by the end of February. Allowing six weeks for registrations, we have worked our way back to mid-January.

Registration for the 2014 baseball season begins January 15, and Bow Ridge Little League is looking for boys and girls ages 5 to 18 who wish to learn and play one of spring and summer’s greatest pastimes. No experience necessary! Just bring a glove and basic protective gear.

Bow Ridge is a well-established Little League baseball program catering to all interested players from first time to advance skilled. Depending on the age group, player clinics will begin in early March, with the regular season beginning in May and running until the end of July for most age groups, including all-star programs on a tryout basis for players age 9 – 14.

Umpires and volunteers for several positions are needed, too. Besides new and experienced coaches, volunteers with a variety of skills are welcome. So come join us!

Registration information for our 2014 season can be done online from January 15 – February 28. Check our website for details: www.bowridgebaseball.com.

Betting on Your Life

The Headmaster's Wager (Anchor Canada) by Giller Prize winner Vincent Lam is a story that will undoubtedly make you thankful for the life you have.



The Canadian author takes readers to Vietnam during the 1960s and 1970s and details the twists and turns that the Chinese expatriate's life takes as a Headmaster of a school that teaches English. The Headmaster's father first came to Vietnam—to the Land of the Gold Mountain—to make his fortune. The Headmaster painfully learns, however, that wealth takes many forms, the least of which is money. Who can one trust? Betrayal is repeated throughout his life—in all of its harsh forms as he tests his luck.

This novel also provides a stunning look into a country that has faced occupation by many including the Japanese, French and Americans. Lam's work pays homage to his relatives who lived in a Chinese community in Vietnam.

This book is worth its weight in gold.

– Jean Andrews

Book of the Month

West Valley Softball 2014

West Valley Softball is a volunteer-run program for youths living in the following northwest communities: Arbour Lake, Blueridge, Bowness, Crocus Heights, Greenbriar, Greenwood Village, Hawkwood, Hamptons, Parkdale, Ranchlands, Rocky Ridge, Royal Oak, Scenic Acres, Silver

Springs, St. Andrews Heights, Tuscany, University Heights, Valley Ridge, and Varsity. Our softball season begins late April, and registration begins Feb 1.

For complete information, visit www.westvalleysoftball.com or call 403-288-2616.

Age group	Birth year	Game days	Cost
Mites	2005/2004	T/Th	\$185
Squirts	2003/2002	M/W	\$210
Pee Wee	2001/2000	T/Th	\$250
Bantam	1999/1998	M/W	\$250
Midget	1997/96/95	T/TH	\$280
LTP Group 1	2009/2008	M/W	\$115
Group 2	2008/2007	T/Th	\$115
Group3	2007/2006	M/W	\$115



In Our City

Events In and Around Calgary

Tickets, admission or registration may be required for events. Event details are believed correct as of press time but may change at any time.

Zoolights: Nov. 29 – Jan. 4, Witness 1.5 million Christmas lights in their most glorious state. This year we are adding even more light displays, figures and activities for you to enjoy.
www.calgaryzoo.org

The Motorcycle Show Calgary 2014: Jan. 10 – 12, BMO Centre. Enjoy a wide-ranging and exciting line-up of exhibitors that celebrate the motorcycle lifestyle, including models from the big names, the latest in apparel, accessories and touring destinations.
www.calgarymotorcycleshow.ca

Bridal Fantasy Calgary:
The Boutique Bridal Show: Jan. 12, Telus Convention Centre. Bridal Fantasy is an amazing way to find out all the unique and accommodating options available for brides.
www.bridalfantasy.com

Theatre Calgary BOOM: Jan. 15 – Jan. 19. Boom is created, directed and performed by Rick Miller. It takes a look at the defining moments of the baby-boom generation.
www.theatre Calgary.com

MS Whisky Festival: Jan. 16, Jack Singer Concert Hall. Enjoy an unforgettable evening of whisky tasting, art and music in support of those affected by multiple sclerosis.
www.calgarywhiskyfestival.com

Canada's Royal Winnipeg Ballet:
Romeo & Juliet: Jan. 17 – 19, Jubilee Auditorium. Canada's Royal Winnipeg

Ballet brings *Romeo & Juliet* to the Calgary stage. www.rwb.org

Homexpo: Jan. 17 – 19, BMO Centre. Homexpo is Calgary's home renovation and decor show. A wealth of interior and exterior products. Demonstrations, presentations and expert advice help event attendees make the most of their home make-over.
www.homexpo.ca

Do You Want What I Have Got?: Jan. 22 – Feb. 1, Martha Cohen Theatre. Presented by the Alberta Theatre Projects. A Craigslist Cantata by, Veda Hille, Bill Richardson and Amiel Gladstone. www.atplive.com

Calgary Wedding Fair: Jan. 26, BMO Centre. The Wedding Fair has proven to be one of Western Canada's most successful bridal consumer shows, featuring Calgary & areas top vendors showcasing the latest trends and fashions to help you plan your perfect wedding.
www.theweddingfair.ca

Calgary RV Expo & Sale: Jan. 30 – Feb. 2, BMO Centre. Those thinking about hitting the road for the first time or upgrading their current model should not miss western Canada's biggest showing of RVs and related services and accessories.
www.rvda-alberta.org

Calgary Boat & Sportsmen's Show: Feb. 6 – Feb. 9, BMO Centre. Outdoor enthusiasts will find all the latest boats,

fishing gear, accessories, and outdoor products at this event. Find information on adventure tourism and watch demonstrations and seminars.
www.calgaryboatandsportshow.ca

Cars of the Big and Small Screen: Jan. 23 – Apr. 21, Gasoline Alley, Heritage Park. Don't miss this exciting new exhibit in Gasoline Alley Museum where you'll meet the "biggest" stars of the big and small screen. In this exhibit, the cars are the stars! See some of the classic vehicles that have become a part of pop culture!
www.heritagepark.ca

A Sampling of Concerts

- **April Wine:** Jan. 11, Deerfoot Inn & Casino
- **Blue Rodeo:** Jan. 10 – 11, Jubilee Auditorium
- **Keith Urban:** Jan. 17, Scotiabank Saddledome
- **J. Cole:** Jan. 17, Big Four Building
- **54-40:** Jan. 18, Deerfoot Inn & Casino
- **Barenaked Ladies:** Jan. 21, Jubilee Auditorium
- **Vince Neil:** Jan. 25, Deerfoot Inn & Casino
- **Creedence Clearwater Revisited:** Jan. 30, Deerfoot Inn & Casino
- **Kenny Shields:** Feb. 8, Deerfoot Inn & Casino
- **Dean Brody:** Feb. 15, Stampede Corral
- **Wanting:** Feb. 25, MacEwan Hall
- **Lady Antebellum:** Mar. 8, Scotiabank Saddledome
- **Ian Tyson:** Mar. 8, Deerfoot Inn & Casino



In Our City

Help Get the Wheels Turning on Skatepark Developments

The City of Calgary wants your help. We are holding open houses for a 10-year skateboard plan to build up to 50 skateparks in the city. Come join us at one of the three quadrant open houses to provide your input and learn more about:

- the overall skateboarding strategy and where we are in the process;
- the consultants that are designing the skateparks;
- communities that have been identified to receive a skatepark and why;
- how this could impact you or your family;
- modern skatepark design, construction, and the positive impact they have on communities; and
- how your community or region can get involved for selection of future parks.

We are still in the proposal stage, and no final site selection has been decided. Help carve out how we move forward.

Open House Options (all times are 5:00 p.m. – 8:00 p.m.):

- Tues., Jan. 28: Cardel Theatre, 180 Quarry Park Blvd S.E.
- Wed., Jan. 29: Edgemont Community Association, 33 Edgevalley Circle N.W.

- Thurs., Jan. 30: Southland Leisure Centre, 2000 Southland Dr. S.W.

For more information about this or other Recreation projects, please visit: calgary.ca/recreationprojects

- City of Calgary

Phantom of the North

Great Grey Owls, also known as the Phantoms of the North and Sooty Owls, are the largest owls in North America, not by mass, but because of their long plumage. They are generally 24 to 33 inches long, with large, round heads and no ear tufts. They have long grey streaked feathers, bright yellow eyes surrounded by dark circles on their big, grey faces, and a distinctive white “bowtie” with a black center underneath their beaks. They sometimes emit a low, guttural “hoo-hoo.” These majestic raptors are one of a small number of owls who can hunt their prey by plunging into the snow feet and face first, guided by their impeccable sense of hearing. Amazingly, they can hear and pinpoint small rodents tunneling under even two feet of snow.

Great Grey Owls live and breed in North America, mostly in Canada. In Alberta, they stay mainly in the boreal forests, foothills, and rocky mountain regions. These owls will sometimes migrate to follow a food source, but they do not migrate seasonally. They don't build their own nests, and instead they will either use abandoned



nests from other large birds or nest in natural tree cavities and on top of old stumps. Currently, one of the main threats to the species is timber harvesting, which destroys many opportune nesting spots for Great Grey Owls.

These impressive birds are seasonally monogamous and will generally only lay one

clutch a year, usually of 2 to 3 eggs. Like many birds of prey, their main predators are mammals, like foxes who will steal and eat their eggs. If a Great Grey Owl survives into adulthood, its predators diminish greatly, and it can live to be, on average, 7 years of age in the wild. Spotting one of these majestic creatures swooping down to catch their prey or perched gracefully on a fence post is truly an inspiring experience, so keep an eye out when you're in the Alberta countryside.

If you find a Great Grey Owl or any other wild animal in need of help, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for further instruction.

- Alicia Sully, CWRS



New Years

Three Simple Habits to Energize Your New Year

This is the best time of the year for resetting our priorities and starting out fresh with better and healthier habits. It is also wintertime, when those beautiful sunny days make us feel like we can climb any mountain, but the lack of light produces the opposite effect: without it, our batteries are hard to recharge. Here are some tips to make 2014 your best year yet.

Go outside for a walk during lunchtime

This seems simplistic. However, if you think about it, we often eat too fast (sometimes in front of our computers). Take time to walk outside for a few minutes after eating. This daily dose of sunlight can make all the difference, and you won't feel like you haven't seen the light of day.

Put some sun into your plate

In the height of summer, 10 to 15 minutes in the sun, two to three times per week, is enough to meet your vitamin D needs. However, in the winter, our exposure to daylight is often far from sufficient. A study reported one third of Canadians are deficient in vitamin D during the winter. To make up for this lack of sun you can take supplements or eat certain types of food. Did you know that one portion of salmon is enough to reach 90 percent of your daily requirement of vitamin D?

Benefit from the goodness of light therapy

To get your dose of light before even starting out the day, a good option is the Philips Wake-up Light. It reproduces a gradual sun rise over a 30 minute period

and helps you wake up in a more natural and pleasant way than the beeping of an alarm-clock—contributing to a better mood and energy level.



Philips has also developed the goLITE BLU, a light therapy device you can slip into your handbag and use at your desk for 15 – 45 minutes for an energy boost, instead of an afternoon coffee break, or when you want the blue sky of summer back.

- News Canada



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Your Health

'Access'ing Addiction and Mental Health Services in Calgary Just a Phone Call Away

Ever since she was seven years old, Dheny Rivas has struggled with depression. After numerous assessments over the years, being in and out of therapy and on and off several medications, Dheny was desperate for help by the time she was a teenager. After waking up one morning feeling that she'd hit rock bottom, Rivas decided to take matters into her own hands. "I was desperate after going through a period of being completely housebound and dealing with daily panic attacks. I needed to finally find help and truly manage what I was going through," Rivas states.

After doing an internet search and finding information about Access Mental Health, Rivas decided to call the line and ask for help. "Access Mental Health was the starting point to my recovery. They guided me to the right services and normalized mental illness for me. The service they recommended turned out to be the best place for me, and I was able to begin focusing on getting better."

Access Mental Health is a single point of entry for community-based addiction and mental health services in Calgary. The service grew out of an identified need to streamline access to mental health services and help people navigate complex systems. Although not a crisis line, the service is staffed with mental health professionals who are able to provide consultation and refer callers to the best service for their immediate needs. "Anyone can access us—our clinicians are able to provide information and advice

to people on almost every available addiction and mental health related service available in the Calgary Zone," says Debbie Molloy, Manager, Access Mental Health. "That includes those for children, teens, adults, and senior citizens."

Access Mental Health has information on thousands of addiction and mental health related resources. This service is a place to discuss someone's concerns and determine what direction might be most helpful. Clinician knowledge spans all ages, problem areas, and location within the city. "Creating one point of access was found to be the most effective and efficient way to manage access and flow for clients dealing with addiction and mental health issues," says Molloy. "With centralized access, clients don't have to keep telling and re-telling their story to different professionals—we can guide them to the best place for

care and treatment, helping them receive the most appropriate service for their individual needs as early as possible."

The line operates Monday to Friday, 8:00 a.m. to 5:00 p.m. and can be reached by calling 403-943-1500. Access Mental Health resource and waitlist information is updated regularly to ensure the most complete and current information is available for callers. The service is also available to physicians and other community professionals for advice on what services are best for a specific patient or client.

Access Mental Health is celebrating 10 successful years of service. Hundreds of people every year are referred to AHS, not for profit, and community based programs and services.

- Alberta Health Services

Boost Your Immune System Throughout the Winter

As the bitter winter takes hold, staying healthy is a priority for many Canadians as we try to avoid catching a cold or the flu. One of the best ways to boost the immune system is to supplement your diet with vitamins. "Keeping your immune system strong is essential so you can be healthy all year round," says Norman Tang, a pharmacist with North York General Hospital. "By taking vitamins we help to rebalance the body and provide an extra defense when we need it." Tang points out that vitamins B, C, and D help your body fight off bacteria that can cause you to get sick



- News Canada

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10 Jan. 10 – 12 The Motorcycle Show Calgary 2014 BMO Centre calgarymotorcycleshow.ca	11
12 Bridal Fantasy Calgary: The Boutique Bridal Show Telus Convention Centre www.bridalfantasy.com	13	14	15 Jan. 15 – Jan. 19 Theatre Calgary BOOM www.theatre Calgary.com	16 MS Whisky Festival Jack Singer Concert Hall calgarywhiskyfestival.com	17 Jan. 17 – 19 Canada's Royal Winnipeg Ballet: Romeo & Juliet Jubilee Auditorium www.rwb.org	18 Jan. 17 – 19 Homexpo BMO Centre www.homexpo.ca
19	20	21	22 Jan. 22 – Feb. 1 Do You Want What I Have Got? Martha Cohen Theatre www.atplive.com	23 NW Recreation Centre Information Session Silver Springs Community Association 5 - 8 p.m.	24 Jan. 23 – Apr. 21 Cars of the Big and Small Screen Gasoline Alley, Heritage Park www.heritagepark.ca	25 Tuscany Cup Classic Outdoor Hockey Tourney Tuscany Club
26 Tuscany Cup Classic Outdoor Hockey Tourney Tuscany Club	27	28	29	30 Jan. 30 – Feb. 2 Calgary RV Expo & Sale BMO Centre www.rvda-alberta.org	31	