

TUSCANY SUN

OUR COMMUNITY'S VOICE

FEBRUARY 2014

Brought to you by your Tuscany Community Association

**Community
SAFETY
Issues**

***Enjoy
Family Day!***

**TCA Spring
SOCCER**

***Online Registration
Begins February 1***



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TUSCANY
community association
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Tuscany Community Association

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In Our Community

TCA President's Report

The year has started off with some great energy on the part of many volunteers in Tuscany. Some have responded to the appeal for Snow Angels in the community, which is much appreciated, as there has certainly been no shortage of snow this winter!

Our Traffic and Safety Committee recently met to discuss future initiatives for 2014, and I think traffic and community safety issues will be a major focus for the community association in the months ahead. We are fortunate to have a dedicated and interested Community Liaison Officer from the Calgary Police Service who is working with the committee to develop an achievable plan to improve our community. The committee will begin with initiatives aimed at increasing education, such as spreading information about common traffic infractions and their related fines. We hope the schools will assist with distribution, because we are aware of persistent traffic concerns near each of the schools. For example, failing to yield to a pedestrian in a crosswalk is an all-too-common occurrence—it is a serious traffic offence and carries a hefty fine of \$575 and 4 demerits.

We also have ongoing planning and development work, as a parcel of land in the northwest corner of Tuscany was discussed at the Planning Commission in December. There was an application for a change to the land use, as the Lutheran Church would like to build a church and a multi-family development on this parcel of land. The file will likely go to City Council in February.

If you are interested in volunteering with the TCA to add value to our community, please email me at president@tuscanyca.org.

- Kelli Taylor, President



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In Our Community

Councillor Report

The month of December saw our city hit hard with snowfall. Environment Canada stated Calgary hasn't witnessed a snowier start to December in 112 years. Typically, from November to the middle of December, Calgary receives an average of 26 cm of snow. This year, closer to 70 cm has fallen. According to the City's Foremen in Ward 7, the City has seen six full-fledged storms in December, creating difficult conditions for crews to make any headway on clearing out residential areas.

In Ward 1, our office was inundated with constituent calls. Common complaints included: impassable residential streets, snow banks piled onto driveways and sidewalks, buses stuck at designated stops, concerns regarding snow route bans, and many more. I am currently reviewing a community report from my communications and community liaison, which details each case-by-case complaint.

City snow crews are not to blame for the delays in snow removal in residential areas. They worked around the clock, doing the best they could with the tools they were provided, following city policies. Residential areas were off-limits for big trucks at night due to noise issues. As well, the City is also often required to obtain proper permits before clearing a more secluded area. The problem also lies in the City's current 7-day snow removal policy and procedures.

In December, I met with Council, Mayor Nenshi, and the Roads Department regarding the snow crisis. We learned that factors such as

temperature and the time involved in snow removal practices complicated the city's ability to clear snow in residential areas. More importantly, we discussed how to improve the current system to deal with future snow events in a more efficient manner. For example, one improvement would be to increase the number of contractors on standby. Another example would be to rent and/or buy more effective snow-removal equipment, although this may increase the cost analysis.

This month, Council meets again to implement changes to prevent future snow emergencies from paralyzing our city. The lessons learned from December's snowfall will be put to good use for improving how the city deals with future snow emergencies. I will take into account constituents' complaints regarding the delivery of city services when implementing changes with Council. I thank you for your patience and share your frustration with the winter toll suffered by the City of Calgary.

- Ward Sutherland

Lost and Found

Found: One CD case containing 17 CDs near the super-mailbox on Tuscany Meadows Heath NW. 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.

Tuscany Summit Heath Land Use Change

There was a land use change application, from Direct Control to Multi-Residential and Special Purpose District, submitted to the City of Calgary for property at 167 Tuscany Summit Heath NW.

The site is currently vacant, but was zoned for a private school of 450 students and a church with up to 400 seats. The change, if approved, could allow 85 multi-family town homes, along with a new church with 310 seats, a preschool for 48 children, and associated uses.

The future proposal is to develop town homes on one land parcel and a new community church, with sports fields, on the other.

There were two Public Open Houses. Some concerns were raised about density, traffic and safety, parking issues, and noise. The applicant will be responsible for stormwater management/downstream infrastructure and design at the development permit stage. However, the West Memorial Sanitary Trunk (sewer) is now at capacity and is not expected to be upgraded until 2017.

- Anne Burke

Youth Council

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

Our Sports

TCA Spring Soccer

The TCA Youth Soccer Program is just around the corner! Registration begins soon, but we really need the assistance of community volunteers to make this program a success.

This year we will be capping our registration based on the number of coaches who volunteer. Online registration for the 2014 season will begin February 1, 2014, for families who wish to coach. Open registration begins February 15, 2014, for the rest of our members. Look for signs in the community in February. Information can also be found on the website at www.tuscanyoccer.wordpress.com.

Volunteers Needed

Planning is underway for the 2014 season. The TCA Youth Soccer Program cannot run without the

hundreds of volunteers who contribute each year. All families are required to either volunteer for a position or pay a volunteer fee. All volunteer positions can be chosen during the registration process and are available on a first-come, first-served basis. A number of key positions, however, are established prior to registration. If you are interested in a position listed below, please contact our Soccer Coordinator at tuscanyoccercoordinator@gmail.com.

- Age Group Coordinators
- Wrap-up Coordinator
- Inventory Coordinator
- Team Formation Coordinators
- Picture Coordinator
- Equipment Coordinator

Thank you to all residents who have already volunteered.

Age Group	Year of Birth	Division	Tentative Schedule (subject to change)
U4	2010	Mixed	Saturday 9:30 – 10:30 a.m.
U5	2009	Mixed	Saturday 10:45 – 11:45 a.m.
U5	2009	Mixed	Tuesday & Thursday 6:30 – 7:30 p.m.
U6	2008	Mixed	Saturday 10:45 – 11:45 a.m.
U6	2008	Mixed	Tuesday & Thursday 6:30 – 7:30 p.m.
U8	2006/2007	Mixed	Monday & Wednesday 6:30-7:30 p.m.
U8	2006/2007	Girls	Monday & Wednesday 6:30-7:30 p.m.
U8	2006/2007	Boys	Monday & Wednesday 6:30-7:30 p.m.

West Valley Softball 2014

West Valley Softball is a program for youths 7 years of age and older. Youths 7 – 10 years take part in a Learn-to-Play program where they learn the basics of the game through practice sessions and games throughout the season.

Children 10 years and older are part of the Calgary Minor Softball Association (CMSA) and play games against other CMSA league teams. Skills are still honed through weekly practices. Home

diamonds are located in Silver Springs, Scenic Acres, and Tuscany. The 2014 season begins in late April.

Registration for our programs begins Feb 1st at www.westvalleysoftball.com. Visit our website or call 403-288-2616 for more information.



Rhythmic Gymnastics

Rhythmic Gymnastics is a great sport that combines the elegance of dance with the athleticism of gymnastics. Gymnasts use ropes, hoop, ball, clubs, ribbons, and scarves to create beautiful routines to music. Rhythmic Gymnastics is an Olympic sport, but it is also gaining increased recognition as a lifelong recreational gymnastic activity. Across Canada, groups come to perform their routines not for scores, but simply for the joy of performing. Calgary is proudly hosting the Canadian National Gymnaestrada in Calgary, June 28 to July 1, at the University of Calgary. Groups from across Canada from all gymnastic disciplines will be sharing their routines and participating in workshops.

This winter, Rhythmics West Gymnastic Club is beginning a program in Tuscany at Twelve Mile Coulee School. The program will run January to March and will re-start again in September. Rhythmics West Gym Club is a recreational club that has been in operation since 1997. We have programs operating in Dalhousie, Edgemont, and Hidden Valley. We are very excited to expand our program into the Tuscany Community. If you would like more information about our programs, please visit our website at www.rgcalgary.ca or contact the club director Heather Palmer at h.palmer@shaw.ca.

Introductory Rhythmic Gymnastics Winter Schedule Twelve Mile Coulee School

Wed. 6:30 – 7:15 p.m. Ages 5 – 7

Wed. 7:15 – 8:00 p.m. Ages 8 and up

Our Sports

Bow Ridge Little League Baseball

Let's Play Baseball!

Registration is ongoing, 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. The League is always looking for volunteers to fill various positions. Bring your enthusiasm and skills to help our youth enjoy another great season of baseball. Everyone can contribute!

Once again, Teaching for Tomorrow Education Programs are being offered for all Calgary and area managers, coaches, and parents in late March and April. The cost is a food bank donation, and you are encouraged to attend. Visit our website for details and the latest information.

Bow Ridge is a well-established Little League Baseball program catering to all interested players from first-time to advanced players. 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 June. Our all-star programs operate on a tryout basis for players age 9 – 14, and their season runs into July.

Registration Open House

February 22nd, 12:00 noon – 2:00 p.m. at the Tuscany Club, 212 Tuscany Way NW (or register online).
2014 Registration closes on February 28th

Check our website for details: www.bowridgebaseball.com or email registrar@bowridgebaseball.com

St. Sylvester



Greetings from the staff and students of École St. Sylvester School!

February is shaping up to be a busy month as we are now half way through the school year. In fact, our students will be celebrating the 100th day of school on February 12!

We have many field trips organized for our students this month. Grade 2 students will be making a trip to Fort Calgary, Grade 3 will be off to the Glenbow Museum, and Grade 4 students will be visiting the Telus Spark Centre.

On February 21, students will be introduced to the Olympic sport of curling. This will be a highly interactive day, with students performing various drills, relays, and team-building activities.

Other important dates to mark:

February 13-14: Teacher's Convention

February 18: Professional Day

February 20: School Council Meeting

Our Schools

Tuscany School Parent Council

Our School Council has regular meetings on the first Thursday of each month. All parents with students at Tuscany School are encouraged to attend. What happens at these meetings? Typically, the meeting starts off with an update from the Principal, which may provide information on such things as report cards and parent-teacher conferences. Next, we have an update from our Parent Council Chair, as well as any committees who may have items to discuss. Throughout the entire meeting, parents are able to ask questions or offer their suggestions.

Council meetings are an important way to become informed on the happenings in our school community. Decisions that 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! The monthly School Council meeting is the main communication pathway between school and community.

Next meeting: Thursday, February 6, 2014, at 7:00 p.m. in the school gathering space.



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.org
- 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.org 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.org or go to our website at www.tuscanyca.org.





Tuscany RESIDENTS ASSOCIATION

The Tuscany Club is operated by the Tuscany 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

Tuscany Residents Association
212 Tuscany 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.
(closed 12:00 – 1:00 p.m.)

Access to the Tuscany Club

Please note our policies regarding access to the facility and grounds to ensure the safety and exclusivity of the Tuscany Club for our members. We appreciate the understanding and cooperation of all our members and remind them that presenting your valid TRA membership card is the fastest and easiest way to access the Club and all its amenities.

- The card scanner outside the Club is now disconnected, all members must report at the window for access.
- All TRA members 12+ years are expected to have their own card to swipe in.
- If you have forgotten your TRA card, access may be denied unless photo identification can be provided.
- Children under 12 must always be accompanied by a responsible, eligible member.

February Events & Notices

Spring Program Guide + Registration

The TRA Spring Program Guide will be released on February 4th. It will be posted on www.tuscany-connect.com, and copies will be available at the front desk of the Tuscany Club. The Spring Guide will have info on times, days, and dates for all our popular programs; some new adult and youth fitness, sports, and recreation programs; plus tennis lessons and upcoming special events. Registration for all spring programs opens February 7 at 9:00 a.m. and is best completed online through your www.tuscany-connect.com account. If you do not yet have an account or you need assistance to register, please email the Recreation Manager at clubprograms@shaw.ca. Please feel free to contact the Recreation Manager for more information on any TRA programs and events.

Toy + Clothing Sale Sign-Up

Our semi-annual Used Toy + Clothing Sale happens on **Saturday, March 29**, and registration for this event opens February 10 at 9:00 a.m. at the Tuscany Club. Table rentals are \$25 each and only available to TRA members in good standing, with a limit of one per household. This event often sells

out early, so do not wait if you want a space!

Summer Employment Opportunities

The TRA is hiring summer students for our maintenance crews and summer DayCamps. Maintenance positions are outdoor day-shifts from early May to end of August. They involve landscaping, lawn cutting, and other duties. Applicants must be at least 18 years of age. Contact parks.tuscany@shaw.ca for more information, or drop-off your resume and cover letter to the front desk of the Tuscany Club. DayCamps staff will plan and lead summer activities for children 4 to 11 years of age throughout July and August. Resumes for these positions can be sent to clubprograms@shaw.ca or dropped-off at the Tuscany Club.

Snow Clearing Update

Please visit www.tuscany-connect.com to view the new snow clearing map.

- TRA will clear the common sidewalks in the community along playgrounds, sports fields, pathway entrances, landscape feature corners, and green spaces.
- Multi-use pathway snow clearing is done by City of Calgary – Parks.
- Snow clearing of sidewalks surrounding school properties are the responsibility of the school board.
- Designated sidewalks along Tuscany Boulevard and Tuscany Drive are cleared by City of Calgary – Roads.

Community Concerns and Maintenance

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

In Our City

NW LRT Extension Update

**Northwest LRT Extension to Royal Oak/Rocky Ridge and Tuscany
Project Update – February 2014**

Project is on Schedule to Open in Fall 2014

The construction of the new CTrain line and station is progressing on schedule, and the station and Park and Ride lots are expected to open 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. 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 as possible in 2014.

Other Construction Updates

The exterior of Arbour Lake and Rocky Ridge Substations are mostly complete. These buildings house the equipment that generates power for the systems that operate the trains. Work continues inside the buildings in order to install these electrical systems. The track work is nearly complete, with some planned activities in the spring.

Once the station, track work, Park and Ride lots, and electrical systems are complete, Calgary Transit will begin preparing the station for full operation over the summer. This includes training operators to operate trains on the new section of the line.

Sustainability and CTrain Station Design

During the design process, sustainability was identified as a key element for success on this project. The design team considered how they could incorporate aspects of The City's Sustainability Principles into the design for the station and the Park and Ride lots. Some examples of sustainable design that were incorporated into the final design include eliminating escalators from the station to reduce long-term energy costs and incorporating rain garden beds into the Park and Ride areas. Rain garden beds help to collect and clean storm water and reduce the need for onsite irrigation.

Although the station does not have escalators, the station will be fully accessible to anyone with mobility issues, for people with strollers, and for bikes and wheelchairs. All access points to the station have ramps in addition to stairs. Inside the station, there is an elevator to access the station platform for those who can't use the stairs.

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

CBE Trustee's Message

We all play a role in keeping Calgary's streets safe as we walk, drive, or play outdoors. Schools, school councils, communities, youth groups, families, and kids participated in contests and safety demonstrations during Calgary's School Traffic Safety Week, Sept. 23 – 27, which was organized by Calgary Association of Parent and School Councils (CAPSC).

Part of this initiative was a video that helps students, schools, and families to learn more about safe crossing practices on our city streets. This video was produced on behalf of CAPSC for School Traffic Safety Week and can be viewed online at <http://tsk.capscc.ca>. We encourage everyone to take the time to watch it and play it for their families. Together we can help keep students safe.

For more information about CAPSC, Calgary's School Traffic Safety Week, and traffic safety tools that you can use, please visit <http://tsk.capscc.ca>.

- Joy Bowen-Eyre, Calgary Board of Education Trustee Wards 1 & 2



In Our City

Licensing Your Cat or Dog

The first step to being a responsible pet owner is to licence your cat or dog. Here are five things every Calgarian should know about pet licensing:

- 1. Your cat or dog's licence is his ticket home.** Licensing your pet provides Animal & Bylaw Services with the information needed to reunite you with your pet, should he ever become lost. A licence tag also tells people who may find your cat or dog that the animal belongs to someone and should be turned in to Animal & Bylaw Services.
- 2. Licensing your cat or dog is the law.** Under the Responsible Pet Ownership Bylaw 23M2006, by three months of age, all cats and dogs residing in Calgary must be licensed with The City of Calgary Animal & Bylaw Services. The penalty for an unlicensed cat or dog is \$250.
- 3. Cat and dog licences must be renewed annually.** A one-year licence costs:
 - \$15 for altered cats and kittens
 - \$30 for unaltered cats
 - \$36 for altered dogs and puppies
 - \$58 for unaltered dogs
- 4. Your licence fees help fund our Animal Services operations.** Your fees allow us to:
 - Return lost cats and dogs to their owners and enforce the Responsible Pet Ownership Bylaw.
 - Develop community programs and campaigns to educate animal owners about responsible pet ownership.
 - Feed and shelter lost cats and dogs at the Animal

Services Centre.

- Operate a state-of-the-art veterinary clinic to provide care for adoptable cats and dogs.
 - Operate our animal adoption and volunteer animal socialization programs.
 - Provide emergency medical care for lost cats and dogs that are injured.
 - Help neighbours resolve animal-related conflicts.
 - Provide free spay or neuter surgeries for cats and dogs belonging to low-income Calgarians.
- 5. Purchasing and renewing a cat or dog licence is easy.** You can purchase or renew a licence online (calgary.ca/petlicences), by phone (311), or in person at the Animal Services Centre (2201 Portland Street S.E.).

Thank you to all Calgarians who licence their cats and dogs every year! Your commitment to responsible pet ownership helps us to create healthy, safe, and vibrant communities for people and their pets.

For more information about pet licensing and the Responsible Pet Ownership Bylaw, [visit calgary.ca/animalservices](http://visit.calgary.ca/animalservices).

- The City of Calgary Animal & Bylaw Services



Crowfoot Library



Programs for Adults

- **Ebook Doctor:** Feb. 5, 2:30 – 4:00 p.m. No registration required.
- **Smart Tips for Newcomers to Canada:** Feb. 8, 1:30 – 4:30 p.m.
- **Galapagos Islands:** Feb. 26, 7:00 – 8:30 p.m.
- **ESL Conversation Club (Intermediate):** Tuesdays, Jan. 21 to Feb. 25, 6:30 – 8:30 p.m.
- **Computer Technology Coaching:** Tuesdays, 10:00 – 11:30 a.m. or 7:00 – 8:30 p.m. No registration required.

Programs for Children and Youth

- **Creative Lettering:** Ages 10 – 14. Feb. 5, 6:30 – 7:30 p.m.
- **Books Aloud!:** Thursdays, Jan. 23 to Feb. 13, 7:00 – 7:45 p.m.
- **Hugalicious:** Ages 2 – 3, with parent/caregiver. Feb. 12, 10:10 – 10:30 a.m. or 10:45 – 11:05 a.m.
- **Cuddles and Kisses:** Ages 6 – 23 months with parent/caregiver. Feb. 14, 10:30 – 11:00 a.m. or 11:10 – 11:40 a.m.
- **Drop-in Family Storytime:** Ages 2 – 5 with parent/caregiver. Wednesdays and Saturdays, 10:30 – 11:00 a.m. No registration required.

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

- **Stitch Your Way Around the World—Ukrainian Cross Stitch:** Feb. 1, 2:00 – 3:30 p.m.
- **Toastmasters International—To The Point:** Feb. 10, 7:00 – 8:30 p.m.
- **Adult Book Club:** This month's selection is *Miss Peregrin's Home for Peculiar Children* by Ransom Riggs. Feb. 16, 2:00 – 3:00 p.m.
- **eBook Doctor:** Feb. 22 2:00 – 3:30 p.m. No registration required.
- **Planning for the End of Life—Deciding What You Want and What You Don't Want:** Feb. 24, 2:00 – 3:00 p.m.

Programs for Kids

- **Drop-in Family Storytime:** Ages 2 to 5 with a parent/caregiver. Fridays, 10:15 – 10:45 a.m.
- **Love You Forever:** Feb. 14, 10:15 – 10:45 a.m.

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

Valentine's Day History

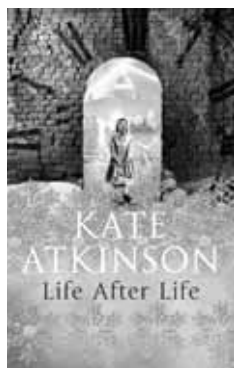
The romantic festival of Valentine's Day is said to have originated in pagan times in Rome when people celebrated an annual fertility festival, called Feast of Lupercalia, in mid-February. A unique custom of the festival was the mating of young boys and girls for a year through a lottery system. Quite often, the couple would fall in love and marry.

- www.stvalentinesday.org

February Book Recommendations

Life After Life, by Kate Atkinson

What if you had the chance to live your life again and again, until you finally got it right? During a snowstorm in England in 1910, a baby is born and dies before she can take her first breath. During a snowstorm in England in 1910, the same baby is born and lives to tell the tale. What if there were second chances? And third chances? In fact, what if there were an infinite number of chances to live your life? Would you eventually be able to save the world from its own inevitable destiny? And would you even want to?



Life After Life follows Ursula Todd as she lives through the turbulent events of the last century again and again. With wit and compassion she finds warmth, even in life's bleakest moments, and shows an extraordinary ability to evoke the past. At heart this is a war story; half the book is given over to Ursula's activities during WWII, and in its focus on the women and civilians usually overlooked or downplayed, it gives the Blitz its full measure of terror. *Life after life after life:* Atkinson's telling title suggests not some glorious afterworld, but rather, reveals the structure of this remarkable novel: about an English girl born in February, 1910. Atkinson then hopscotches through time, circling back to offer alternate versions of Ursula's life, delivering a clear understanding that one life can take different avenues, and what a difference that can make. This title

would be a great choice for book club discussions.

The True History of the Kelly Gang, by Peter Carey

Every Australian grows up hearing the legend of outlaw Ned Kelly, whose exploits are memorialized in the old Melbourne Gaol, where he and his comrades were imprisoned before their execution in 1880. Carey's inspired "history" of Kelly from his destitute youth until his death at age 26 is as genuine as a diamond in the rough. No reader will be left unmoved by this dramatic tale of an instinctively good-hearted young man whose destiny was determined by heredity on one side and official bigotry and corruption on the other; whose criminal deeds were motivated by gallantry and desperation; and whose exploits in eluding the police for almost two years transfixed a nation and made him a popular hero.

The unschooled Kelly narrates through a series of letters he writes to the baby daughter he would never see. Conveyed in run-on sentences, with sparse punctuation and quirky grammar enriched by pungent vernacular, Kelly's voice is mesmerizing as he relates the events that earned him a reputation as a horse thief and murderer. Carey creates a textured picture of Australian society, when the British ruling class despised the Irish, and both the police and the justice system were thoroughly corrupt. This is, in essence, an adventure saga, with numerous descriptions of the wild and forbidding Australian landscape, shocking surprises, coldhearted villains who hail from the top and the bottom of the social ladder, and a tender love story.

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.

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 – 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

Hypothermic Half Marathon:

Feb. 8, Eau Claire Market. Lace up those sneakers and grab some warm gear. The Hypothermic Half Marathon takes place every February in Calgary.

www.hypothermichalf.com

Bliss Wedding Fair Extraordinaire:

Feb. 9, Sheraton Suites Calgary Eau Claire. Bliss is an exciting and new spin on the average Wedding Trade Fair. We will be showcasing Calgary's hottest hidden talents and bringing a fresh and modern twist to the table. With a wide variety of amazing products and services, the Bliss Wedding Fair will definitely help couples to plan a unique and personal event for their big day!

www.blissweddingfair.ca

Major Barbara:

Feb. 11 – Mar. 9, Theatre Calgary. Starring Dean Paul Gibson and Gretchen Hall. Major

Barbara is funny look at good versus evil when a young Major of the Salvation Army, dedicated to saving people, is reunited with her father, who on the other hand, is a rich weapons manufacturer. www.theatrecalgary.com

Family Day Weekend Family Quest at Heritage Park:

Feb. 13 – 17, Heritage Park. Take the family on a quest for fun and adventure in Gasoline Alley Museum at Heritage Park! Enjoy indoor games, activities, crafts and more!

Work together as a family or a group to complete five interactive challenges. Answer the five key questions with each activity and discover funny, memorable stories that make your family unique.

www.heritagepark.ca

Winterfest at Fort Calgary:

Feb. 17, Fort Calgary. Enjoy free winter fun at Fort Calgary to celebrate Family Day. Activities will include carnival games, crafts, a treasure hunt, facepainting, plus plays, cartoons, and movies in the theatre. Outdoor events will include winter games and maple syrup candy-making.

www.fortcalgary.com

Cirque Musica Aerials and Acrobats:

Feb. 21 – 22, Jack Singer Concert Hall. Be dazzled and astonished by the breathtaking, jaw-dropping displays of daring acrobats and aerialists suspended high above the Orchestra, all seamlessly choreographed to dynamic and beautiful music from the worlds of classical and popular music repertoire.

www.cpo-live.com

Wine Fest: Feb. 21 – 22, BMO Centre. Winefest invites Calgarians to spend an afternoon or evening indulging at this all-inclusive wine event. Swirl, sip, and savour, sampling from a vast assortment of local and international wines, ports, sparkling, and dessert wines from the world's most celebrated wine regions. www.celebratewinefest.com

Calgary Kiwanis Festival:

Feb. 24 – Mar. 15. The place to see amateur performing artists share their music and dramatic skills on the big stage!

www.calgarykiwanisfestival.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

- **Down With Webster:** Feb. 1, MacEwan Hall
- **Kenny Shields:** Feb. 8, Deerfoot Inn & Casino
- **Dean Brody:** Feb. 15, Stampede Corral
- **Wanting:** Feb. 25, MacEwan Hall
- **Goo Goo Dolls:** Mar. 2, Jack Singer Concert Hall
- **Lady Antebellum:** Mar. 8, Scotiabank Saddledome



In Our City

Capital Conservation Grant

The Capital Conservation Grant (CCG) supports the sustainability of community associations and social recreation groups, whose challenges range from decreases in funding, volunteer recruitment, and ageing facilities. The CCG Fund is \$4M for 2014.

To be eligible for funding, community groups must:

- hold a current lease or licence of occupation with The City of Calgary, or
- operate amenities with a lease or licence of occupation with the Public School Board or the Separate School District.

The amenities are managed by a community association or social recreation organization and adhere to the public use policy.

- Social recreation groups, with an operating and/or management agreement with the City, may be eligible for funding at the General Manager's discretion.

If approved, Lifecycle 25-year plans and engineering consultant reports will receive 100% funding.

- In 2012, \$280,000 in grant funds went to support engineering plans.
- In 2013, \$100,000 was allocated in the first two grant rounds.

The cost of a single engineering report can range from \$2,000 – \$25,000, depending on the complexity of the project. Engineering plans identify the issues, recommend a solution, and provide a scope of work for tender.

- Anne Burke

In Love with Books? February's Other Special Days

Valentine's Day, with tempting chocolates and flowers and declarations of love, is unquestionably February's most famous holiday. The heart-filled day lends a glimmer of sweetness and light to the cold, dark depths of winter. For some, a little chocolate therapy is the push that is needed to make it through to spring. But for book lovers, who have always known the pleasures of escaping into a really good book, two lesser-known February holidays are challenging St. Valentine's Day for top spot in our hearts. Although we love books all year round, celebrating two official book-themed holidays during the darkest month of the year is a bibliophile's dream come true.

If you are in love with books, treat yourself to a day (or an evening) of indulgence by observing "Read in the Bathtub Day" on February 9. Break out the bubble bath, turn off your phone, and escape the snow and ice in a steaming tub with your favourite book.

Share your love of books with a child on "International Book Giving Day," held annually on February 14. This is

a day dedicated to getting new, used, and borrowed books in the hands of as many children as possible. Give a book to a young friend or relative, leave a book in a waiting room or lobby where kids are stuck waiting with little to do, or donate books that your own children have outgrown to your local Little Free Library. It's a great way to share your love of books. And it's better for you than chocolate.

If you still love Valentine's Day the most, we have some fun, sugar-free treats for the kids in your life. See our list of activities, books, and ideas at <http://calgaryreads.com/love-reading/>.

Calgary Reads helps kids learn to read. Our primary program trains volunteer tutors to work one-on-one with struggling grade 1 and 2 children at their school. We also host school reading celebrations, help distribute Little Free Libraries, support professional development in reading instruction, host a huge yearly book sale, and lots more! www.calgaryreads.com

Pension Income Tips

Pension income splitting can be a smart way to save on taxes, especially if you're retired or nearing retirement. "You can split registered pension plan income with your spouse and help save taxes, but you should also make sure you don't cause yourself other problems," said David Ablett, a retirement planning expert at Investors Group. "For example, many people aren't aware that increasing the income of the lower-taxed spouse could have an impact on various credits and benefits, such as claiming medical expenses."

- News Canada

www.investorsgroup.com

In Our City

West Campus Development Trust: New Year Update

With the generous support and interest of so many of our neighbours in surrounding communities, the vision for the West Campus is on its way to a reality.

As we shared in a previous newsletter submission, the West Campus Land Use Plan was submitted to the City of Calgary this past summer, and went through the circulation process in the fall. The City-led circulation process involved a formal notification of the West Campus application and a request for feedback from stakeholders. Building on the comments received, the City is holding another set of open houses for the public in January of 2014. The events will highlight updates to the Plan since June public engagement, and allow people to see images and designs for the evolving Master Plan for the West Campus community.

For dates and details about these events, visit www.wcdt.ca or www.calgary.ca/westcampus.

The Trust anticipates the Land Use application to be complete and before City council for consideration this summer. As we move into yet another stage of the process, we remain committed to engaging with our stakeholders in a transparent and accessible manner. Please contact us by phone at 403-910-1106, email: info@wcdt.ca, or in-person at our office located at Unit #5 - 3500 24th Avenue NW (beside Subway) to discuss any aspect of the Plan that interests you.

Wishing you all the best in the days to come.

- Emily Allert-House
West Campus Development Trust

Canada's Olympic Hockey Jersey Inspired by the Past

To help design Canada's jerseys, Nike employees combed the archives of the Hockey Hall of Fame in Toronto. In addition, the jersey Team Canada wore in the 1920 Olympics was even brought to the Nike Campus and was one of the inspiration points for the black jersey. Inside each jersey's collar, you will find 12 gold maple leaves to represent Hockey Canada's total number of Olympic and Paralympic gold medals—eight in men's hockey, three in women's, and one in sledge.



- News Canada
www.nike.com

Fish Creek CommUnity Fair

Would you like to be a volunteer in Fish Creek Provincial Park? The Friends of Fish Creek need you!

If you live close to Fish Creek Provincial Park, an urban oasis for outdoor recreation, relaxation, and nature appreciation, then you are part of the Fish Creek Community! No matter your age, skill level, or physical ability, The Friends of Fish Creek have opportunities for you to get involved. Come to the Fish Creek CommUnity Fair to learn about amazing volunteer opportunities, educational tours, wellness programs, and community events kicking off in 2014. The ground may still be covered in snow, but spring starts now in Fish Creek! For more information, visit www.friendsoffishcreek.org/events/fccuf.

**Saturday, February 22, 2014
from 1:00 p.m. – 4:00 p.m.**

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park
(13931 Woodpath Rd. SW—Access via 130 Ave. SW and 37 St. SW)

Heart-Healthy Living

Health-conscious Canadians are paying particular attention to cardiovascular health. Seasonal changes can sometimes throw us off our regular routines, and some people discard heart-healthy habits for more convenient, unhealthy behaviours. In fact, statistics show that as many as 40% of Canadians have high cholesterol, which is a risk factor for heart disease.

- News Canada

In Our City

Be a Partner in Crime Prevention!

The Federation of Calgary Communities is partnering with the Crime Prevention Team at the Calgary Police Service to offer tips and tools on crime prevention and safety issues in Calgary!

The NEW Partners in Crime Prevention workshop series is geared towards helping community volunteers learn valuable information about crime prevention and safety issues in their neighbourhoods from our trusted partners, the Calgary Police Service. These workshops are FREE to the public. For more information and to register, visit www.calgarycommunities.com/events/month

Workshop #1: The Hub Messaging System and Good Witness Program

Date: Tues., Feb. 4, at 7:00 p.m.

Location: Dover Community Association, 3133 – 30 Avenue S.E.

Workshop #2: Cybercrime

Date: Wed., Mar. 5, at 7:00 p.m.

Location: Glamorgan Community Association, 4207 – 41 Avenue S.W.

Workshop #3: Graffiti

Date: Thurs., Apr. 3 at 7:00 p.m.

Location: Hillhurst Sunnyside Community Association (Hearth Room), 1320 – 5 Ave N.W.

Workshop #4: Crime Prevention through Environmental Design (CPTED)

Date: Wed., May 7, at 7:00 p.m.

Location: Acadia Recreation Complex, 240 – 90 Avenue S.E.

- Calgary Communities

Your Family

Parenting Your Preschooler

Supporting Brain Development in Young Children

Are you a life-long learner? With the explosion of technology during the last century, being a life-long learner has become a necessity. Education in the early 1900s consisted most often of rote learning of specific facts. With the internet at our fingertips, facts can be accessed readily. The body of knowledge increases as research and time advance. There is an increasing need to have the ability to not only access information, but also the ability to evaluate it effectively.

Research during the last forty years has greatly added to what we know about the brain. By the time children celebrate their third birthday, their brains will have reached 90% of their adult weight. As children grow, their brains strive to become more efficient. Neural pathways that are reinforced become more established, and pathways that are not used are pruned. The brain operates on a “use it or lose it” premise.

We know that the brain learns through experience. Young children may be compared to sponges. Learning is more effortless during this developmental window than at any other time of life. Learning at this age is exciting and fun! Realizing this, some parents may be tempted to force a more formalized form of learning on their child without realizing that play is learning. Young children, given the opportunity, are able to explore the world around them. They develop language. They experiment with the laws of nature. They observe and put in practise social skills. They act out



in play what they have observed in the kitchen, at the grocery store, at church, or any other environment in which they are placed.

Although young children are capable of learning and retaining specific facts, it is important that learning is still fun. Learning should not be forced after a young child loses interest or is tired. Learning should not be stressful. It has been shown that learning is better retained if learning is fun. This is why most preschools offer play-based learning. One of the objectives of play-based learning is that children do not feel burned out at a young age by a stressful learning environment, but that enjoyment is still derived from learning new things. Instilling in a child the love of learning is an important objective. Is your child excited about being a life-long learner?

- Betty Ann Chandler, B. Ed.

Your Family

Keep Your Children Safe Online

Children grow up fast. Sometimes it feels like yesterday when junior just learned to crawl, and today he or she is going online to check out the latest homework assignment or chat with a friend through a new app.

While parents and caregivers may not be as tech savvy as young people today, there are certain things that we do know about staying safe in real life, and those same rules apply to life online. You don't have to know how to video-call, send a text, or chat online to know how to keep your children safe in our digital world.

Follow these tips:

- Talk about safety and the unknown: Inform your child about the risks of opening emails or texts from senders they don't know, or what to do if a stranger contacts them. Discuss different scenarios and possible reactions. For example, if they get a text saying they should follow a link to collect a prize, tell your child to simply delete the message.
- Make password protection a priority. Children need to understand that their online information will be better protected if they use passwords. They should use different passwords for different sites, and they should change them regularly. Make passwords strong (eight characters or more and a variety of letters, numbers and special characters), and never share them with anyone.
- Choose usernames for games and accounts that don't reveal personal details about your child, such as their location, what school they go to, their age, or their full name.
- Check your anti-spy and anti-virus software. Make sure your computer is fully loaded and up to date with this protection. New laptops often come with anti-virus software on a trial basis. Be sure to renew it or install new software once the trial period ends.
- Make sure files and apps from the Internet are from a trusted source.
- Emphasize the importance of protecting mobile devices. The first thing anyone should do with a new mobile device is activate a passcode. Talk to your kids about this and the importance of protecting the device itself. If a device gets into the wrong hands, videos or pictures could be posted online by someone else in your child's name.
- Remind kids that their activity on the Internet is not always private. Once something is posted online, they might no longer have control over it. It can be forwarded, copied and pasted, manipulated, printed out, or saved—it can remain online, in some form, potentially forever.
- Teach your kids to think before they click. It can take only seconds to snap a photo and post it to the Internet or to post a comment, but it can be nearly impossible to permanently delete that comment or photo once it's posted. They should only post things if they are comfortable with having the whole world see them.

Top Movie Picks of 2013

In movie-making, this past year was one of great adventure, ethereal fantasy worlds, and cartoon characters. We saw an iron man and a man of steel save the day. We watched as zombies took over the planet and as monsters went to university.

To make sure you keep up—and also see the best—leading rental shop, Redbox, tells us to put these on the list for your next movie night:

Star Trek Into Darkness: Captain Kirk leads an expedition across the universe to find a man more dangerous than the Enterprise crew has ever encountered.

Mud: When two young boys agree to help a fugitive reunite with his true love, they must survive an onslaught of bounty hunters to fulfill their pact and make it out alive.

Jack the Giant Slayer: The ancient war between humans and giants begins anew when Jack opens a portal between the two worlds.

Now You See Me: Four master illusionists attract the FBI's attention when they pull off a series of heists targeting corrupt business leaders.

The Place Beyond the Pines: A motorcycle stunt rider's desire to provide for his family leads to a life of robbery and a collision course with an ambitious rookie cop.

- News Canada
www.GetCyberSafe.ca

- News Canada
www.redbox.ca

Your Health

Are You Avoiding Talking About Menopause

For some women talking about hot flashes, fatigue, or decreased sex life associated with menopause is not a conversation they want to have with their doctor, and definitely not with family and friends. For many, discussing the “m” word can bring up feelings of embarrassment or shame.

Rose Reisman, leading health, wellness, and nutrition expert, knows what it is like living with menopausal symptoms and the impact it can have on some women.

“I was in my late forties when I started experiencing symptoms of menopause, mainly hot flashes,” says Reisman. “But I had a supportive network of friends that I could turn to, to talk about the changes we were going through. It really made a positive difference for me to be able to share my experience with other women, and know I wasn't alone. My husband also was a great support for me.”

Reisman advises women to take a careful look at their daily lifestyle. She offers women the following tips on lifestyle changes that can help to manage menopause symptoms:

- **Eat right:** A diet that includes fruits, vegetables, dairy, and nuts all contain the nutrients the body needs to help manage menopause symptoms.
- **Don't sweat the small stuff:** Manage your stress as it can improve your mood, promote longevity and allow you to be more productive.
- **Talk to your Doc:** Your doctor can provide advice on treatment options specific to you—one size does not

fit all when it comes to managing menopause.

- **Butt out:** Smoking can bring on early menopause, not to mention a number of other health issues.
- **Get moving:** Exercising on a regular basis can help you to maintain a healthy body weight and is good for your overall health.

“My advice to women is to talk about the “m” word with other women, your partner, and your doctor, and get the facts about menopause and the available treatment options, so that you can make informed decisions that will allow you to remain healthy and vital in your fifties and beyond,” says Rose Reisman.

- News Canada

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. February is Heart Month—take the time to be heart safe, and learn how you can reduce your risk.

Know the Signs of a Heart Attack

Any or all of these signs and symptoms may occur:

- Chest pain, described as crushing, squeezing, pressure, or chest heaviness
- Pain that moves beyond the chest, such as shoulder, arm, neck, or jaw pain
- Shortness of breath, sweating, or nausea and vomiting

Reduce Your Risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

What to do When Seconds Count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so that definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

- Alberta Health Services

Your Health

Eat, Sleep, and Press Garlic, and Tomorrow You'll Be Healthy

With cold and flu season upon us, you probably think you've heard all the prevention tips out there, but here are a few that are less well known.



Check out these 10 tips to be a healthy, happy, and more knowledgeable person during this year's cold and flu season.

1. Did you know garlic has antibacterial properties or that thyme is an age-old remedy for coughs? Add both to chicken soup for even more healing powers.

2. Cold and flu season may not be the best time to be watching your figure. Cutting calories can make it harder to recover once you are sick.

3. Hit the snooze button a few times. Getting more than seven hours of sleep each night can help fight off colds.

4. The office can be a hotspot for germs. Be mindful of doorknobs, elevator buttons, conference tables, keyboards, and kitchen areas.

5. Eating green veggies, like broccoli and spinach, add helpful antioxidants to your diet and keep you immune system healthy.

6. When a fever strikes, cool down faster by putting a wet towel around your shoulders instead of on your forehead.

7. Not all liquid is hydrating—stick to water, herbal tea, and fruit juice when you're sick.

8. It's important to distinguish between a cold or the flu. The flu bug hits suddenly, bringing with it fever, headache, aches, and exhaustion, while a cold can appear gradually and brings sinus congestion and a sore throat.

9. Get prepared by using an online cold and flu prediction tool, like [achoo](#)

by Kleenex. It can tell you when you are mostly likely to be at risk and other ways to prepare yourself.

10. Crack a smile—smiling can boost your mood and your immune system!

Congratulations! You are now 10 tips smarter about cold and flu season. Go forth and impress your friends.

- News Canada
www.my-achoo.com

Winter Danger—Frostbite

If you think your child has frostbite, call your doctor or take your child to the Emergency Room immediately, because frostbite is serious. Frostbite damages the skin by freezing it when it is exposed to cold temperatures below 0°C (32°F). The skin gets red and then becomes white, hard, and swollen. Your child may feel like their skin is burning or tingling, or it may be numb. Blisters may form if the frostbite is very bad.

It is easy to get frostbite to the ears, cheeks, nose, fingers, toes, hands, and feet, so they all need to be covered when your child is out in cold weather, especially because children lose heat faster than adults. Rather than having to come inside and warm up, properly dressed children can stay outside playing and having fun.

Before taking your child to see a doctor, bring your child inside to a warm area and put them in dry clothes. Wrap your child in a blanket and give them something warm to drink. If frostbite is to the feet, carry your child and do not

let your child walk. If frostbite is to the fingers or toes, put clean cotton or gauze between the fingers and toes. Warm the skin by putting warmed towels on the skin or by putting the skin in warm water 37°C (100°F) until normal feeling returns. NEVER rub or massage the skin. NEVER touch the blisters. DO NOT use a heat pad to warm the skin. See a doctor to find out if there is any damage to the skin and whether further treatment is required.

Prevent frostbite from happening by dressing your child in layers of clothing. Make sure the head, ears, face, fingers, and toes are covered. If you notice your child is wet from playing in the snow, bring them inside and give them a something warm to drink and change your child into dry clothes. Make sure that mittens and socks are dry. Always watch for early stages of frostbite when your child is outside in cold weather.

- Dr. O.J. Doherty
Humana Medical Clinic

Valentine's Day

Let Cupid Spark Love, Family Style

If your children are still small, it might not be surprising to find yourself home-bound on the most romantic Friday night of the year. But Valentine's Day can be a great opportunity to fill the home with love.



- Create food together. Bake cookies and decorate them with the colours of love. Let everyone help to make their own favourite desert.
- Set aside some 'post-bedtime' time for Mom and Dad.

Everyone decorates, wears red, shares the food they love, and selects—or makes—a special Valentine card for each member of the family. Older children and teens may also want to focus on the love for their mother—and Dad is going to be just the right collaborator to make that happen.

“As parents, our focus often switches from each other to family needs, but pulling off little surprises speaks volumes,” says Canadian lifestyle expert, Janette Ewen. “And as a team effort, it can even be more fun to spoil the lady of the house.”

Most women agree that a pretty piece of heart-shaped jewelry will do that every time, says Ewen, but so will the love that is shown through helpfulness, tidying toys, drawing a picture, and by heart-felt words on a card.

Ewen suggests a few more family-inspired ideas:

- Make a special breakfast together, complete with heart-shaped pancakes, red berries, red napkins, and red roses.
- Set aside card-making time with coloured paper, crayons, glue, and glitter.
- Plan a Skype call with loved ones.

“That's right. Once the kids are in bed on February 14, a little couch cuddling for you two, plus that heart-shaped piece of jewelry, can do wonders to make up for lost time,” says Ewen.

She points out that every year, the leading retailer, Pandora, adds some dazzlers to its Valentine collection of pendants, charms, rings, and earrings—and all of it is modestly priced, as shown at Pandora.net.

“And this season,” she says, “they have added pretty, vintage-style jewelry. The new pieces add a chic shine to any look.”

Ewen's favourites include a sterling silver heart locket, a stone-embellished heart bracelet, and delicate heart-shaped stud earrings.

“And, take a look at the Pandora Moments collection of charms,” she continued. “The Love 'Dangle' (to be worn as a necklace pendant or bracelet charm), with its single salmon-hued heart placed inside the letter O, stands out as a reference to iconic pop art. The eye-catching, stackable sterling silver rings, featuring colourful hearts and beaded details, add instant glamour for Valentine's Day.”

- News Canada

Valentine's Day Traditions and Customs

One of the most important customs of Valentine's Day is the exchange of love notes called ‘Valentines’ by lovers. The tradition is said to have initiated in 1415 by Charles, Duke of Orleans, who sent the first known Valentine Day card to his wife from prison. In present times, Valentine's Day is the second biggest card-giving holiday after Christmas. There is also the tradition of gifting flowers or chocolates, besides other gifts of love, on Valentine's Day as an expression of love.

Going on a date with one's Valentine is another popular tradition of Valentine's Day festival. Candle-light dinners or an evening together in a park are an all-time favorite dating idea in present times.

- www.stvalentinesday.org

Host an All-Girls Valentine Bash

Single girls are never shy with the idea of letting their hair down, so when Valentine's Day falls on a Friday, like this year, it spells nothing but party time to celebrate with one another.

Invite your single gal-pals—plus any girlfriends who need a night out—to your place, and expect these ladies to bring a lot of laughter and a whole lot of fun.

- News Canada

Food & Drink

Give Baked Brie a Festive Turn with Grapes

Brie baked in puff pastry (Brie en crouste) is a cocktail party classic. The cheese comes out warm, easily spreadable and delicious. To make this appetizer even more festive, stuff it with fresh grapes, which are in season from California through January. The result is simply luscious and not overly sweet; the grapes are still juicy, savoury with fresh herbs, and colourful to boot. If you can, substitute French Brie with a Brie style cheese from a local producer. Either way, the dish is easy to prepare and the results dependable and gratifying.

Baked Brie with Grapes

Ingredients:

- 1 mini Brie wheel (8 oz.)
- 1 cup California seedless grapes
- 1 teaspoon thyme, fresh minced
- 1/2 teaspoon rosemary, fresh minced
- 1 sheet (10 square) puff pastry, thawed
- 1 egg, beaten

Directions:

1. Pre-heat oven to 400 degrees Fahrenheit.
2. Slice Brie wheel in half horizontally. Press grapes onto cut side of lower half of cheese. Sprinkle grapes with herbs. Press top of Brie onto grapes, sandwiching them in between the two halves. Set aside.



3. On lightly floured surface, roll puff pastry into a 16x10" rectangle. Cut a 6" round and an 8" round from puff pastry. Brush smaller round of puff pastry with egg. Set Brie/grape sandwich onto pastry. Brush larger round of pastry with egg and place egg side down over Brie. Press out any excess air and crimp edges to seal. You can decorate top with puff pastry scraps if desired. Brush outside of the pastry with beaten egg. Place on cookie sheet and bake for 20 minutes. Tent loosely with foil and return to oven for 10-15 more minutes. Brie should be golden brown and puffy looking.
4. Remove from oven and let cool for one hour before cutting into Brie.

Nutritional analysis per serving:

Calories 201; Protein 10 g; Carbohydrate 9 g; Fat 14.5 g; Saturated Fat 8 g; 64% Calories from Fat; Cholesterol 73 mg; Sodium 268 mg; Fibre 0.4 g.

- News Canada

Consider Cooking with Canola Oil

The bright yellow canola fields that span the Prairie provinces produce some of the healthiest cooking oil in the world. Canola seeds are crushed to form canola oil, a top choice for heart-healthy cooking oil.



“Health professionals recommend that sources of saturated fat be reduced and replaced with unsaturated fat,” says Shaunda Durance-Tod, a registered dietitian with the Canola Council of Canada. She adds that “canola oil contains less saturated fat than other common cooking oils—just 7 per cent. It is also rich in monounsaturated and omega-3 polyunsaturated fats, and provides vitamin E, as well as plant sterols.”

What many people may not know is that the vast majority of canola planted across Canada has been enhanced through biotechnology to make it resistant to herbicides. According to CropLife Canada, herbicide-tolerant canola is part of a sustainable farming system and helps reduce soil erosion, conserve soil moisture, and protect valuable wildlife habitat.

There are a number of ways you can incorporate canola oil into your diet. Try adding it to your morning smoothie, which will provide omega-3 fats and vitamin E, along with a smoother taste.

- News Canada

"You cannot create experience. You must undergo it."

Albert Camus



F E B R U A R Y

2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Jan. 30 – Feb. 2 Calgary RV Expo & Sale BMO Centre www.rvda-alberta.org	3	4	5	6 Feb. 6 – 9 Calgary Boat & Sportsmen's Show BMO Centre calgaryboatandsportshow.ca	7	8 Hypothermic Half Marathon Eau Claire Market www.hypothermichalf.com
9 Bliss Wedding Fair Extraordinaire Sheraton Suites Calgary Eau Claire www.blissweddingfair.ca	10	11 Feb. 11 – Mar. 9 Major Barbara Theatre Calgary www.theatrecalgary.com	12	13 Feb. 13 – 17 Family Day Weekend Family Quest at Heritage Park www.heritagepark.ca	14 VALENTINE'S DAY	15 TCA Spring Soccer Open Registration Begins
16	17 FAMILY DAY Winterfest at Fort Calgary www.fortcalgary.com	18	19	20	21 Feb. 21 – 22 Cirque Musica Aerials and Acrobats Jack Singer Concert Hall www.cpo-live.com	22 Feb. 21 – 22 Wine Fest BMO Centre celebratewinefest.com
23	24 Feb. 24 – Mar. 15 Calgary Kiwamis Festival calgarykiwamisfestival.ca	25	26	27	28	