



COUGAR RIDGE

December 2014

TIMES

Happy Holidays!

Oh **Christmas
Tree**

The Joy
of **READING**



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COUGAR RIDGE TIMES

December 2014

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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 local retail outlets or view it online at www.suburbanjournals.ca/current-issues.

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In Our Community

Signal Hill Library

Winter is now in session!

Winter is here and there's no better time to head to your warm and welcoming community library! Check out our great selection of staff picks and new books by the cozy fireplace.

Information about January to April programs for adults, children and teens will be available at the library and on the website beginning mid-December.

Note the following Registration Start Dates for Winter 2015 programs:

December 22: Adult programs

December 29: Children's volunteer-based programs (e.g. Reading Buddies, Story Pals)

December 30: Children's general programs held in January

January 6: Toddler, Preschool and Family Storytime series

January 7: Baby Bookworms and Papa Time series

January 8: Parent-Child Mother Goose series

Remember that all program registrants, including babies and preschoolers, need library cards before registering for programs so come and get your cards before the program registration date.

All Calgary Public Library locations will be closed at 4:00 p.m. on Dec 24 and 31. All locations will be closed Dec 25, 26 and Jan 1.



Councillor's Report

- *Richard Pootmans*

Happy Holidays

I wish you all a happy and safe holiday season with family, friends and neighbours! Special thank you to all the volunteers who have helped make our communities successful and enjoyable places to live, work and play.

Snow Route Changes 2014-2015

Every year Roads evaluates the Snow Route parking ban program to identify areas of improvement and best-build practices. This 2014-2015 winter season, Roads will be making changes to the Snow Routes to better balance the need for on-street parking options and better align with Calgary Transit's bus routes to service you better.

If your snow route is removed from the parking ban network, it will still receive snow and ice control, however it will no longer benefit from curb-to-curb snow removal that is possible when a parking ban is called.

New Snow Routes will be marked by blue and white snowflakes signs. Those of you along a Snow Route will be notified of the changes by mailed letters. Calgary.ca has also been updated with details and maps.

For more information, please visit our website Calgary.ca/Ward6

Recycle Your Christmas Tree

Help reduce waste in our landfills by recycle your Christmas tree. City crews will pick up real Christmas trees from homes that receive black cart garbage collection. To ensure you receive this service, please place your tree on the ground near your black cart by 7:00 AM on Friday, January 9, and your tree will be picked up within three weeks. Make sure your tree is not blocking the street, lane or sidewalk and is at least one foot away from your carts.

Eight tree drop-off locations will also be open from December 26 to January 31. For more information, please visit Calgary.ca/waste.

Remembrance Day

Thank you to those who attended the Remembrance Day Ceremony at Battalion Park on November 11th. It is always an honour for us to take part in this ceremony and to commemorate our veterans, past and present. We look forward to next year's 100th anniversary of Camp Sarcee at Battalion Park where thousands of soldiers trained for World War I.

Earn Your Wings as a Snow Angel!

- *City of Calgary*

"Lucky and proud." That's how a lot of people describe their feelings when they nominate a Snow Angel. Many are seniors without the strength to clear their walks. Others may be on the mend from surgery or an illness and their physical ability is limited. Sometimes it's a neighbour who is just having trouble coping with added responsibilities in his/her life.



When you pick up your shovel to clear your walk this winter, take a few extra minutes to help out a neighbour too. You'll make it easier for everyone to travel your sidewalk and earn your wings as a Snow Angel!

For more information, visit Calgary.ca/snowangels

Calgary Connection

Women's English and Social Group:

Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Drop in at one of our weekly groups throughout the city. No cost, no immigration requirements and no minimum English requirement. Free childcare for kids 6 months to 6 years old. Visit www.ciwa-online.com for group locations and times or contact Rae-Lynn at 403-444-1752 or raelynnp@ciwa-online.com.

Make a Difference in the Life of a Family!

Are you looking for a way to give back to your community? Our Home-Start program is looking for volunteers! Our volunteers visit a family's home once per week, provides support, friendship and encouragement, Gets the family involved with the local community and shares their own experiences of parenting. For more information, visit www.boysandgirlsclubsofcalgary.ca or call 403-660-6809 (North) or 403-660-1136 (South).

952 Westjet Squadron Air Cadets:

952 Westjet Squadron is currently accepting new members! Come to our meetings Thursday nights at 6:30 p.m. at the Springbank Middle School Gym (244234 Range Road 33), directly south of Calaway Park). Remember to come with your birth certificate, Alberta Health Care Card and your parent or guardian. For more information, visit www.952aircadets.ca.

Volunteer Calgary:

Visit www.volunteercalgary.ab.ca for volunteer opportunities in Calgary.

Park Protectors Needed!

As a Park Protector, you will be part of an extraordinary group that is helping the Friends tackle our most complex challenges and long-term projects. In addition to receiving a valuable tax receipt and the newsletter Voice of the Friends, as a Park Protector, you will receive monthly updates



on how your investment is making a substantial difference to Fish Creek Provincial Park. To join our Park Protectors or for more information visit www.friendsoffishcreek.org/park-protector-signup

Fish Creek Speaker Series Geology:

The Foundation for Alberta Parks, Presented by Dr. Mark Fenton of the Alberta Geological Survey. Thursday, January 22, 2015, 7:00 – 8:00pm. Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park. (13931 Woodpath Rd. SW - Access via 130 Ave. SW and 37 St. SW). Admission: Free to Friends members, \$5 for non-members. For more information or to Register visit www.friendsoffishcreek.org/event/geology

A Sampling of Concerts

- **Johnny Marr:** December 4, Republik
- **Spencer Burton:** December 4, The Gateway (SAIT)
- **The Tea Party:** December 5, Flames Central
- **Pure 204 feat. Armin Van Buuren:** December 28, BMO Centre
- **Trooper:** December 31, Deerfoot Inn & Casino
- **Bryan Adams:** January 16, Scotiabank Saddledome
- **54-40:** January 17, Deerfoot Inn & Casino
- **Buckcherry:** January 24, Deerfoot Inn & Casino



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:

November 21 – January 3, Calgary Zoo. Visitors are welcome to enjoy spectacular light shows and displays at Calgary Zoo. More than 1.5 million twinkling lights are involved in this interactive light show, complete with kids' play areas, festive choirs, Santa and hot chocolate! www.calgaryzoo.com

Once Upon a Christmas:

Nov. 22 – Dec. 21 (Sat. & Sun. only), Heritage Park. Experience the magic of an old fashioned Christmas during Once Upon A Christmas. Tour the Park on a festive horse drawn wagon ride, decorate gingerbread men, and sing classic Christmas carols. www.heritagepark.ca

Charlotte's Web:

Nov. 27 – Dec. 31, Martha Cohen Theatre. Presented by the Alberta Theatre Projects. Wilbur is "SOME PIG" - at least that's what his friend Charlotte the Spider thinks. www.epcorcentre.org

Lougheed House Christmas:

Nov. 28 – Dec. 21, Lougheed House. Learn the history of Lougheed House, marvel at the unique and breathtaking Christmas designs, and rejoice in numerous Christmas activities. www.lougheedhouse.com

A Christmas Carol:

Nov. 27 – Dec. 24. Celebrate the holidays with Scrooge and the Spirits of Christmas Past, Present and Future. www.theatrecalgary.com

Santa Shuffle Calgary:

December 5, Eau Claire Market. The Santa Shuffle will take place in Eau Claire market at 10am. Participants can choose to do the 5 km Fun Run or the

1 km Elf Walk. Run or walk as an individual, family team or corporate team. There will be post event refreshments, awards and prizes.

www.runningroom.com

TELUS Spark Adults Only Night:

Dec. 11, TELUS Spark. Experience the ultimate night out at the Science Centre. Open for extended hours, from 6:00 p.m. – 10:00 p.m, just for adults.

www.sparkscience.ca

New Year Eve Family Dance Party:

December 31, City Hall. Bring in the New Year with a free Family Dance Party at City Hall followed by a free Outdoor Winter Party at Olympic Plaza. Be ready for music, dancing, skating, kids' countdown and a spectacular midnight countdown.

www.calgary.ca/nye

Zoo Year's Eve:

December 31, Calgary Zoo. Zoo Year's Eve at the Calgary Zoo is a family friendly way to roar in the New Year. Little party animals, mom and dad will enjoy the Zoolights displays, fireworks show, Kids Zone and some wild entertainment. Fire pits and hot chocolate are available to keep everyone warm and toasty. 5,4,3,2,1 happy Zoo Year's Eve!

www.calgaryzoo.com

TELUS Spark Noon Year's Eve:

Dec. 31, TELUS Spark. Join us for a special Noon Years Eve Celebration to ring in the New Year early with your little ones. Perfect for Calgarians with early bedtimes, enjoy a day jam-packed with family fun, live science demonstration and experiences including a special Noon Years Eve countdown! Starts at 10:00 a.m. www.sparkscience.ca



The Joy of Reading

Calgary Reads

One of the most under-appreciated joys of the holiday season is having enough unscheduled time to curl up and really lose yourself in a good book. Even better if you can do so in your pyjamas at 2:00 in the afternoon!

But, how many families actually take the time to indulge in this luxurious – and truly meaningful and rewarding – activity? Far too often we get caught up in the holiday juggernaut and find ourselves bustling from one social engagement or shopping expedition to the next. Instead of returning refreshed and rejuvenated to the real world in January, we are often burned-out, broke, and in need of a holiday just to recover from the holiday we just had.



This year, why not change this? Why not schedule a Reading Day into your family break? Let everyone in the family stay in their pyjamas for the day. Pile blankets and pillows onto the couch and easy chairs and let everyone create their own reading fort, complete with to-be-read book piles. Put out a plate of festive goodies and make hot chocolate together. This would be a great time to crack open the covers of any books that were under the tree this year. Or plan ahead, and make a trip to the library the day before to stock up on enough books to keep everyone reading all day long.

There are great benefits to our own personal reading . . . and to reading aloud to children. It's also relaxing, fun and you may just start a new family holiday tradition.

For great children's book lists by age, literacy-building resources, read aloud tips, videos, games and more visit: calgaryreads.com

Book Review

Skipping Christmas

by John Grisham



by Larynda McKay

This is the season for the holidays! This time of year I love pulling out a seasonal read; books that remind me about the spirit of giving, being a good neighbor, and the joy of celebration. Whatever holiday you celebrate this time of year, *Skipping Christmas*, by John Grisham is one of those types of books where everyone can be challenged to remember what is important in life; giving to others, the joy of family and love for all; even those whom we don't like so much.

The fictional characters, Luther and Nora Krank decide that they will go on a holiday over Christmas and skip everything that people package into the holidays; no parties, no tree, giving or receiving gifts, no fruitcake. They discover, however, that avoiding the busy time of year isn't as easy as they thought, and lessons in neighborly love is a theme and a challenge for the Kranks as they decide about the importance of family and giving, and spending time with those who may not have much time left.

This book is a quick read and one that you can enjoy over glass of eggnog sprinkled with nutmeg, all while sitting by the fireplace, tucked under a blanket. Take time to enjoy the busy season and enjoy the lesson of love and family, found within the pages of *Skipping Christmas*. It may be a book that will find a regular place in a basket of holiday books to enjoy every December.



Why Pet Adoption is the Best Option

News Canada, www.petsmartcharities.org

From walks in the park to cuddles on the couch, pet owners know better than anyone the joys that a furry friend can bring to someone's life. And yet, while most of us are compassionate to man's best friend, new data from the 2014 Shelter Pet Report (by PetSmart Charities of Canada) illustrates that many don't understand the magnitude of the pet homelessness problem. For example, while 73 per cent of people say that pet homelessness is at least somewhat important to them, an equal number of people admit that they don't do anything to help solve the issue.

Other data shows that if communities work together now, we can end pet homelessness in a generation. Here are the top three reasons to adopt your next pet:

Save a life:

Most people (66 per cent) underestimate the number of pets euthanized annually in Canada. That number is estimated to be 70,000. By choosing adoption we can work together to decrease this number.

Find a loving friend:

Those who adopt from a shelter can feel confident in the temperament of the pet. Veterinarians and behaviour experts evaluate pets in their care for health and temperament issues.

Find the pet of your dreams:

Adopters can find almost any age of pet and breed at a shelter or breed-specific rescue group. Puppies are frequently available at shelters and one in every four dogs at a shelter is a purebred. Pets from shelters are also likely to be spayed or neutered as well as vaccinated.

Oh Christmas Tree

News Canada

According to legend, the Christmas tree was first introduced to Canada long before Confederation, in 1781. This first tree, decorated with white candles, was a balsam fir cut from the dense forest in the region that is now the city of Sorel-Tracy, Quebec.

Even though we're no longer using lit candles as tree ornaments, the risk of fire remains real. Preventing them is as simple as ensuring the tree is regularly watered.

"Keep the tree watered," says Wayne Ross, an insurance expert at Aviva Canada.

"It's our mantra at this time of year. Not only does it create a fragrant indoor winter wonderland atmosphere, but a wet tree is a safer tree."



Sudoku Corner

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

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

Answer on Page 15

How to Stretch Your Entertaining Dollars This Season

News Canada, www.cocktaildeeva.com

If you would like to play hostess during the holidays, you're probably wondering how it will affect your wallet. But, fear not. Entertainment expert and mother of four, Dee Brun, says she knows how tight budgets can be at this time of year and offers the following tips on how to save on your next soiree:

Serve spirits instead of wine

Did you know the average 26 ounce bottle of spirits serves approximately 17 drinks versus an average of six drinks from a bottle of vino? Stock up on the basics of rum, vodka, and gin and the entertaining possibilities are endless.

Rethink appetizers

Instead of serving pre-packaged appetizers which add up quickly, baked vegetable snacks are a great way to reduce costs, without reducing taste. You can slice vegetables into bite-size pieces, roast them in the oven and serve with salsa. This is a healthy alternative that won't break your bank or expand your waistline.



Select a rich dessert to feed several people

A creamy dessert will go a long way. For example, an 8-inch cheesecake can feed up to 13 people.

Use your beverage containers as decoration

When stocking your bar, think about using drinks as part of the decor. Replicate festive colours of silver, red and green by serving small green bottles of sparkling water alongside cans of Diet Coke to attract attention. Not only are these no calorie drink options perfect for your guests and their waistlines, but they also allow you to save on decorating costs.

Sudoku Corner Solution

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

Donate Wisely This Holiday Season

News Canada

Ensure the organization is a Canadian registered charity or other qualified donee. Only Canadian registered charities and other qualified donees can issue official tax receipts. You can find a list of registered organizations on the Canada Revenue Agency's (CRA) website at www.cra.gc.ca/charitylists.

Donating to your favourite charity should be a feel-good experience, not one that puts a knot in your stomach.

