

DECEMBER 2014

ROYAL OAK

SUBURBAN JOURNAL

Happy Holidays!

**Small Being,
BIG HEART**

*Exciting Changes
for RRROCA
Membership*

Gravel Truck Traffic... Part 2



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Rocky Ridge Royal Oak COMMUNITY ASSOCIATION **MOUNTAIN VIEWS**

President's Message



Twas the night before the December newsletter was due
 And I needed to write a President's message new.
 The AGM was done, new volunteers came aboard
 And all the Directors have new goals to look toward!

Our Transport Director David seeks resolution
 To our traffic quandary—here comes a solution!

Tessa our Sports Director, while asleep in her bed,
 Has visions of soccer balls dancing in her head.

Frances works hard to recruit oh so many volunteers
 So RRROCA will keep going through future years.

Karen seeks sponsors to help us out too
 Which also gives shops customers who are new.

Lorraine has ideas for events fantastic
 So life in our community will be bombastic!

Hamed is the man for development and planning—
 What new facilities do we want? What wishes need granting?
 (A rink, a community building, a par-course – or not;
 RRROCA is listening so what do you want?)

Fatima is our gal for Facebook and tweets,
 Getting the word out is no easy feat.

Lastly, Loretta our Secretary keeps us all in a line,
 So that RRROCA is working so smooth and so fine.

We need a new Treasurer and a VP is nice too,
 Could that be something for wee little you?

Do you like what we are doing? Help us
 by joining!
 Help Nicole keep our membership
 growing!

Before I let Carla our Editor put this issue
 to rest,
 I really want to wish you all the best!

As I close this message on this cold
 winter's night,
 I say Happy Holidays to all and may your
 2015 be bright!

- Pam Nichol



Rocky Ridge Royal Oak Community Association

403-771-8979
 communications@rrroca.org
 www.rrroca.org

RRROCA Board of Directors

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 Carla Knipe
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 Director of Planning and Development
 Hamed Hendizadeh
 Director of Sports Tessa Sakamoto
 Community Newsletter Editor and Liason
 Carla Knipe
 1st V.P., Director of Events VACANT
 Director of Parks VACANT
 Director of Social Media VACANT
 Director of School's VACANT
 Director of Communications VACANT

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Letters to the Editor

Dear Editor;

During the past few years, my husband and I have noticed an outstanding effort in beautification of our community through the planting of colourful flowers and upkeep of the green spaces. We would like to commend the dedication and artistic touch of the grounds keeping crew. Not only they help provide an heightened sense of belonging within the Rocky Ridge community but they also permeate their love of nature forcing everyone to "slow down and smell the roses."

Kudos to the grounds keeping crew.

- Written by Joelle & Ray, Rocky Ridge (on behalf on many residents we've chit- chatted with over the last few summers.)



Did You Know?

That a RRROCA membership makes a perfect gift for that hard-to-buy-for person? It is a gift that lasts all year and benefits the entire community!



Exciting Changes for RRROCA Membership!



RRROCA membership will be using a new database which will be tentatively going live in January 2015. This change will allow members to have more authority over their own membership profile, including the ability to modify their communication and volunteering preferences, update their contact information and keep track of their membership status.

As a board, we are very excited as this will enable us to have a clearer picture of our finances and membership profile.

Here are some highlights of the changes which might answer your questions:

Membership fee change:

From 1st January 2015, membership fee will be adjusted to a \$30 flat rate. There will be no longer two different prices for new memberships and renewals. All new and renewal memberships purchased before January 2015 will remain at the same rate: \$25 for renewal and \$35 for new purchase.

Term of RRROCA membership:

The term will remain unchanged from 1st January to 31st December every year, regardless when you purchased your membership. There will no longer be a grace period, but membership for the following year

can be purchased beginning in July onwards.

Communication with external sport leagues:

We are working with external leagues to find reliable and efficient processes to communicate your membership status with their systems. Meanwhile, we still strongly suggest members who are planning to enrol in external sport leagues that require a valid community association membership to purchase their membership through RRROCA in order to avoid both overpayment and a long refund process.

Transferring data:

Only members whose membership expires on and beyond 31st December, 2015 will be transferred to the new system.

More info to come:

Once the new system is ready, we will send you more information on how to update your membership profile, set up your own password, change your preferences etc. Hopefully the transfer to the new system will be a smooth process, but at this point we cannot foresee any glitches that might occur. We appreciate your patience and understanding!

If you have more questions, please contact membership@rrroca.org



Gravel Truck Traffic... Part 2

(This is a followup to last month's Transportation update)

In February 2003, Alberta Transportation and Alberta Infrastructure hired Brown and Associates Planning Group and Russ Gerrish Consulting to prepare a Phase 1 Report titled, *SPY HILL LANDS DEVELOPMENT PROJECT*, which encompasses the Stoney Trail Aggregate Resource pit, aka. STAR at 12411 – 85th Street NW.

The report identified aggregate supply & demand for the next 50 years, the need for stakeholder consultation, along with operation scenarios, and recommended a concept plan that speaks about reclamation planting, traffic impact, noise mitigation, dust control, along with identifying the need for a public & stakeholder consultation program.

The report estimated 170 million tonnes of recoverable aggregate reserves, and talked about responsible extraction & the expectation of state-of-the-art mitigation techniques and responsible operations that should include appropriate gravel truck routing and advanced planning to identify future major road systems requirements to ensure successful, low impact integration with current & future urban sprawl within the Spy Hill area (including Royal Oak).

In addition, the report recommended extended public consultation should have included door-to-door information disseminated to all residents within a one-mile radius. Ironically, back in 2003 Royal Oak barely encroached within the one-mile radius of STAR, if at all. Nonetheless, the report acknowledged the need to route gravel truck traffic away from Country Hills, and made assumptions most gravel truck traffic

would eventually utilize 144th Avenue (Burma Road).

The report also acknowledged that development of the commercial area, along with the north portion of Royal Oak was planned to start development between 2003 and 2004, a year after the release of this report.

Regarding future roads and traffic...

The report spoke about traffic volumes, and according to Finn Transportation Consultants, the carried out cordon survey on Wednesday, October 9, 2002 identified gravel-related traffic generated by Burnco, City of Calgary, Inland Cement, Lafarge, and Volker Stevin generated the following:

- 321 trucks in the a.m peak hour and 268 trucks in the p.m. peak hour;
- Total aggregate vehicles consisted of 85% aggregate trucks, 10% asphalt, and 5% cement trucks;
- Based on the one-day, peak hour counts (assuming a typical day) for all five operations, it was estimated future volumes could generate 5,200 trucks per day (2,600 inbound and 2,600 outbound).

So what does this all mean? It suggests that the City of Calgary would have been fully aware of the future impacts associated to STAR, but still allow for community development to sprawl closer to aggregate operations over the course of the last 10 years.

While no one is to blame, it suggests there was a disservice to the residents of Royal Oak back in 2002, and if you believe the City of Calgary should have to address this disservice today and remedy the current problem of high gravel truck volumes within our

community, including Royal Vista to make the area more LIVEABLE and safer, please continue to contact your Councillor and/or MLA.

The Country Hills Blvd intersection is a hot issue that our community has faced for a while and people do have strong opinions either way about it. However, RRROCA has been liaising behind the scenes for a long time, but we can't do it alone. Some thoughts:

- Pedestrian safety is the number one concern for this Intersection. So, if residents feel pedestrian safety is compromised or deteriorated, we need them to call their Councillor or send an email to voice this concern.
- Vehicular safety is another concern. So, if drivers feel this intersection has now become overwhelmed with Gravel Truck traffic and road debris... as well as being frustrated with the Gravel Truck trailer combos entering the commercial area and/or cutting through the parking lot to discharge onto Country Hills to avoid the long Red Light Queue, we need as many people as possible to call their Councillor or send an email to them to voice this concern.

The more residents that contact their Councillor, directly... the better.

Recently, we've been told that the intersection doesn't meet Provincial criteria to warrant a Red Light Camera. So if residents are expecting more policing, in lieu of a Red Light Camera, we need them to call their Councillor or send an email to voice this concern.

continued on next page

Gravel Truck Traffic... *continued*

Residents' involvement by way of increased reporting will help buoy our efforts with the city to increase safety at this intersection. The pits were here before our community was developed, but there has been a significant increase in a conflict between retail, residential and industrial traffic since then. The primary reason Gravel Truck volume has significantly increased relative to a few years back, is because recently the other satellite pits in the south of the city have been closed with Aggregate operations being consolidated out of The STAR pit.

Every effort to call your Councillor will make a difference. We appreciate everyone's support and help in moving this issue forward with the city. Thank you.

Ward 2 Councillor:

Joe Magliocca
403-268-2430 or 403-268-3280
joe.magliocca@calgary.ca or
Ward02@calgary.ca

Calgary Northwest MLA:

Sandra Jansen 403-297-7104
Calgary.northwest@assembly.ab.ca

- David Klym,

Transportation Director, RRROCA



Calgary Tool Library

Imagine this scenario: now that it's winter, you're finally getting around to working on all those DIY projects around the house that you've been putting off. You are right in the middle of one of them, when you realise you don't have that one particular tool you need and you can't finish the job without it. You don't think your neighbours would have one and you know that to purchase the tool at a hardware store would be expensive. And besides, after you complete this job you don't even think you'd ever use the tool again. Aren't there any other options?

The Calgary Tool Library was started by the Bridgeland-Riverside Community Association to address this exact problem! It has only been running since this past June, but the program has been extremely well-received by Calgarians across the city. The premise is simple: membership is open to any resident of Calgary and area. Individual membership is \$40/year, and organisations such as other community associations can become members for \$140/year. The tool library is run as a co-operative, where volunteers staff the library during opening hours so all the membership funds go back into maintaining the tools and also expanding the catalogue of tools to lend out.

The tool library originally started with a basic selection of tools donated by community members but as the word got out, construction firms and even tool manufacturers themselves began donating surplus tools to the Library. Some of them were gently used at the time of donation but some were brand new. Some tools are small enough to carry in a pocket (such as chisels and



clamps), but some are massive such as expandable ladders and table saws. You can even borrow a wine corkscrew if you are trying your hand at home winemaking, basic garden tools, or a sewing machine. Members can reserve tools online and then collect them at their convenience during the Library's lending hours. Patrons can borrow the tools from anywhere between 5 and 10 days, but often having the tools for a few hours is enough to get the job done.

However, the Tool Library is in fact its own tool in order to build stronger communities in Calgary. One of its goals is to support learning and empower people in the use of basic home tools. If you're not sure about how to use a tool, or even what tool you need for the job, the Library wishes to be a welcoming place where patrons don't have to be afraid to ask questions. Of course, the Tool Library is always on the lookout for new tools but also needs new volunteers as well. It is looking for tool librarians, tool maintenance and repair people and tool educators who would be interested in conducting workshops.

The tool library is located at 917 Centre Avenue NE. The website is calgarytoollibrary.org and they are also on Facebook and Twitter.

- Carla Knipe

Small Being, Big Heart



Last winter, my daughter and I did some volunteering with pet rescue agencies in and around the Calgary area. As much as a “then 7 year old” can grasp, she realized that not all animals are lucky enough to have a family to call their own, or the basic necessities of food, water and a warm bed. With winter fast approaching (actually...as I’m writing this I’m listening to the howling cold wind; winter IS here!), she decided it was time to take action.



She is now on a “mission” to create as many pet beds as she possibly can to donate to agencies around the city, so that dogs, cats, rabbits, guinea pigs, etc., will have something cozy to snuggle on during the upcoming winter months. We were asked to submit an article in the community journal and I thought it was only fitting that she explain it in her own words.

- by Monique and Brylenne Chiasson



Bedz by B

As written by 8 year old Brylenne

Hi. My name is Brylenne. I’m 8 years old. And I live in Royal Oak. I would like to tell you about something that I am working on. I am making pet beds for animals who don’t have a fuzzy place to lay ther heads. I am doing this bekos they may not have a bed and I would like to help them!

I make the beds with some fleese and stuffing or pillows and then I tie lots and lots and lots of knots.

Thank you for all your attention!

-B

p.s. If you would like to help me, you can donate some fleese and some stuffing or pillows or fuzzy blankets.

p.p.s. You can email my mom Monique at chiassonmo@gmail.com.

Earn Your Wings as a Snow Angel!

“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



- City of Calgary

RRROCA Ladies Group

A big shout out to Michael's craft store (Beacon Hill location) for hosting "Crazy for Cupcakes" our cupcake decorating class in October. Jodi, the Wilton Instructor who taught our class was wonderful! She had some great ideas and gave us good instructions on how to make some darling cupcakes. Thank you to everyone who attended the class, and for making another ladies group event so fun!

There was some discussion on trying another class in the future, perhaps cookie decorating or a fondant class. If either of those sound like something that you think that we should plan, please send an email to ladiesgroup@rrroca.org. If we have the interest, this is definitely something we can try to plan for the spring.

Here is what's next for the Ladies Group

What: Holiday Cookie Exchange
When: Dec 9th 7:00-9:00pm
Where: The Rocky Ridge Ranch Center
How much: \$7 RRROCA members/\$7 + \$30 (membership fee) for non-members

Who doesn't like holiday cookies? What better way to have a variety of cookies to serve to guests at your holiday gathering, then by participating in a Ladies Group Cookie Exchange. Bring 4 dozen of your favorite cookies- one dozen on a plate to share and 3 dozen (wrapped in packages of 3) which will be exchanged with the others in attendance. Don't forget to bring a container to take cookies home after the exchange. Hope you can join us for an evening of socializing with other

RRROCA members, enjoy a glass of wine, sample some great cookies. Don't miss out on your chance to win a prize for the best tasting cookie and a door prize or two!

We will ask for attendees to pre-register through RRROCA using <https://www.compusim.com/rrroca/programs/>

As always, if you have any questions please contact Judy at ladiesgroup@rrroca.org.

RRROCA Ladies Book Clubs

We are currently looking for ladies who are interested in the following times:

- Two openings for a Monday evening group (adults only, no kids present)
- Openings for a Thursday evening group (meeting at 8pm, open to bringing little ones along)
- A new group that meets in the afternoon on a Monday, Tuesday, Wednesday or Thursday
- A new group that meets in the afternoon (preferred Monday or Tuesday), with a preference for Self-Help or Spiritual books
- A new group that meets on Thursday evenings (adults only, no kids present)
- A new group that meets on Sunday evenings (open to bringing little ones along)



Contact Judy at ladiesgroup@rrroca.org.

Our Schools

St. Sylvester

Meilleurs Vœux! Season's greetings from the staff and students of École St. Sylvester. Christmas is one of the most exhilarating times of the year, and it's definitely bustling with excitement here. We will be launching a Candy Cane Gram as well as Ugly Sweater Day. Students will get to show off their Christmas spirit with an ugly Christmas sweater! If you are having trouble getting into the spirit of the season, come to our school carol on December 11 at 7 p.m.

Students and staff will celebrate the spirit of Christmas by supporting the DeVry Poinsettia Fundraiser. Proceeds will support social and community activities for the school. In addition, we will be collecting items that will be donated to families in need.

On December 12, we'll also be giving a presentation on Mission Mexico. As part of our Catholic Community of Caring initiative, Mission to Mexico is an outreach program of Catholics in the Diocese of Calgary to support marginalized communities in the State of Guerrero.

Important dates:

Advent Celebration: December 1 at 9:30 a.m.
School Carol: December 11 at 7 p.m.
Ugly Sweater Day: December 15
Early Dismissal: December 19

We wish you a very happy and safe Christmas!

- Tanya Wttewaall

In Our City

Councillor Report

On October 15, The City and its project partners gathered with community members at the site to commemorate the exciting milestone.

The approximately 285,000 square foot facility is designed to meet the specific needs of the community, with the vision and amenities determined through extensive engagement with Calgarians, community leaders and numerous sport and cultural advisory groups.

When complete in 2017, it will include two ice rinks, sport and leisure pools, a gymnasium and fitness centre, an art-making studio and gallery space, childcare and child-minding and an open-concept library. The City-built, City-owned facility will be operated by YMCA Calgary through a partnership model.

For the latest news on the Rocky Ridge facility, visit www.Calgary.ca/newreccentres.

- Joe Magliocca
Councillor, Ward 2

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.

Calling all LEGO enthusiasts! Silver Springs Community Association will be hosting its 9th Annual LEGO Competition on January 17, 2015. Contestants create their LEGO entry at home in one of our 4 categories and then drop them off at the Silver Springs Community Association for judging by our local volunteer judges. The event is open to the public for viewing of all entries. For more information on the event check out our website or give us a call. www.silverspringscommunity.ca or 403-288-2616

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 p.m. – 8:00 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). Admission: Free to Friends members, \$5 for non-members. For more information or to Register visit www.friendsoffishcreek.org/event/geology



In Our City

Cold Weather Safety

Alberta Health Services EMS responds to many cold weather related emergencies every winter. Simple actions, such as: dressing appropriately and anticipating sudden weather changes may help keep you warm and safe this season.

Frostnip

- Frostnip occurs when skin is extremely cold, but not frozen. It commonly affects the ears, nose, cheeks, fingers and toes;
- Skin appears red, but also turns white when pressed. It may also feel numb to the touch;
- When treated promptly, frost-nipped skin will heal without complication;
- Gently re-warming the affected area in a warm environment is advised.

Frostbite

- Frostbite occurs when skin becomes so cold, that the skin and underlying tissue freeze;
- It may look white and waxy and will feel hard to the touch;
- Treatment begins with removal from the cold environment and placing the affected area in warm, not hot, water, until re-warmed;
- Seek further medical attention as required.

Hypothermia

- Hypothermia is an abnormally low body temperature – less than 34°C (as compared to normal body temperature of about 37°C);
- People suffering hypothermia may act inappropriately with uncharacteristic stumbling, mumbling, and fumbling, as their body temperature continues to lower;
- Early recognition and prompt medical attention is crucial. Left untreated, hypothermia may progress to coma

and/or death;

- Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Gentle re-warming should start as quickly as possible, including: removal of wet, or constrictive clothing; covering with blankets, or sleeping bags; and protecting the person from further heat loss (wind, moisture and contact with cold surfaces);
- Dress in layers – it's easier to remove layers, when warm, rather than not having enough layers, when cold.



Having access to a survival/first-aid kit within your vehicle is also advised.

- Alberta Health Services

Holiday Safety

The Christmas season is prime time for car prowlers and thieves. Gifts and valuables left in vehicles can make their jobs easy. Here are a few tips to help reduce your risk:

- When you exit or enter your parked vehicle, stop and take a look around the area
- Before leaving your parked car, always lock the doors
- Park in a well-lit area, use parking lots frequented by others
- Put all valuables and gifts in your trunk. If that's not possible, conceal gifts and other valuables
- Try not to unload gifts in your vehicle and then leave it unattended in the same parking spot. Car prowlers might be on the lookout for shoppers traveling back and forth from stores to unload gifts.
- Never leave your car running unattended
- If you park in an attached garage, always lock the door leading from the house to the garage and the garage door

- After opening an automatic gate to underground parking, wait for the gate to close before you park

Prevent crime by reporting suspicious behaviour to police at 403-266-1234, and always call 911 for a crime in progress.

If your car is broken into:

- Inventory missing articles for later use with the police or an insurance claim.
- Report online at www.calgarypolice.ca/onlinereporting or in person at a district office. Even if there's little chance of catching the suspect, alerting the police can help prevent somebody else's car from being prowled.

For more crime prevention and safety information please visit calgarycommunities.com.

- The Federation of Calgary Communities

In Our City

Support Made By Momma this Christmas

Made by Momma is a Calgary-based charity that aims to employ simple grassroots efforts to help others in our community when they need it the most. The holidays are most often a time to enjoy and celebrate with friends and family – but for others it can be a time of loneliness, sadness and stress. We know it takes a village and together we can make a difference to these families.

The challenge is simple; collect 12 CANS until Christmas for those that can't!

Every week between now and Christmas when you shop for your groceries, purchase one or two extra items. It could be a CAN of food or something else that is non-perishable. (cereal, pasta, rice, granola bars etc., but ideally as healthy as possible)

Drop them off to our community pantry at the Made by Momma Resource Centre the week of December 15th where they will be packed into hampers and/or used to prepare freezer meals.

Invite as many of your friends to this event as you CAN! Get your neighbors and co-workers involved or make it a family project – it is never too early or too late to teach your kids kindness!

SHARE this event! Social media can make miracles happen!

How many CANS CAN we collect? We'll keep track and keep this page up to date! Feel free to post photos of the CANS you have collected to inspire everyone!

Please join our 12 CAN challenge -



it's simple and easy to do; we have so many families that will greatly appreciate any and all donations. Remember, together we CAN make a difference! Let's change someone's life – right here; right now!

Not able to shop? Don't live in Calgary? Still want to get involved? Donate directly to this program through our CanadaHelps account here: <https://www.canadahelps.org/en/charities/made-by-momma>

Top 10 most needed CANNed goods:

- Tomatoes
- Tomato Sauce
- Tomato Paste
- Pasta Sauce
- Beans (chick peas, black beans)
- Vegetables (corn, peas, beans)
- Cream Soups
- Tuna/Salmon/Chicken
- Fruit (peaches, pineapple)
- Coconut Milk/Soup Stock

Other non-perishable pantry items needed:

- Pasta
- Rice
- Spices

- Peanut Butter
- Cereal
- Juice
- Gluten-Free items are always needed.

www.madebymomma.org

Made by Momma is a grassroots non-profit organization and registered Canadian charity located in Calgary. We help families facing situations of adversity and crisis by providing healthy homemade meals, baked goods, baby essentials, children's items, supportive in-home visitors and other services to allow mothers the time they need to rest, recover and focus on their families and their health. Because we are 100% volunteer-run, our operating costs are kept low, and the effectiveness of donated dollars/ items very high.

For more information on how you can donate to, volunteer or support Made by Momma, please visit our website.

Registered Canadian Charity Number
~ 827110008 RR0001

In Our City

Silver Springs LEGO Competition

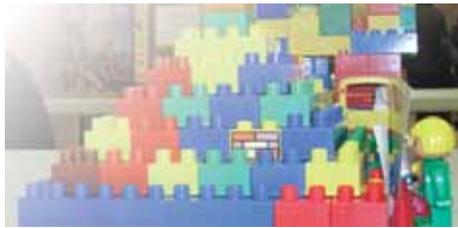
Calling all LEGO enthusiasts!

The Silver Springs Community Association will be hosting its 9th Annual LEGO Competition on January 17, 2015. We have age categories for 2 to 102 years of age! Call now to get registered.

Contestants create their LEGO entry at home in one of our four categories—Buildings and Structures, Transportation and Vehicles, Creative Invention, or Animals and Figures—and then drop them off at the Silver Springs Community Association for judging by our local volunteer judges.

All entrants receive a participation ribbon, and first place winners in each category receive a small prize. The event is open to the public for viewing of all entries. Get creative and get entered!

For more information on the event, check out our website at www.silverspringscommunity.ca or give us a call at 403-288-2616.



Waste and Recycling Review

Calgary has 49 community recycling depots, more than double other cities. A recent report to City Council recommended that City staff should:

- report to Council by March 2015 with a recommended collection service model for black, blue, and green cart service for 2018, and
- review consultants' recommendations on operations for a status update by June 2015.

After the Green Cart Program becomes fully operational, a “pay-as-you throw” system might be implemented. The proposal will encourage source separation of our garbage and/or a tag-based system for excess waste.

This review of the City's residential waste collection service is timed to allow changes to be made to the

service model, particularly with the introduction of a residential green cart composting program and the expiration of the current blue-cart recycling contract. These services represent 75% of the department's collection system expenditures.

Salaries and wages, combined with vehicle expenses (lease, maintenance, fuel, and oil expenses), are the main costs for the residential collection systems, accounting for nearly 90% of the operating expenditures.

The report surveyed best practices of four cities (Edmonton, Ottawa, Spokane, and Toronto) and interviewed 14 jurisdictions. Budget requirements are in the department's 2014 operating budget and in the 2015–2018 Action Plan.

- Anne Burke

Crowfoot Library

Programs for Children and Youth

- **Chess in the Library:** All Ages welcome. Children under 12 must be accompanied by a parent or caregiver. Sunday, Dec. 7, 1:00 pm – 4:00 pm.
- **Drop-in Family Storytime:** Drop-in for stories, songs and finger plays the whole family can enjoy. Ages 2-5 with parent/caregiver. Wednesdays at 10:30 am – 11:00 am and Saturdays at 11:00 am – 11:30 am.
- **Solaro:** Check out this data base in our E-Library! Practice tests and study guides tailored to the Alberta curriculum for grades 3 through 12.

Programs for Adults

- **eBook Doctor:** Looking for help with Overdrive? Drop-in for assistance with your ebook and e-reader questions. Wednesday, Dec. 3, 2:30 pm – 4:00 pm.
- **Film Night:** Join us to watch a film with fellow movie buffs. Thursday, Dec. 18, 6:30 pm – 8:30 pm. Call 403-221-4122 for details.
- **Computer Technology Coaching:** Drop-in for one-on-one, volunteer help on using the internet and Microsoft office products. Tuesdays, 10:00 am – 11:30 am OR 7:00 pm – 8:30 pm.
- **Career Coaching:** Looking for work? Drop-in for one-on-one help with all aspects of the job process. Saturdays, 10:15 am – 12:15 pm.
- **Gale Courses:** Online Courses for Lifelong Learning: This data base in our E-Library offers free instructor-led online courses for personal or professional development.

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

In Our City

Help Those in Need This Holiday Season with The Calgary Food Bank

Every year, along with Mayor Naheed Nenshi, Calgary's 150 community associations, and other community partners, the Federation of Calgary Communities proudly takes part in the Mayor's Annual Christmas Food Drive in support of the Calgary Food Bank. We also invite our community associations to participate by hosting donation boxes at their facility and encouraging their members and residents to drop off food items

throughout the month of December.

Last year, 15 communities participated in the Mayor's Annual Christmas Food Drive donating 2,195 pounds of food and \$491 in cash for a grand total of over \$4,881 in food and funds for the Calgary Food Bank! We encourage you to take part in this wonderful event and help us raise even more this year by donating at your local community association!

Items on this year's "Holiday Wish List" are soup, rice, pasta and pasta sauce, peanut butter, fruit juice, and baby formula. Other items currently

in high demand are canned fruit, vegetables, fish, tomatoes, and meat. The Calgary Food Bank also now accepts perishable food items to add to each food hamper, such as fresh fruit, vegetables, dairy, and meat products.

Donations can also be made at any of the Calgary Food Bank partners including Safeway, Co-op, Superstore, Sobeys, Costco, and many more. Visit www.calgaryfoodbank.com for more information on items to donate and drop-off locations.

- Federation of Calgary Communities

Oh Christmas Tree



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."

- News Canada

Bikeway Network Analysis

Research and analysis for the Calgary Pathway and Bikeway Network will be extensive, with: an inventory of existing data, to collect complete and accurate information on existing conditions and projected trends. In addition, the aims are to review:

- plans and policies that involve multi-modal pathways and bicycles.
- land use and development plans
- activity centres and zoning maps
- existing data (Annual Bicycle Count, Yearbook, Cordon Count, major intersection, and pathway counts)
- major barriers (rivers, expressways, arterial roads, steep slopes)
- roadway characteristics (traffic speeds, traffic volumes, pavement conditions, lane width, right-of-way)
- transit route locations
- collision data

- multi-modal and bicycle facilities
- planned multi-modal and bicycle facilities
- GIS to analyze existing network and to identify gaps in the network
- planned growth

In a letter to the Council Committee on Transportation and Transit, an advocate group for Calgary Cycling expressed disappointment that such an important element as the network for the 2011 Cycling Strategy has not already been carried out. Likewise, frustration that it will take another 2 years to develop the implementation plan. The City was encouraged to tighten the timeline on the Framework Plan, so that the implementation plan can be developed with minimal additional delay.

- Anne Burke

In Our City

City of Calgary Updates

City of Calgary Recreation Winter 2015 Program Guide

The City of Calgary Winter 2015 Program Guide was on stands and online Nov. 12. Registration opened Nov. 17.

We want all Calgarians to live active, creative and healthy lifestyles. Our recreation facilities are a great place to exercise, meet new friends, challenge yourself and learn something new .

For more information please visit calgary.ca/recreation

Roads Crews are Ready for Winter

City of Calgary Roads crews are ready for whatever this winter might bring. Crews clear snow from roads on a council approved priority basis. Priority 1 routes, major roads that carry more than 20,000 vehicles per day like Crowchild Trail, are cleared to bare pavement within 24 hours after the last snow flake falls. Priority 2 routes, including collector roads that carry between 5,000 and 19,000 vehicles per day like Acadia Drive, are cleared within 48 hours.

Residential roadways are cleared within 2-4 days after a snowfall ends. These roads are flat-bladed which means snow is packed down so it is easier to drive on, and ruts are removed. If a piece of equipment rolls down your street and creates a windrow, a small snow bank around your car or at the end of your driveway, don't forget it is your responsibility to clear the windrow as well as any sidewalk adjacent to your property.

Stay informed this winter by downloading the Road Conditions App

or see where our crews are on www.calgary.ca/RoadConditions.

For more information on our priority system and all the work our crews will do this winter visit calgary.ca/snow.

Calgary AfterSchool

Calgary AfterSchool offers, fun, safe, supervised, and quality after school programs for Calgary kids aged 6 to 16. A collaborative effort between The City of Calgary and community partners, Calgary AfterSchool programming takes place during the critical hours of 3:00 p.m. – 6:00 p.m., when kids are out of school, but parents may not yet be home. Calgary AfterSchool participants gain physical, social, leadership and creative skills.

For more information, including a listing of all programs, visit calgary.ca/afterschool.

Be Safe This Winter – A Message from the Calgary Emergency Management Agency (CEMA)

In September, we saw first-hand how snow can have a huge impact. With many more months of winter weather ahead of us, the Calgary Emergency Management Agency (CEMA) encourages you to be safe. High winds, low temperatures, heavy snowfall, and even freezing rain can all occur in a Calgary winter. Winter storms have the potential to disrupt power to your home. It's important to be prepared for all kinds of conditions.

Even though winter storms usually come with plenty of warning, being prepared beforehand is essential. Remember to check the weather forecast regularly

at weather.gc.ca or through local media. If extreme weather conditions are expected, avoid being outside for prolonged periods. When you're inside, stay warm and stay safe. Remember never to use generators, grills, camp stoves or other fuel-burning appliances indoors or as sources of heat. These appliances can emit carbon monoxide - a clear, colorless and odorless gas which can cause illness and even death.

When you're outside, dress for the weather. Wear mittens instead of gloves and bundle up in layers of loose-fitting clothing. Much body heat is lost through your head, so be sure to wear a hat. Make sure to let someone know where you're going and when to expect you back. To reduce risks on the road, keep your vehicle well-maintained, install winter tires, always have at least a half tank of gas and store an emergency kit in your vehicle (go to calgary.ca and search "emergency kits for vehicles"). Consider using public transit to avoid driving in extreme and unsafe weather conditions, but remember that transit can also be affected by adverse weather and traffic, so being dressed for the conditions is crucial in case you have to wait for a bus or train.

Don't forget about your pets. All pets, regardless of their breed, require shelter from the elements. Ears and paws are especially susceptible to frostbite. If your dog is an outdoor dog, make sure they have a dry, insulated and elevated dog house with clean dry bedding and a flap on the door to keep the wind out. Water in dishes freezes quickly, so consider buying a heated water bowl. Never leave your pet unattended in a vehicle during cold weather.

For more information on personal preparedness, please visit calgary.ca/cema.

continued on next page

In Our City

Updates *continued*

Volunteer Opportunities

Calgarians ages 12 years and older are encouraged to volunteer with The City of Calgary. Volunteering gives you an opportunity to meet new people, gain new skills and experiences while being active. Feel good about giving back to your community.

Opportunities could include: Adult Adapted and Disability programs, Preschool/Playschool, Calgary Afterschool and Aquatic programs.

For more information about these and other volunteer opportunities, please call 403-366-3921 or visit calgary.ca and search "volunteer."

The Youth Employment Centre is there for Youth ages 15-24

The City of Calgary Youth Employment Centre (YEC) provides career and employment services to Calgary youth, ages 15 to 24.

In collaboration with local businesses and other youth-serving agencies, YEC provides youth with career development opportunities such as career advising, interview preparation, resume critiquing, a computer lab, job postings, hiring fairs and career exploration opportunities. Offering services and resources to youth at no cost, YEC works with youth from all backgrounds.

YEC is located on the second floor 315 10th Ave S.E. and is open Monday – Friday from 8 a.m. – 5 p.m.

For more information on the Youth Employment Centre, visit www.nextsteps.org or phone 403-268-2490.

Top 10 Neighborhood Ideas for December

10. Markets – Markets – Markets! Community markets are wonderful for so many reasons. One is that many of your neighbors showcase their amazing talents with things they've made themselves, or products that they sell. Visit them and meet great people and come away with some one-of-a-kind treasures!
9. Go-a-caroling. Grab some lyrics (to help those who can't remember words) and head out with your family or friends to share a few songs with the neighbors. Take along a treat to share (maybe a few wrapped chocolates). While all neighbors do not celebrate Christmas, caroling is a happy time, so be a good neighbor and enjoy the brief song and appreciate the spirit of which it is shared during the season of giving and receiving.
8. As December is often busy, find a way to help your neighbors this year. It could be as simple as shoveling their walkway, babysitting so the parents can do their shopping, or baking something delicious to share.
7. Grab the kids, wrap them warmly and place blankets in the car. Play some festive holiday music; give everyone a warm cup of hot chocolate (with lids so no one gets a burned lips or laps!) and drive around to look at all the pretty lights. Some neighbors have put in a lot of effort for beautiful displays!
6. Give to those you do not know. Ideas; Operation Christmas Child boxes, mitts or scarves for the homeless, toys for kids (there are boxes for drop off at many malls), Secret Santa for Seniors, Food Bank... This time of year there are so many ways to give.
5. Decorate your house! Add some cheer to your street with a few globes of color, or big inflatable snowmen or Santa's!
4. Choose your travel home from work parties responsibly. This season is full of merry making at the office parties. Plan your cab home (if your office doesn't already have prepaid taxis) and make sure you are there for your family at Christmas.
3. Enjoy Wassail. Use apple cider and orange juice as your base (4 litres should do nicely). Add a ½ cup of lemon juice, 12 whole cloves, 4 cinnamon sticks, 1 pinch of ground ginger and 1 pinch of nutmeg. You can cook it on the stove or in a slow cooker. Simmering it will make your house smell amazing! It tastes delicious! (adapted by the Allrecipes.com recipe online)
2. Keep your walkways free of snow and ice. It's not only neighborly; it's a Calgary bylaw!
1. Start a new tradition with your family; young children, especially, love looking forward to something every year. Perhaps its movie night with new pj's, board games on Christmas Eve, volunteering together, having kids pick out toys to give to others, or soup every Sunday of December.

- Larynda McKay

Food & Drink

Warm up the Winter With Almond-Inspired Hot Chocolate

Nothing comforts us on a cold day like a cup of hot chocolate. From a skating trip with the family or getting cozy in front of the fire, hot chocolate warms from the inside out. This version, made with almond beverage, is also a delicious option for those who are lactose-intolerant.

The Ultimate Hot Chocolate

Yield: 2 servings

Ingredients

- 2 cups (500 mL) Almond Breeze Original
- 1/3 cup (75 mL) bittersweet or milk chocolate chips 2 tbsp (30 mL) miniature marshmallows

Directions

Heat almond beverage, chocolate chips and 1 tbsp of miniature marshmallows in a small saucepan over medium heat until chocolate and marshmallows are melted, stirring frequently. Pour mixture into large mugs for serving and top with remaining miniature marshmallows.

Variations:

- **Chocolate Mocha:** Stir in 1 tsp instant espresso powder.



- **Mexican Mocha:** Prepare Chocolate Mocha, adding a generous pinch of cinnamon.
- **Chocolate Caramel:** Omit marshmallows and stir in 4 caramel candies.

Nutritional Analysis: Per serving: 210 calories, 9 g sugar, 10 g fat (4.5 saturated fat), 30 g carbohydrates, 3g protein, 1 g fibre, 0 mg cholesterol, 160 mg sodium. % RDI: 20% calcium, 10% vitamin A, 6% iron.

- News Canada, www.almondbreeze.ca

Melt-in-the-Mouth Shortbread Meets Its Match

“Shortbread gets an upgrade in this recipe – perfect for the holiday season,” says Anna Olson, celebrity chef and host of Food Network Canada's Bake with Anna Olson. “The dough can be made up to three months ahead and then frozen, to be thawed in the fridge before baking for a perfect mid-winter pick-me-up.”

Skor Bits Shortbread Slice Cookies

Makes about 4 dozen cookies

Prep Time: 15 minutes

Chill Time: 2 hours

Bake Time: 16 minutes

Ingredients

- 1 cup (250 mL) unsalted butter, at room temperature
- 1/2 cup (125 mL) icing sugar, sifted
- 1 tsp (5 mL) vanilla extract
- 2 cups (500 mL) all-purpose flour
- 1/3 cup (75 mL) cornstarch
- 1/2 tsp (2 mL) salt
- 3/4 cup (175 mL) Hershey's Skor bits

Directions

1. Using electric beaters (or a mixer), beat the butter for a minute, then

add the icing sugar and beat until incorporated and fluffy, about 1 minute. Beat in the vanilla, then add the flour, cornstarch and salt and beat on low speed. Once incorporated, beat on medium-high speed (or more vigorously by hand) until the dough comes together. Add the Skor bits and stir in.

2. Shape the dough into 2 logs about 10 inches (25 cm) long (1 1/2-inches/3.5 cm across) and wrap tightly in plastic wrap and chill for at least 2 hours until firm.
3. Preheat the oven to 325(F (160 (C) and grease or line 2 baking trays with parchment paper.
4. Unwrap and slice the dough into cookies 1/4-inch (5 mm) thick and arrange them on the baking trays leaving at least 1/2-inch (1 cm) between them. Bake for about 16 minutes, until the cookie barely start to show a little colour at the edges. Cool the cookies completely on the baking tray before removing. The cookies can be stored in an airtight container for up to a week.

- News Canada

www.hersheyskitchen.ca

Travel & Destinations

5 Gorgeous Destinations for Winter Adventures

There's no reason to postpone your next vacation until the weather warms up again – some of the most remarkable experiences on the planet involve packing a couple extra layers. “There are plenty of destinations that are even better in the winter months,” says Pierre-Jean Mayol at Aeroplan, one of Canada's leading loyalty programs.

Here are some can't-go-wrong suggestions to get you started:

Lamar Valley, Yellowstone National Park

In the winter, Lamar Valley's nearly treeless expanse becomes prime location for viewing its elusive wolf packs.

Gullfoss, Iceland

The spectacular Gullfoss Waterfalls' majesty is heightened in winter when the roaring falls are surrounded by substantial ice and snow.

Le Massif de Charlevoix, Petite-Rivière-Saint-François, Quebec



Combine the highest skiable drop east of the Rockies with the gusto of Daniel Gauthier, co-founder of Cirque du Soleil for a mountain-train-hotel experience unlike anything in the world. (Pro tip: Fly to Quebec with Air Canada between October 1, 2014 and April 30, 2015 and get 50% Bonus Aeroplan Miles on top of the regular base miles!)

Lake Baikal, Siberia, Russia

This explorer's gem, the world's oldest freshwater lake at 25 million years, transforms into a pristine 12,200-square-mile ice rink during the midwinter months. For the complete deep freeze experience, snack on Siberian pine nuts and warm up with a creamy whitefish soup at a local café.

Tromso, Norway

In Tromso, the northern lights illuminate magical fjords and snowy mountains. They also provide an unrivaled backdrop for the city's all-night parties and spirited street scene.

Are you desperate to witness awe-inspiring wildlife in its natural habitat? Relax with a glass of wine after a day of amazing skiing? Mayol reminds us that the trip of a lifetime is much closer than you think. “Our members can redeem miles for Air Canada and the Star Alliance network which offer travel to more than 1,300 destinations worldwide.”

Pick a place, pack your bags and get ready for something truly amazing.

- News Canada

Jingle All the Way Through Airport Security

Are you heading home for the holidays? Don't get tangled up at airport checkpoints like an old string of Christmas lights. These simple tips should help you breeze through security screening:

To wrap or not to wrap

Screening officers hate unwrapping other people's presents. Gifts packed in your checked bag or carry-on should be wrapped when you arrive at your destination. Better yet - some airports have gift-wrapping services located past security.

Ho-ho-hold the liquids, aerosols and gels

Avoid bringing items that contain liquid, aerosols or gels in your carry-on bag. This includes alcohol, snow globes, maple syrup, perfume and lotions. Put them in your checked luggage. If carry-on is your only option, reduce these items in size to 100 millilitres or less, and be sure to place them in a 1-litre clear, re-sealable bag.

Dress for success

Though you'll likely be bundled up for winter weather, remember to put your coat in a bin at the screening checkpoint. Same goes for boots and belts with large buckles (that means you too, Santa).

Additional tips to help you breeze through security are available at catsa.gc.ca, including a handy mobile app. Information is also on Twitter (@catsa_gc), or at Pinterest (CATSAGC).

- News Canada