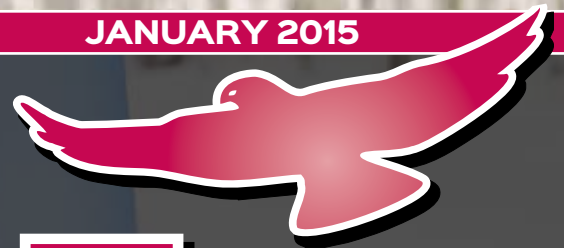


The **HAWKWOOD**



Hawk Eye

Happy New Year!

Winterfest!
Sunday,
February 22

Casino
Volunteers
Needed!



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HAWKWOOD Community Association

P.O. Box 62011, Hawkwood RPO,
Calgary, AB T3G 5S7
www.HawkwoodCA.com

Executive Directors

President..... Kevan Newman, 403-277-9225
Vice-President..... Adrian Harding
Secretary..... Donna Chapman, 403-239-4785
Treasurer..... Susan Duncan

Directors

Hawk Eye Editor..... Glynn Dobson
LEAF..... Susan Johnstone
Planning & Development..... Donna Chapman
Soccer..... Marnie Karras
Community Garden..... Sarah Atkinson
Web Master..... Dai Jones
Social..... Joleen Teske, Shannon Woodward
Transportation..... Pat Kelly
School Liaison - Hawkwood..... Kari Braaten
School Liaison - St. Maria Goretti. Jennifer Vass
Casino..... Heather Kovach
Playground & Tot Lot..... Rosanna Law
Director at Large..... Bruce Lee

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The Hawkwood Hawk Eye

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In Our Community

President's Message

HCA AGM

We held our Annual General Meeting on Tuesday November 25th and had a great turnout. Councillor Joe Magliocca came out and answered some questions as well as members of our Garden Committee were on hand as well. We approved our 2013-2014 audited financials and re-elected the Executive (2-year terms) and the Board of Directors (1-year term). I am very excited to announce that we now have the biggest Board in recent memory, and I attribute this to our increased exposure to the residents of Hawkwood through our engagement process this year. I want to thank everyone for coming out and I want to especially thank Steve Goldsworthy from Britannia Wine Merchants for setting us up with a couple of nice wines to go with the cheese and crackers.



New Directors

As I mentioned, our Executive and Board of Directors now has 17 members – the most I have seen in my time as President. Kurtis Bain, who has been our Social Director, is now taking over Memberships. Social has been handed over to Joleen Teske and Shannon Woodward. Glynn Dobson is taking over as our Hawk Eye editor and Sarah Atkinson is going to represent the Community Garden folks. Dai Jones is going to take the reins of the Website, and we now have two School Liaisons – Kari Braaten (Hawkwood) and Jennifer Vass (St. Maria Goretti). Heather Kovach is going to take over the Casino and Rosanna Law is our new Playground Director. Please join me in welcoming these volunteers to the Board and I can't wait to work with them in the New Year!

Winter's here!

That means our rink on Hawkhill Road is up & running. If you or your friends are using the rink, please be courteous and respectful to others who may want to use the rink as well. We have some pretty good ice, and I would like to think even better users, but if there are any verifiable incidents at the rink, we will have to implement rules. So far, we

Continued on next page



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In Our Community

President's Message Continued

haven't had to and it seems to work well. Also, we tend to get lots of snow and winds up here on "Mt. Hawkwood" and if you see a spot that has persistent snow drifts – especially across roads – please let me know (take photos, too). Send me an email at president@hawkwoodcalgary.com and we'll see if we can get something done in short order.

Happy Holidays

On behalf of the HCA, I want to extend our warmest wishes to you and your families this festive season. Have a Merry Christmas and Happy New Year and let's hope 2015 will be an improvement on this past year.

Kevan Newman

A New Year's resolution is something that goes in one year and out the other.



HAWKWOOD Community Association Membership Application

Memberships can now be purchased online at www.hawkwoodca.com

Membership are valid for 12 months from date of purchase.

You can pay for your membership on-line using Interac, Visa or M/C.

For more information, email memberships@hawkwoodca.com

Name: _____

Mailing Address: _____

Postal Code: _____ Home Phone: _____

Email Address: _____

**\$30 cheque payable to the
Hawkwood Community Association**

Please fill out this form and mail or drop it off with payment to:
The Hawkwood Community Association,
P.O. Box 62011, Hawkwood RPO, Calgary, AB T3G 5S7

Hey Hawkwood! We Need Your Help!

Our next Casino for the Hawkwood Community Association is February 20 & 21st, and we need your help! Casinos are an incredibly easy way to fundraise, with each Casino generating an average of \$60 – \$70,000! These funds will be used in our community to help build more playgrounds, a community garden and other great initiatives.



No experience is required, lots of training and support is provided. It is a fun night out and a great way to meet other Hawkwood peeps while helping the community!

We lucked out this time with Friday and Saturday dates, which it makes it much easier to volunteer! If you are able to help, please contact Heather at casino@hawkwoodca.com.

Heather Kovach, HCA Casino Chair

Hawkwood Winterfest

Sunday, February 22, 2015

Save the date and mark your calendars for the 2015 Hawkwood Winterfest! Join neighbours and friends on Sunday, February 22 for skating, hot chocolate and fun for the whole family.



Hawkwood Community Spring Soccer 2015

It's that time of year again!

Early Registration

• Jan 19 – Feb. 2

Register early and save on your soccer fees!

Regular Registration

• Feb. 3 – Feb. 28

Registration is **online only** and is available on the Hawkwood community website at www.hawkwoodca.com under the Hawkwood Soccer U4-U8 link. Families registering their children for soccer require a valid Hawkwood Community Association membership. Memberships are available during registration. Any questions about the soccer program can be forwarded to me at soccer@hawkwoodca.com

U4-born in 2011

(Must be 3 before the season starts) starts Monday April 20 until June 20



U6-born in 2009-2010

Starts Monday, April 20 until June 20

U8 born in 2008-2009

Starts Tuesday, April 21 until June 20

Marnie Karras

Hawkwood School News

Happy New Year! Did you know that Hawkwood School is fortunate to have an onsite before and after care program for school age kids including kindercare for those attending kindergarten? Kids Come First is an accredited child care provider that runs similar programs in numerous Calgary schools. Space is limited and a wait list is available. Please email kcf93@telus.net or call 403-241-3052 for more information. Registration packages are also available at the school.

A final reminder that Kindergarten registration at Hawkwood School starts January 12, 2015 for children starting in September 2015!

DID YOU KNOW??

On average in Calgary, it snows 7.7 days in January, with an average monthly snowfall of 15cm (6 inches).



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

Answer on Page 9

Hawkwood Transportation Update

Residents continue to voice concerns over traffic safety to their Hawkwood Community Association (HCA) and Alderman. Complaints include drivers failing to yield to pedestrians and speeding on main roadways, particularly hilly sections on Hawkwood Dr and Hawkwood Boulevard. A one-day speed survey on these roads each showed 400 drivers were more than 10 km/hr over the limit, and another 70-90 drivers were 20 km/hr over the limit. This increases the distance required to avoid a car or pedestrian by 50% at the lower speed, and doubles it at the higher speeds. This is unacceptably reckless on residential streets where your neighbors walk, bike and access their driveways. Residents speak of frightening near-misses, and accidents have occurred in the past. The good news is that enforcement shows the majority of problem drivers are Hawkwood residents, so we can fix this.



What is being done

The HCA, Alderman, Police Service and concerned residents have coordinated several initiatives:

- More police enforcement has been requested on main roads (HCA and the Alderman initiatives). This includes multinova, which insures all speeders are fined. This sends the message that there is a real chance you will be fined for speeding.
- Vegetation is being cut back around Pedestrian signs and larger signs are planned on Hawkwood Dr. (Alderman initiative).
- Temporary speed feedback signs were installed throughout the community this past year. Permanent signs have been installed by the school on Hawkwood Boulevard, and another install is planned this winter on the downhill side of Hawkwood Dr. (HCA and residents initiative).

What can you do

- Make a New Year's resolution to obey the speed limit, and not drive faster than icy road conditions allow. Wide roads on main thoroughfares lull drivers to feeling safe at higher speeds. These are

- your neighbors residential streets, isn't safe. You could be the one facing a speeding driver next time.
- Make a note of pedestrian crossings locations on your regular route. Watch for, and yield to them. You could be trying to cross next time.
- Report concerns to any or all of the following sites, to help main problem area get addressed:
 - <http://www.calgary.ca/cps/Pages/Traffic/Traffic-Service-Requests.aspx> – report reoccurring speeding or other traffic safety concerns here. Enforcement is prioritized based on number of complaints.
 - transportation@Hawkwood.com – your community association
 - ward02@calgary.ca – your Alderman Joe Magliocca
- Be polite to the officer handing you a ticket. His effort is making your community safer. Learn from this lesson to improve your safe driving skills. Your neighbors appreciate it.

Community Connection

I'm Stephanie, the Babysitter You Want. I am a responsible and dependable babysitter in Junior High School and have taken the Red Cross Babysitting course and am looking for clients in Hawkwood, Arbour Lake and Citadel. You can reach me at 403-289-3273. The best time to call is from 7:00 p.m. – 8:30 p.m. week nights. My rate of pay is \$8 per hour and 50¢ for each additional child.

Sudoku Corner Solution

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

News From the Garden Committee!

Hello, we have a few updates regarding the proposed Community Garden here in Hawkwood.

Firstly, this is turning out to be a slow and tedious process so we are realistically hoping, if the process goes through all necessary check points, to break ground Spring 2016. Keeping that in mind, we have received a preliminary sketch from a Garden Designer. Now this sketch is still going through some edits but something more solid should be ready in the early New Year to present to community residents. Please keep your eye on the website for date and times of community meetings to showcase this design plan.

We are also hoping to expand our Committee so if you are interested in being part of the team that will be planning the Community Garden please email us at Hawkwood.Garden@gmail.com.

The Garden Committee



West Valley Softball

Registration begins January 5th for the upcoming 2015 season. West Valley is the designated softball program for children in your community wishing to play softball. West Valley offers a Learn To Play program for children born between 2007 – 2010 and a softball program for those born 1996-2007. The softball season runs late April to mid- July. For more information check out the West Valley website at www.westvalleysoftball.com, email us at ssca2@shaw.ca or give us a call at 403-288-2616. West Valley happily accepts KidSport funding. Call for more information.

News from the Silver Springs Outdoor Pool Fundraising Foundation

We are delighted to announce that we received a grant of \$125,000 from the Province of Alberta through the Community Facility Enhancement Program. With this grant, we have now raised \$305,000 for the rebuilding of the Silver Springs Dive Tank. Three other grant applications are currently pending.

Our April 30, 2015 deadline is approaching quickly and we ask that you think about ways that you can help us to reach our goal. Does your employer match donations of money or volunteer hours? Do you know anyone who has a connection to an organization interested in promoting sport, keeping kids active, and development of strong communities? Do you know how to run a crowdfunding campaign or do you know someone who does? Contact us now at ssopff@shaw.ca

We would like to thank Denny's Restaurant and Springhill Dental for sponsoring our first Breakfast with Santa event on November 15. Over 110 children, young and old, came out to enjoy a pancake breakfast, and have their photos taken with Santa in support of the Silver Springs Outdoor Pool and Dive Tank!

Mark your calendars for February 28 and dust off your Adidas! We will be hosting another fundraising event at the end of February which pays homage to the era when our Pool was built. Get fit, have fun, and dive into action!

Did You Know... These Facts About Winter?

- Winter lasts for 21 years on the planet, Uranus
- Guinness World Book of Records says the largest snowflake was 15 inches wide, 8 inches thick. Found in Fort Keogh, Montana in 1887. No photographic record confirms this, so hard to say for certain.

Larynda McKay

Calgary Connection

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.



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.

GriefShare:

Jan. 13, 7:00 p.m.: Our next 13-week GriefShare grief recovery support group will begin at Hawkwood Baptist Church, 20 Hawkwood Dr. NW. If you are struggling with the aftermath of losing a loved one, this may be for you. The sessions are free. We use videos, discussion and workbooks (\$15) in this process. Please call 403-239-6200 to pre-register.

How Food Affects Your Mood:

Feb. 7, 9:00 a.m. – 11:30 a.m. Depression Workshop: “How Food Affects Your Mood” with Dr. Magda Czegledi, M.D. at Hawkwood Baptist Church, 20 Hawkwood Dr. NW. Everyone welcome! Please call 403-239-6200 to register. Registration is free, but there will be opportunity for a free-will collection to defray costs of hand-outs, coffee, tea and snacks.

Mood Mastery:

Feb. 19, 7:00 p.m.: Hawkwood Baptist Church is again pleased to host another ten week “Mood Mastery” depression support group with Dr. Magda Czegledi, M.D. at Hawkwood Baptist Church, 20 Hawkwood Dr. NW. To register for this support group, please call Dr. Magda directly at 403-464-7244.

Councillor Report

Evanston's Second Access – Now Open

In mid November of 2014 The City of Calgary opened the right in/right out ramp (westbound Stoney Trail to northbound 14 Street NW/southbound 14 Street onto westbound Stoney Trail) creating a second point of access for the community of Evanston.

This project was completed a full year ahead of schedule thanks to the participation and coordination between The City of Calgary, Qualico Developers and the Province of Alberta.

While there is some minor work to be completed (permanent signage and additional landscaping in the spring, for example) these ramps opened a full year ahead of schedule. Construction was completed between August and November of 2014. This project was completed within its \$2.6 million budget.

Symons Valley Road Re-opened

Symons Valley Road was completely closed between 144 Avenue N.W. and Sage Meadow Circle from June 16 to November 26, 2014. During this time, crews upgraded Symons Valley Road to accommodate future residential development. The upgrades included improving the road structure to better serve the heavy truck and vehicle traffic that uses this roadway on a daily basis. Because of these upgrades, Symons Valley Road now has a life cycle of approximately 30 years, and is 50 per cent closer to final completion. The road will ultimately be widened to two lanes in each direction. During the closure of Symons Valley Road, all heavy truck traffic was detoured to Shaganappi Trail. Symons Valley Road is currently re-opened to truck traffic. The City of Calgary, Stantec, and Brookfield Residential would like to thank residents and motorists in the area for their patience and support during construction. www.Calgary.ca/newreccentres

Joe Magliocca, Councillor, Ward 2

DID YOU KNOW??

Your tongue is the fastest healing part of your body.



Crowfoot Library



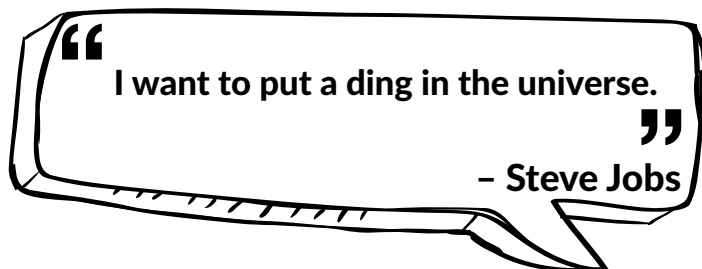
Programs for Children and Youth:

- **Life in the Sea:** Ages 7-10. Saturday, Jan. 10, 2:30 p.m. – 3:30 p.m. Please register.
- **Snowed Under:** Ages 3-5, independent of caregiver. Sunday, Jan. 18, 2:00 p.m. – 2:30 p.m. Please register.
- **Chess in the Library:** All Ages welcome. Children under 12 must be accompanied by a parent or caregiver. Sunday, Jan. 1:00 p.m. – 4:00 p.m.
- **Drop-in Family Storytime:** Ages 2-5 with parent/caregiver. Wednesdays at 10:30 a.m. – 11:00 a.m. and Saturdays at 11:00 am. – 11:30 a.m.

Programs for Adults:

- **Portable Tablets for Beginners:** Tuesday, Jan. 6, 7:00 p.m. – 8:30 p.m. Please register.
- **eBooks and Library Apps Coaching:** Wednesdays, Jan. 7th, 14th, 21st, and 28th. 2:30 p.m. – 4:00 p.m.
- **Film Night:** Thursday, Jan. 15 6:30 p.m. – 8:30 p.m. Call 403-221-4122 for details.
- **Spanish Conversation Club:** Ages 16 and up. Tuesdays, Jan. 20 – Feb. 24. 6:30 p.m. – 8:00 p.m. Please register.
- **Law at Your Library:** Thursday, Jan. 28, 7:00 p.m. – 8:30 p.m. Please register.
- **Computer Technology Coaching:** Tuesdays, 10:00 a.m. – 11:30 a.m.

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



Are You Getting Enough Vitamin D?

Most of us have heard that vitamin D is important for our overall health with implications in many bodily functions: musculoskeletal, cardiovascular, reproductive, immunological, and psychological. However, many of us don't know whether we are getting enough.

In healthy people, vitamin D is synthesized from cholesterol in the skin, and the process requires Ultraviolet B radiation. For us Calgarians sitting at 51° latitude and with such long winter months, we can assume that most of us are not getting the adequate amount of sunlight for making vitamin D in our bodies. Some dairy and cereal products are fortified with Vitamin D3; make sure to read the nutritional label.

I recommend Vitamin D3 supplementation for my patients at 2000 International Units (IU) daily with a meal in the winter. Vitamin D3 (cholecalciferol) is extracted from sheep wool, and unlike the D2 form, is akin to the vitamin D synthesized in our bodies. If you don't have an allergy against sheep or dietary restriction of animal products, go for the D3 form. In the summer, I recommend 15 minutes of mid-morning or mid-afternoon sun exposure on as much sunscreen-free skin as possible, 4 times weekly. This is a safe amount of sunlight for people who are not sensitive to sun exposure and have no family or personal history of skin cancer.

The advice in this article is an information resource only, and is not provided as professional service or as medical advice.

By Dr. Kait Chang, Naturopathic Doctor