



Falconridge/Castleridge Community News

WINTER EDITION

2022



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FCCA Board Of Directors for 2020/2021

President– Dhruv Sharma

Vice President– To be determined

Treasurer– Rajinder Sidhu

Secretary– To be determined

Directors- Stephanie Graves-Beckman

Martin Beckman Jasleen Mutti

Angela Laveus Ravinder Sidhu

Jagjot Sidhu Rebecca Jameson

Faisal Hussain Jennifer Steinke

Inderpreet Singh Satwander Kaur

Sunil Varma Neha Sharma

Pragati Saini

Also watch for final dates for:

Volunteer Appreciation Banquet

FCCA 40th Anniversary

Neighbour Day Events

Like our Facebook page

[Falconridge Castleridge Community Association](#)

for the most current information

FCCA Staff - 403-280-4422

General Manager - **Lee Pederson** fccamgr@telus.net

Bookkeeper - **Helen Powers** fccabk@telus.net

Hall Rentals/Admin - **Anita Warriner** fccainfo@telus.net

Children's Program Mgr- **Natalie Cuthbert** fccacpm@telus.net

Preschool Teacher – **Mandy Atwal**

Buzz Club Staff – **Indu, Jasmine, Rajinder, Sandy**

Maintenance – **Wendell Kupila**

Janitor – **Beverly Todd**

Event Staff– **Alicia, Eric, James, John, Liam, Mark, Pat, Sandy, Serena L., Serena R., Tim, Umair**

February 14– Valentine's Day

February 21– Family Day

March 17– St. Patrick's Day

April 15- Good Friday

April 17– Easter Sunday

May 18– Mother's Day

May 23– Victoria Day

June 18– Neighbour Day

June 19– Father's Day



President's Report

New President Introduction.

On behalf of the Falconridge/Castleridge Community Association (FCCA), I want to start by thanking all the community members, volunteers, past and present board members along with the past and current staff for helping us sustain the association for four decades. At the recent Annual General Meeting of the Association, I, Dhruv Sharma was elected to be the president. I have been part of the FCCA Board since 2018 and have held the roles of a Treasurer and Vice President prior to getting elected as the President.

I am a product of this community; I lived in Falconridge until high school and attended Terry Fox and then James Fowler while I moved to Castleridge. My profession is in the medical field and I love giving back to the community that has raised me.

As a President, I strive to make FCCA an effective community that people are proud to call home. I will be responsible for providing direction and leadership to the volunteer Board of directors. I also tend to develop meaningful representation of the community with all levels of government.

"It's Possible to achieve a common prosperity while protecting the identity of this community".

Dhruv Sharma.



FCCA General Manager HONOURS RETIRING PRESIDENT

Few people have dedicated as much time to community service as Mark (Superman) Langlois. For nearly 40 years, he and his wife Lois and their family have been a part of FCCA. They have both been on the Board of Directors for multiple terms, with Mark having several stints as President. In 2017 we renamed our Auxiliary Hall– Langlois Hall in respect of his service.

Mark has developed many relationships with all levels of government which has allowed FCCA to be held in high regard as a vital part of the communities we serve. This has enabled us to get casinos, grants, and other funding which are key to the success of our organization. His commitment to the community has led to many free events held here and he can usually be found running one of the barbecues or grills at Stampede or other events. And he and Lois have been Santa and Mrs. Claus at all of our family Christmas events– ie– Breakfast With Santa.

However, following a health scare earlier this year, Mark has decided to step down and step out of the Board of Directors. He has earned that, 10X over. It's time for others to do the work, time for others to step up. He has led this organization through many battles, and many victories.

So we need to wish him well, good health and a good life. THANK-YOU Mark for who you are, and what you've done for this community. We would be remiss if we did not find a way to formally recognize your achievements. Hopefully, COVID will allow us to plan a proper send-off. In the meantime, we will see you at 55+Club.

By Lee Pederson



5c DISTRESS CENTRE

Distress Centre is here for you during the COVID-19 pandemic.

24
HOUR

CRISIS LINE
403-266-HELP (4357)

Daily Online Chat: [DistressCentre.com](https://www.DistressCentre.com)



FCCA PRESCHOOL

Now Accepting Registrations For September 2021 to June 2022 Classes



2 - Day Classes

- ◆ PURPLE CLASS 9am - 11am
- ◆ ORANGE CLASS: 12pm - 2pm

3 - Day Classes

- ◆ GREEN CLASS: 9am - 11am
- ◆ YELLOW CLASS: 12pm - 2pm

Weekend Class (Sat / Sun)

- ◆ GOLD CLASS 9am - 11am

All classes are tentative based on COVID restrictions and registration numbers

MISSION STATEMENT

"Our mission is to be one-of-a-kind, to inspire, to challenge, to teach, to learn, to make a difference in the lives we touch."

**CALL FOR MORE INFO!
403-280-4422**

All children must be at least 3 years old and TOILET TRAINED to attend these classes.



BEFORE & AFTER
SCHOOL CARE



club

**Call For Info
403-280-4422**



Ages: Kindergarten to Grade 6

Sessions are
year-round, including Summer Programs.
We provide breakfast, as well as after
school snacks



We are fully licenced under the Alberta Children & Youth Services Child Care Licensing Act.

Hall Rentals

We are now open with full capacities available under the Restrictions Exemption Program.

Bookings are very busy right now as people have rescheduled events that were postponed due to Covid-19. To arrange bookings and/or viewings call the office as soon as possible to avoid disappointment.



Walsh Hall
300 capacity



Langlois Hall
150 capacity

Smaller meeting rooms also available

**For Rental information call FCCA
Office Monday to Friday 9:00 am to 4:00 pm
403-280-4422**

email: fccainfo@telus.net

Bartenders, set-up or cleanup, and corkage packages are available as well as podium, PA system and projector rentals. Hourly and day rates are also available.





Restricted Exemption Program

It is our intention as an organization to adopt the Government of Alberta **Restrictions Exemption Program** for dealing with COVID-19 protocols. This will allow us to remain open for rentals of our facilities.

Requirements

- Face masks are to be worn in all indoor spaces. They can only be removed when seated at a table in conjunction with food and beverage service. This rule applies to all renters and groups.
- All attendees must provide one of the following upon entry:

A) Proof of vaccination

B) Proof of a negative privately paid test result from a sample that was taken within the prior 72 hours. (Results from AHS are not eligible)

C) An original copy of a medical exemption letter.

Individuals 18 years of age or older must also provide valid personal identification card which must include name and date of birth for matching with the vaccination record -for example: driver's licence: Birth Certificate; Government i.d. (including health card)

Banquets

- Events serving alcohol are NOT subject to 10:00 pm curfews under the Restricted Exemption Program
- Banquets can be held with normal hall capacities– practicing safe food handling, social distancing and sanitizing protocols being practiced.
- BANQUET OR ALCOHOL SERVICE ARE NOT ALLOWED OUTSIDE THE RESTRICTED EXEMPTION PROGRAM

Thank– you FCCA Management

Senior's Corner



Falconridge/Castleridge Community Association

Welcome Senior's to 2022!!

The FCCA 55+ Club resumed meeting in September of 2021. The Club continues for anyone who would like to attend. AHS protocols are in place, so be prepared to show your passport upon entry to the building, and masks are required.

This is a challenging time for all of us, so you might like to drop in and enjoy a chat, snack, and a hot cup of coffee with fellow Seniors. Fun activities are also known to happen from time to time. The Club is always looking for new ideas.

Wishing you all a healthy and brighter year ahead!

Mondays from 1 PM to 3 PM



What's happening in 2022 at North East Family Connections?

Our agency has weathered the COVID-19 pandemic well so far. Even though we are down to 2 staff in the Family Connections program and 2 staff in the Families of Traditions program, we are doing all we can to keep our doors open for the families of northeast Calgary.

We have a new program starting soon, it is called **North East Women's Network (NEWN)**. Watch for more information about this program on our social media platforms. We still have the **Good Food Box program** and are available for photocopying, faxing and scanning documents for you. Our partnership with Insight Counselling and Therapy Centre continues to thrive. We have **3 student counsellors** in our office every week. The students are able to work with families, individuals, youth and teens; they are top notch students who are working at getting their counselling hours for their degrees. To access them, call the office and book an appointment.

We will be running a clothing day once a month until March. The dates will be January 29th, February 26th, and March 26th. You must book an appointment time with Lou to access the event at lepartin@gmail.com. Follow us on our social media platforms for any updates or changes.

Our workers are still available for you to get referrals to the Food Bank, the Drop In Centre, places to get lap tops, phones and desk top computers or just come in to chat. We are still doing Sleep Country referrals as well. Give us a call and leave a message; we will always call you back. 403-293-0424

Instagram @nefcs_yc

Sgt Andrew Harnett Memorial Rink

Has been prepared and is ready for public use until 10:00 pm nightly. Many thanks to our volunteers who have worked tirelessly to get the ice in great shape. Our rink is free to use for all ages.

On September 1, 2021, FCCA officially named the rink in honour of an officer who was killed in the line of duty in Falconridge, on December 31, 2020, Sgt Andrew Harnett.



A special ceremony was held featuring our outgoing Mayor, Naheed Nenshi, Ward 5 Councilor, George Chahal, Police Chief– Mark Neufeld who all spoke and reminisced about Sgt. Harnett. FCCA, GM Lee Pederson who spearheaded the campaign, emceed the event held outside just east of the rink. The Honour Guard from CPS opened the ceremony. Also in attendance were Marilyn North-Peigan of the Police Commission and Fire chief, Steve Dongworth. Sgt Harnett’s spouse, Chelsea received a floral bouquet and a memorial certificate from FCCA President, Mark Langlois, who also helped with the unveiling. All guests were invited inside Langlois Hall for refreshments following the Ceremony.



More photos of the ceremony are available on our web-site: www.falconridgecastleridge.ca



Tips for decreasing Vehicle Thefts and break-ins.

As the temperature drops, car thefts and car break-in increase. Thieves are able to break into and drive away with most models of vehicles in less than a minute. If you're car is locked and running with a key in the ignition, it only takes 10 seconds to drive off.

Most vehicle crime is opportunistic and therefore preventable.

Following a few simple tips can help decrease the risk of your vehicle being stolen:

1. *Do not leave your vehicle running - NEVER leave your vehicle unattended while running with the key in the ignition. NOTE: Remote car starters are designed to shut off if attempts are made to steal the vehicle.*
2. *No Spare Keys or garage door openers - Do not leave a spare key or garage door openers hidden in the vehicle.*
3. *Lock Up Your Vehicle - Always check that the doors, windows, and sun roof are shut and locked when you park your vehicle. Leave your vehicle in a locked garage where possible. Lock your vehicle even when it is in the locked garage.*
4. *Do not leave items in your vehicle – Your car is attractive because personal items are left in plain sight. Never leave anything in your vehicle, including loose change, cell phones, CDs, cameras, clothing, sunglasses, cigarettes, lighters, and any other items.*

VIGILANCE + COURAGE + PRIDE



Calgary



Face covering REQUIRED

All persons must wear a face covering in indoor public premises and in public vehicles.

The City of Calgary Bylaw 26M2020



Exceptions include children under two years of age, or persons with an underlying medical condition or disability which inhibits their ability to wear a face covering.

Visit calgary.ca/covid19 for more information.

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Homelessness in Falconridge & Castleridge

We are aware of the homeless population in these communities. **Calgary Police Service** is working with the **Encampment Team** and the **Alpha House** to ensure that camps are cleaned up and to offer services to Homeless to help get them off the street. Any camps that are on City property, can be cleaned by calling 311. Call your district Community Resource office (**403-428-6500**) for other suggestions or help. Any camps set up on privately owned property will need to be cleaned up by the property owner. To help reduce camps, keep area clean and well lit. Keep trees trimmed up high and bushes cut low.



Needle Response

I found a needle, what can I do?

For used needle pick up, call or text Alpha House Needle Response 403-796-5334

Include:

A picture of the needle/location, if possible

Location details (address/location description)

Any landmarks that could assist in finding the needle

The number of needles

DO NOT touch the needles yourself!

Help protect your household water pipes from freezing this winter

Every winter some Calgarians experience frozen water pipes, which can result in water outages. Houses close to the river or in older communities tend to be at higher risk for this happening. Other major factors that impact risk are the depth of your water service pipes, river water temperature and frost depth.

You can take steps to reduce your risk for frozen household pipes:

1. Look for cold drafts in unheated areas where water supply lines are located. This includes basements, crawl spaces, attics, garages and under kitchen and bathroom cabinets.
2. Repair broken windows, check doors and insulate areas that allow cold exterior air to enter.
3. Insulate your hot and cold water pipes that are located in cold areas.
4. Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
5. Keep the heat set to at least 15 C.
6. Make sure the water line to outside faucets, garden hoses, pools or decorative water features is turned off, disconnected and drained.
7. If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
8. Regularly run water in your pipes through everyday use. You can also run a continuous pencil-width stream of water, but you will be responsible for any increase in water charges unless you received an official notice from The City of Calgary instructing you to do so.

Find out more at calgary.ca/frozenpipes.

Stay safe and warm this winter!

Home-heating fires can be devastating, but most are preventable by taking some simple precautions.

- Install smoke alarms in every bedroom, outside each sleeping area and on every level of your home.
- Install carbon monoxide (CO) alarms outside each sleeping area, on every level of the home, and wherever required by laws, codes or standards.
- Interconnect all smoke alarms so that when one sounds, they all sound.
- Test your alarms monthly and change the batteries once a year.
- Practice your home escape plan.
- Have your home heating equipment and chimney inspected annually by a qualified professional and have them cleaned if necessary.
- Use a sturdy fireplace screen in front of fireplaces to protect yourself, children and pets from accidental contact burns.
- Allow ashes to cool before disposing of them, then be sure to put them in a metal container.
- Portable heaters need space. Keep all things that can burn, such as paper, bedding or furniture, at least one metre (three feet) away from heating equipment and have a one metre, kid-free zone around space or portable heaters.
- Turn portable heaters off when you go to bed or leave the room.
- Plug portable heaters directly into power outlets with sufficient capacity. Don't plug them into a power bar and never into an extension cord.
- Inspect power plugs and cables for cracked or broken plugs or loose connections and replace before using.
- Never use an oven to heat your home.



For more fire safety tips visit: [Calgary.ca/fire](https://calgary.ca/fire).

Online map shows Calgary's snow and ice control priority routes

With winter in full force, snow is inevitable here in Calgary. The City of Calgary has a Snow and Ice Control Priority Routes map that outlines which Calgary streets are priorities for snow removal. Priority 1 routes are cleared within 24 hours, while priority 2 routes are cleared within 48 hours following a snowfall. Knowing which routes are cleared and when will help ensure a safer commute. This map is located at <https://maps.calgary.ca/SNICPriorityRoutes/>.

To view more City of Calgary maps, please visit the Map Gallery at [maps/calgary.ca](https://maps.calgary.ca).



Safe snow shoveling techniques

- Space your hands on the shovel to increase leverage. Stand with your feet apart, knees bent and back straight.
- Place your front foot close to the shovel. Put weight on your front foot. Step forward and use your legs to load a small amount of snow onto the shovel. Remember the wetter the snow, the heavier it is.
- Lift with your legs; do not bend at the waist. Keep the shovel close to your body.
- Walk to where you want to dump the snow. Turn your feet in the direction you are throwing the snow. Do not twist the waist.
- Pace yourself. Take appropriate rest breaks.
- Apply road salt/deicer wherever necessary.



Advertise

To advertise in Falconridge/Castleridge Community News

call 403-280-4422 or via email fccamgr@telus.net

The Calgary Community Food Map

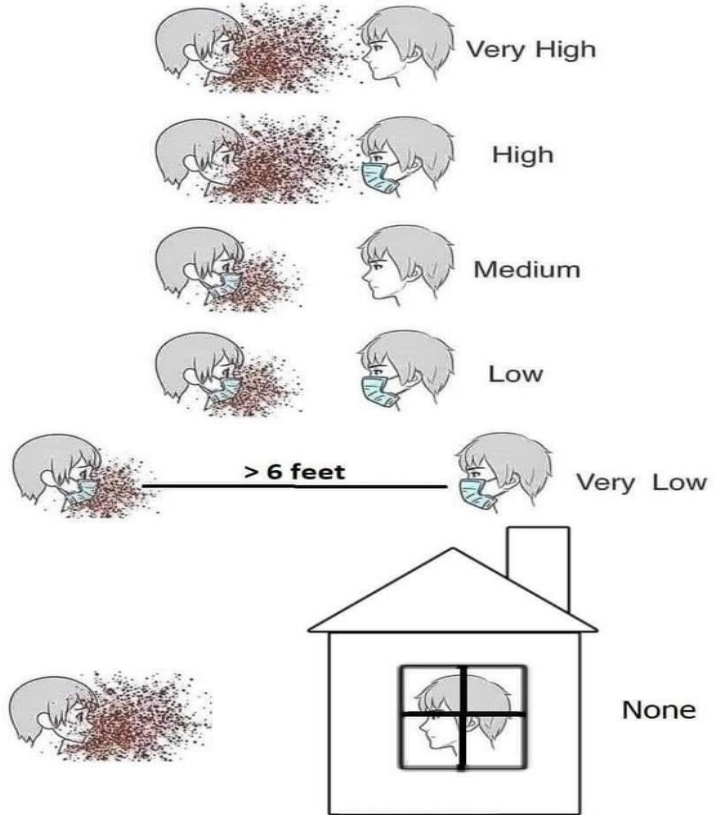
Need free or low cost food?

www.tinyurl.com/covidfoodyyc



Open your smart phone camera and hold it over the QR code to visit the website

Probability of contagion



OTHER ORGANIZATIONS

OPERATING WITHIN FCCA

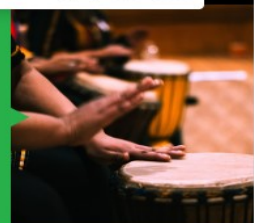
- 1955 Army Cadets Supports Society
 - Alcoholics Anonymous
 - Atlas Driving Academy
 - Bab-Ui Hawij Islam Centre Of Calgary
 - Girl Guides (Sparks)
 - Global Mission Fellowship Church
 - Impact Church
 - Opendoor Phillipino Church Of Calgary
 - RSS Radha Soami Society Church
 - SIEC Sufi Islamic Education Centre
 - Victory Tabernacle Centre
 - Zai Ul Islamic Society
- For Contact information on these programs call FCCA office
403-280-4422



COMMUNITY CONNECTIONS

January 26th, February 9th & February 23rd, 2022

Location: Zoom Online
6pm-7:30pm MST



What you'll gain

Co-created brave space to discuss mental health and wellness within Racialized communities.

Reflection on traditional ancestral healing practices.

Decrease of mental health stigma and the root causes.



Practice and share cultural healing tools for ongoing wellness and recovery – drumming, meditation and movement.

Discuss the importance of community support systems and develop a list of resources.

Explore ways we can be mental health advocates in our community by learning what it means to be a Community Helper.

Embrace self-care and Community Care as a tool for wellness.



For more information and to register:

Email cyndie.shouldice@calgary.ca or call (403) 862-2279

Deadline for submissions to next Newsletter is May 13, 2022