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Editorial Content Deadline

1st

of each month
for the next
month's issue



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Tips for Smart Eating During the Holiday Season

The festive season is upon us – that time of year when we tend to indulge and then feel guilty about it afterwards. By following a few easy tips, you'll find it *is* possible to enjoy the season without packing on extra pounds.

Eat a decent snack before social events. Choose snacks with a good source of protein and fibre, as these nutrients will help you fill your belly and resist overdoing it with buffet treats. Great options include fruit and unsweetened yogurt or raw veggies paired with hummus.

Remember that liquid calories count. Depending on the brand, just one cup of delicious egg nog with a shot of rum can weigh in at 440 calories, 18 grams of fat and 40 grams

of sugar! With less fat and fewer calories, light egg nog is preferable. Keep in mind that calories can quickly add up with alcoholic beverages. When you do treat yourself to high calorie beverages, keep your total caloric intake in check by sampling less of the other goodies available.

Increase water intake. Staying hydrated helps to guard against our tendency to mistake thirst for cookie-craving hunger.

It's important to note that alcoholic beverages act as diuretics and raise the body's requirements for water. Drink a large glass of water before social outings and along with every alcoholic beverage consumed.

Use the "sample and savour" strategy. Oh, the temptation of the buffet table! If you're at all like me, you feel the need to taste everything. Loading up on a full serving of the entire selection is sure to lead to overeating. Instead, take smaller portions – a *sliver* rather than a slice of cake, for example – and consume it slowly, while truly savouring the flavours. Don't be afraid to ask for a knife so that you can cut yourself a sample-sized piece.

Dana Lee Hansen, PhD (Pharm), Registered Holistic Nutritionist



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Rocky View County Approves Funding for Ice Resurface Machine

Rocky View County, Alberta – At their regular meeting on November 6, 2012, Rocky View County Council approved \$190,000 from Community Recreation Capital Funding to assist the Airdrie Regional Enhancement Society “ARRES” with the purchase of an ice resurface machine to support the two new arenas at Genesis Place.

“We are very excited to be able to provide ARRES with the funding necessary to attain the equipment needed in order for them to service the ice,” says Reeve Rolly Ashdown. “Genesis Place is a very valuable recreational resource for Rocky View residents, and these new rinks will be a great benefit.”

The new ice resurface machine is expected to reduce operational costs by approximately \$4,000 per year. The twin arenas will be open 364 days of the year, and it is estimated that 6,500 county and 7,000 Rocky View School students will utilize Genesis Place on an annual basis.

The City of Airdrie started the development of the two new ice arenas in 2011 and construction of the final expansion of Genesis Place was started this year. The ARRES group is a charitable organization that was established specifically to support the continued development of Genesis Place.

ARRES and the City of Airdrie will be recognizing the County for their generous contribution through signage on the newly purchased ice machine.

Library – Kids Only

Hey Kids! Calgary Public Library has created a brand new **Kids Only** Website just for you! Here is the place you will find games, booklists of what to read next (per grade level), amazing e-books and video stories. **Tumblebooks** makes listening to and watching stories more fun. This talking picture book collection is loaded with a large assortment of stories that have sound, music and narration to make learning fun. You can read the books yourself or have mom or dad read them to you. With Tumblebooks, you can enjoy story books, read-alongs, videos, puzzles and games, language learning, and non-fiction

‘Tis the Season to Recycle

This time of year keeps garbage and recycling collectors hopping as people get rid of extra stuff. You might be wondering what to do with that Christmas tree or if wrapping paper is recyclable. Here are some tips to help you clean up:

Recycle your real Christmas tree

The City will pick up and mulch Christmas trees from households that currently receive City residential garbage collection. It's easy, convenient and it keeps trees out of the landfill. Be sure to remove the tinsel, decorations, garland, lights, string and tree stands and place it next to your black cart by 7:00 a.m. on January 8. It will be picked up within three weeks.

If you live in an apartment or condo, you can take your tree to a seasonal Christmas Tree Recycling drop-off location between December 26 and January 27.

Don't trash your wrapping paper – recycle it

As long as it doesn't contain any foil, ribbons, bows or string, almost all wrapping paper can be recycled in your blue cart or community recycling depot.

If you've got a big pile of wrapping paper on Christmas morning, here are a few reminders:

- Crumple all of your wrapping paper into balls.
- Put it loosely into your blue cart or community recycling depot bin, **not** bundled together inside a bag.
- Ribbons, bows and string cannot be recycled, but can be reused or put in the garbage.

In with the new, recycle the old!

TVs and computers contain chemicals and heavy metals that are potentially harmful to the environment if buried in the ground. Instead of throwing them away, take your end-of-life TVs, computers and accessories to one of nearly 30 electronics recycling drop-off locations throughout the city.

For more details on Calgary's recycling programs visit calgary.ca/recycling or contact 311.

books—all from your home computer or iPad. It really makes reading fun! Teachers love this resource too, so you know it's got to be good. Or, if you are the type of kid that likes learning about stuff, you will love **Pebble Go**. This incredibly fun resource is a great place to learn about animals, earth, space and biographies for Pre-K to Grade 3. And we have Scholastic **BookFlix** for you to enjoy classic video storybooks with related non-fiction e-books that will help you build a love of reading. Lastly, if you like playing computer games, we promise you will find something fun in our list of games. All of these amazing resources are for Kids Only, free and available always on our new website. Enjoy! www.calgarypubliclibrary.com/kids.

Alberta Health Services Emergency Medical Services

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 can help keep you both warm and safe this season.

Frostbite

- Frostbite is when skin becomes so cold, the skin and underlying tissue freeze completely.
- 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 (about 41°C) until re-warmed.
- Seek further medical attention as required.

Frostnip

- Frostnip occurs when skin is extremely cold, but not frozen. It commonly affects the ears, nose, cheeks, fingers and toes.
- The skin appears red but also turns to white when pressed. It may 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.

Hypothermia

- Hypothermia is 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 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 patient from further heat loss (wind, moisture and contact with cold surfaces).



The Young Man and the Starfish

Once upon a time there was a wise man who used to go to the ocean to do his journal writing. He had a habit of walking on the beach before he began his work. One day he was walking along the shore. As he looked down the beach, he saw a human figure moving like a dancer.

As he got closer, he saw that it was a young man and the young man wasn't dancing, but instead he was reaching down to the shore, picking up something and very gently throwing it into the ocean.

As he got closer he called out, "Good morning! What are you doing?"

The young man paused, looked up and replied, "Throwing starfish in the ocean. The sun is up, and the tide is going out. And if I don't throw them in they'll die."

"But young man, don't you realize that there are miles and miles of beach, and starfish all along it. You can't possibly make a difference!"

The young man listened politely, then bent down, picked up another starfish and threw it into the sea, past the breaking waves and said, "It made a difference for that one."

There is something very special in each and every one of us. We have all been gifted with the ability to make a difference. And if we can become aware of that gift, we gain through the strength of our visions the power to shape the future. We must each find our starfish. And if we throw our stars wisely and well, the world will be blessed.

Author Unknown

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HAVE A FURRY MERRY CHRISTMAS!

Christmas is coming and with it a whole bunch of dangers for my furry patients as decorations go up, presents get wrapped, and the Yule time feasting begins.

In the weeks leading up to and through the holiday season, veterinarians see a huge increase in dogs suffering from what we call "Garbage Gut Gastritis". Many dogs can develop gastro-intestinal upsets ranging from mild to potentially life-threatening if they over indulge. Practice restraint; your pet doesn't know what it is missing. Turkey bones splinter and ham is far too rich for most dogs to tolerate. Bowls of treats left out on coffee tables beg to be eaten. Chocolates, nuts, candy canes, and shortbread...Yum!

Any self-respecting dog can sniff out the wrapped box of chocolates under the tree. Dogs, and even cats, will smell the contents and if appealing enough they engage in a little petty larceny. Remember chocolate, especially dark chocolate, is toxic to dogs and can cause heart problems. Otherwise well-behaved pets may believe if it's on the floor at the tree base "it's mine and fair game".

Ribbon and tinsel fall under the veterinary category of "linear or string foreign object" if ingested by a dog or cat. They are doubly dangerous because the sharp edges

of ribbon and tinsel can cut the lining of the gut. The free ends move down the intestine and act like knives as the normal waves of motion pass through the guts. Emergency surgery may be necessary, but diagnosis of the problem can be difficult because there is no complete blockage and the ribbon does not show up on radiographs or x-rays. Decorations with wires in the middle and popcorn or candy on the outside go down the gullet easily, but don't pass through so well. What veterinarians have seen animals eat or swallow whole over the years is usually limited by your imagination!

Flickering candles, tree ornaments and all the electrical wires necessary to light our homes are as attractive to a young pet as they are to a young child. All those bright ornaments can shatter and lacerate your pet's paws or mouth. If you have a pet... stand back and look at your house with the same mindset to safety as if you were protecting an infant or young toddler from their dangerous curiosity.

Mistletoe, holly, lilies, and poinsettias are all toxic to varying degrees to pets and children. The toxic element of poinsettias has been reduced by growers and now usually causes only mild enteritis.

With the additional coming and going inherent to the holiday season, make sure your pet is wearing identification in the event they slip out the door. If parties are not to your pet's taste, confinement in a quiet isolated part of the house is preferable. Between the lights and the excitement, I find many of my epileptic patients have more seizures and many of my fragile elderly patients are more likely to become stressed and ill.

Finally, making a pet a part of your family should never be an impulse purchase. This is why many humane societies halt adoptions at Christmas time. Make sure you take a little time to think through if you have the space, time, and financial resources to support a pet. Don't buy or give a pet on a whim caught up in the fever of gift giving.

Christmas morning many furry children have their own gifts under the tree (mine do). Select a pet's gifts with the same attention to safety you would give a gift selected for a toddler. Protect the furry family member and have a very Merry Christmas.

Jennifer L. Scott, D.V.M.



Canadian Cigarettes

The variations of Christmas traditions in Canada reflect the number of different cultures that have settled in the country. They include decorating houses and yards with lights, putting up Christmas trees, giving gifts, and sending greeting cards.

The Christmas tree is a German tradition, started as early as 700 A.D. In the 1800s the tradition of the Christmas tree was widespread in Germany, and moved into England and eventually Canada. Old carols and the Nativity can be traced to France, and greeting cards to England. The ancient Gaelic custom of placing lights in windows originated in Ireland.

The origin of Santa Claus began in the 4th century with Saint Nicholas, Bishop of Myra, an area in present day Turkey. He was known for his generosity and kindness, and was particularly devoted to children.

Christmas Eve is a combination of a many traditions as well – many families open gifts, attend church, and others enjoy special dinners, like tourtiere, ham, goose, etc. During Christmas Eve services in Labrador and Newfoundland, some children receive little lighted candles that have been stood in a turnip that was saved from the harvest. It is also customary for some folks to “fish for the church” during Christmas week, bringing their catch to be sold for the local parish.

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West LRT Update

The West LRT is opening for service
Monday, December 10, 2012

The City of Calgary is thrilled to announce that the West LRT will be opening for service on Monday, December 10, 2012.

The opening date meets the original start of service that was promised in 2010 when the design-build contract was awarded for the largest infrastructure project ever undertaken by The City of Calgary.

The City anticipates that come December 10, more than 30,000 people will choose to ride the new LRT. The City wants to provide all Calgarians with the opportunity to make Calgary Transit their preferred transportation option and this project is a major step towards that goal.

Once the West LRT opens, all of the new bus routes and revised bus routes will take effect. There are a total of 14 bus routes that work in conjunction with the West LRT, with 12 of those routes being new or revised. The map of the new routes is available at www.calgarytransit.com/westlrt.

To help you estimate travel times to destinations throughout the city, Calgary Transit has developed a travel time chart that provides approximate travel times

between stations. You can find the chart in the Travel Times section of the West LRT website.

In the coming weeks, Calgary Transit will be producing a Riders Guide booklet that will contain all of the new routes and schedules. The booklet will be directly mailed to all homes in west Calgary. Calgary Transit will also be hosting information sessions at various locations throughout west Calgary. Watch the Calgary Transit website in the coming weeks for a listing of these information sessions' dates and locations.

West LRT Celebration Event

To thank west Calgary communities for their support over the last three years of construction and to celebrate this monumental event, The City will be hosting an official ribbon cutting event on Saturday, December 8. Details of this event are still being finalized, so watch the West LRT website for details about the activities and events planned for this day. We expect to have a variety of activities happening at each of the six new stations, with free CTrain service between stations on that day. Save the date to come out and celebrate with all the communities along the new west CTrain line!



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Cold or Flu? Which is it?

By Dr. Alma Nenshi, DC

Do you know the difference between having a cold and having the flu?

The common cold develops gradually over several days and can start with a scratchy throat, sneezing and sniffles leading to congestion. Any fever present is usually mild accompanied by a moist hacking cough due to congestion.

On the other hand, influenza often starts rather suddenly with fever (usually greater than 101 degrees F and lasting 3-4 days), headache and all over body aches (myalgia). People with the flu are often exhausted or fatigued. A dry and hacking cough can last days or weeks after all other flu symptoms have passed.

Influenza or “the flu” is more of a systemic illness, meaning it affects your entire body, whereas a cold generally just affects the upper body. You can sometimes get a stuffy nose, sneezing and sore throat with the flu, but it’s much more common with colds. The flu is more serious because it can lead to other problems, like pneumonia in susceptible adults and young children.

Influenza is caused by a virus. In general, viral illnesses will run their course without a trip to the doctor. Antibiotics don’t work against viruses, so your doctor may recommend pain medications, cough suppressants or an anti-pyretic (fever reducers) in order to help you feel comfortable, but these too have their own risks and side effects.

Our bodies have an in-born intelligence that helps us fight off millions of bugs and toxins everyday. When our immune system is challenged, it copes automatically. For example, a fever is your body’s way of making an uncomfortable environment for foreign invaders. Taking fever medications for low-grade fevers works against the natural defense mechanisms of the body. The result is chronic infections that never seem to resolve.

So if you are suffering with cold or flu symptoms, allow your body to be healthy, even if it means you don’t feel well. Help your body by drinking plenty of fluids and nourish your body with immune boosters like vitamins C and E, garlic, zinc and omega-3 fatty acids. Give yourself time to recover.

Schedule a visit to your chiropractor. Chiropractic care doesn’t treat the virus directly, but rather boosts your body’s ability to fight the invaders by enhancing your immune system. That’s why regular chiropractic care can reduce the frequency with which you get sick. When your body’s immune system is in peak condition, it can fight off minor intruders with ease, and that’s great news for people who don’t like taking pills!

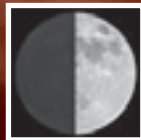
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Dec. 6



New Moon
Dec. 13



First
Quarter
Dec. 20



Full Moon
Dec. 28



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Dr. Kiran Patel

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- Fillers #2 procedure (1.9 million*)
- Botox treatments for Men have doubled in last 15 years*
- Botox offers fast results, usually within 4-10 days
- Botox provides a temporary effect lasting about 4-6 months
- Botox Treatments starting at \$100
- Cosmetic Injectables can be combined with other laser, medical grade skin care and other non-invasive medical aesthetics treatments for the most complete and lasting results.

Other Uses:

- Botox Therapeutic** can also be prescribed for:
- Excess sweating or hyperhidrosis (underarms)
- Migraine headaches

* Source: 2011 Survey, American Society of Plastic Surgery

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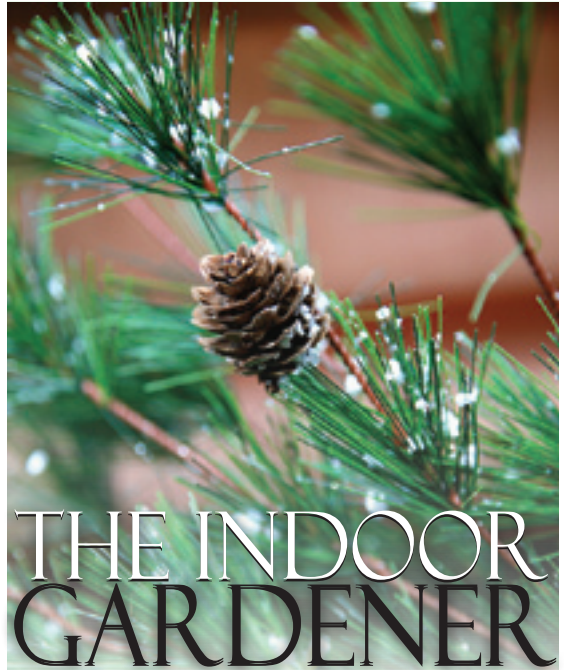
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THE INDOOR GARDENER

by Cindy DeJager

Caring for your cut Christmas tree

Tips to keep your tree fresh:

- If you buy your tree a few days before you are ready to set it up stand it in water and store it on your porch or patio. Protect it from the sun and the wind so it does not dry out.
- Cut one inch off the bottom before putting into water (if your tree has been cut more than 12 hours prior). This will improve the water uptake.
- Stand the tree in a container that can hold one gallon of water and keep watering it until the water uptake stops.
- Don't let the base of the tree dry out. Resin will form over the base of the tree and it won't be able to take up any water. It is not necessary to give a tree any special mixes – tap water will keep a tree fresh.
- Place the tree away from fireplaces and radiators, and other heat sources. Don't forget to turn off the lights before you go out or go to bed.
- Never use lighted candles on your tree.
- A fresh tree will last for up to five weeks. Take your tree down while it is still fresh.

Merry Christmas!

2012 Year-End Tax Planning

Mike Martin, CFA, MBA

Final opportunities to reduce your 2012 tax bill

As year-end approaches your thoughts may be turning to the holidays, winter sports, spending time with family and friends, and of course... year-end tax planning! To ensure that you leave no stone unturned, we have summarized some popular year-end tax planning techniques:

Tax loss selling

The strategy of selling securities at a loss to offset other capital gains realized during the year is probably the most popular year-end tax planning technique.

Loan to your spouse at the 1% prescribed interest rate

With recent confirmation that the Canada Revenue Agency (CRA) prescribed interest rate will remain at a historical low of 1% for the fourth quarter of 2012, it is an opportune time to consider establishing or modifying a spousal loan.

Establish a Family Trust

If you have children or grandchildren who have little or no income, this might be the ideal time to consider establishing a family trust in order to income split with your family.

Defer realizing capital gains

Deferring a capital gain to the next year is also a popular tax planning strategy.

Charitable donations

In addition to RRSP contributions and investment tax shelters, making a charitable donation is one of the few remaining ways that you can significantly reduce the personal tax you pay.

Turning 71 in 2012?

If you are turning age 71 in 2012, you must convert your RRSP, Individual Pension Plan (IPP), Locked-in Retirement Account (LIRA) or Locked-in RRSP to one of the many maturity options that are available by the end of this year.

Defer mutual fund purchases

If you purchase mutual funds near year-end in a non-registered account this can result in an unexpected tax liability next April.

RESP contributions

Registered Education Savings Plans (RESPs) are not only an excellent way to save for a child's post-secondary education costs – it's also a good income splitting strategy.

~continued on page 21~

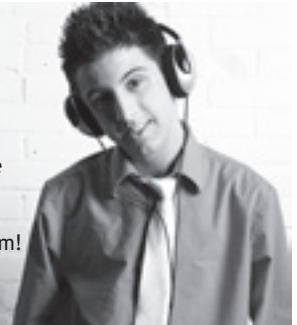
BRAIN GAMES SUDOKU

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Sugar Plums are widely associated with Christmas through cultural phenomena such as the Sugar Plum Fairy in **The Nutcracker**, as well as the line "Visions of sugar plums danced in their heads" from **'Twas the Night Before Christmas**.

Christmas sugar plums are pieces of candy that are made of sugar and shaped into small, round or oval shapes.



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2012 Year-End Tax Planning cont'd

BUSINESS OWNERS:

Pay yourself before year-end

If you own your own business then consider paying salaries to yourself and family members before year-end.

Purchasing assets for your business

If you intend on purchasing assets for your business (i.e. computer, furniture, equipment, etc.) you should consider making this purchase before year-end.

Tax instalments

If you are required to make quarterly tax instalment payments to the CRA, you should make your final payment on or before December 15, 2012 to avoid late interest charges.

And finally...

You should remember to pay all investment management fees, tuition fees, safety deposit box fees, accounting and legal fees if deductible, childcare expenses, alimony, medical expenses and any business expenses (if taxable on your personal tax return) by year-end if the intent is to deduct them on your 2012 tax return.

This article is supplied by Michael Martin, Investment Advisor with RBC Dominion Securities Inc. Member CIPF. This article is for information purposes only. Please consult with a professional advisor before taking any action based on information in this article.

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Calgary Police – Non Emergency	403.266.1234
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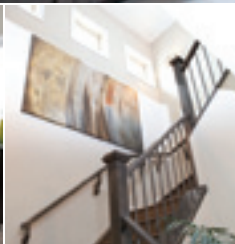
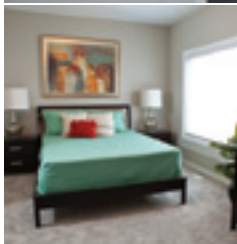
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