

JULY 2013

DELIVERED MONTHLY TO 3,900 HOUSEHOLDS

your

ELBOW VALLEY

VIEW

BRINGING ELBOW VALLEY RESIDENTS TOGETHER





**one
ONE**
Personal Fitness Instruction Inc.

**CALL FOR YOUR FREE
CONSULTATION TODAY**

PERSONAL TRAINING | NUTRITION CONSULTING

oneonefitness.ca | 403.244.9059



SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

“An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence.”

Enform IRP 9 (Revised)
safetysync.com
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

RBC DOMINION SECURITIES

**SERVING CALGARY WITH A FULL SPECTRUM
OF WEALTH MANAGEMENT SERVICES**

With a comprehensive approach to wealth management, you can count on Investment Advisor Michael Martin's expertise to help you:

- Protect your lifestyle
- Enjoy your retirement
- Create your legacy

Contact Michael today to arrange an appointment.

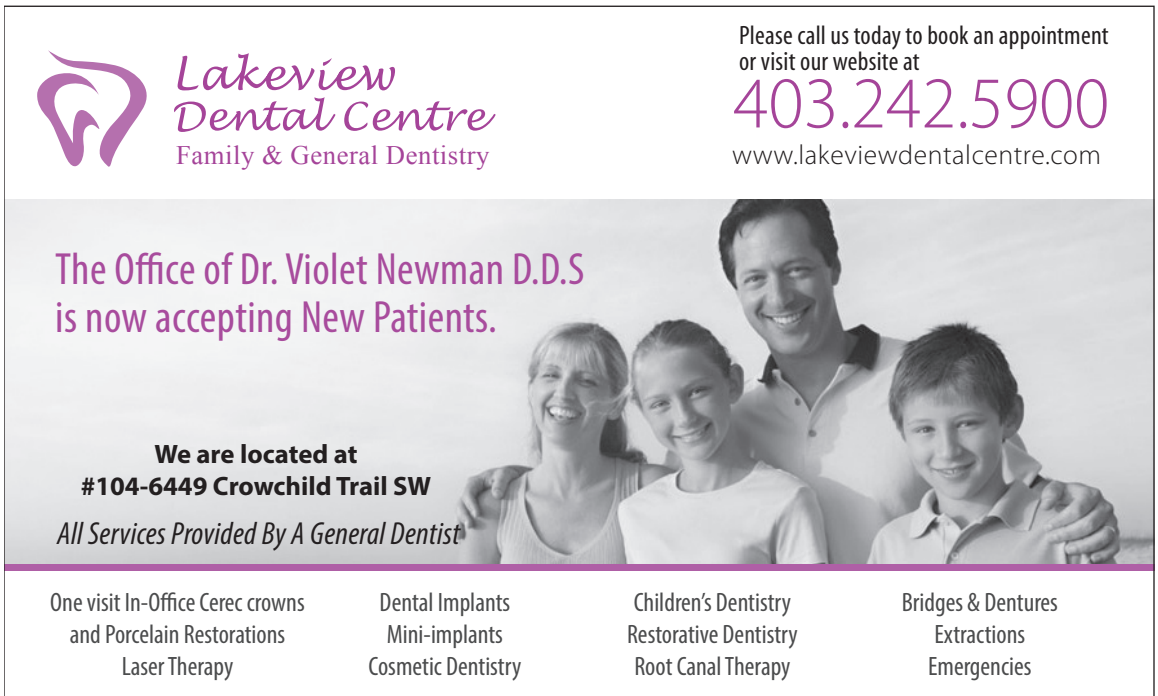



Michael T. Martin, CFA, MBA
Investment Advisor
403-266-9655
michael.t.martin@rbc.com
www.martinwealth.ca

Professional Wealth Management Since 1901



RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member CIPF. ©Registered trademark of Royal Bank of Canada. Used under licence. RBC Dominion Securities is a registered trademark of Royal Bank of Canada. Used under licence. ©Copyright 2010. All rights reserved.



 **Lakeview
Dental Centre**
Family & General Dentistry

Please call us today to book an appointment
or visit our website at
403.242.5900
www.lakeviewdentalcentre.com

**The Office of Dr. Violet Newman D.D.S
is now accepting New Patients.**

**We are located at
#104-6449 Crowchild Trail SW**

All Services Provided By A General Dentist

One visit In-Office Cerec crowns and Porcelain Restorations Laser Therapy	Dental Implants Mini-implants Cosmetic Dentistry	Children's Dentistry Restorative Dentistry Root Canal Therapy	Bridges & Dentures Extractions Emergencies
---	--	---	--

CONTENTS

**ROCKY VIEW APPROVES
RECREATION FUNDING
FOR 2013 5**

**IN & AROUND YOUR
COMMUNITY 7-8**

URBAN COYOTES 10-11

**POTTY TRAINING OUR
FURRY BABIES 12**



Elbow Valley is minutes away from:

- Strathcona Shopping Centre
- West Hills/Signal Hill

- Chinook Centre
- Downtown core

SCHOOLS

(S) denotes Separate (FR) denotes French Immersion

School	Grade	
Bow Valley High School	9-12	www.rockyview.ab.ca/schools/bowvalley
Cochrane High School	9-12	www.rockyview.ab.ca/cochrane
Elizabeth Barrett Elementary (FR)	K-4	www.rockyview.ab.ca/barrett
Manachaban Middle School (FR)	5-8	www.rockyview.ab.ca/manachaban
Holy Spirit Catholic School (S)	K-9	www.cssd.ab.ca/schools/holyspirit/
St. Francis High School (S)	10-12	www.cssd.ab.ca
Rocky View Virtual School	9-12	www.rvvs.com
Elbow Valley Elementary (FR)	K-4	www.rockyview.ab.ca
Springbank Middle School (FR)	5-8	http://springbank.rockyview.ab.ca
Springbank Community High (FR)	9-12	www.rockyview.ab.ca
École de la Source (FR)	K-9	http://www.conseildusud.ab.ca/ecoles/lasource/
Ste-Marguerite-Bourgeois (S) (FR)	K-12	http://smb.cscfsa.ab.ca/
École de la Rose sauvage (FR)	10-12	http://www.conseildusud.ab.ca/ecoles/larosesauvage/
Banded Peak School	K-8	bpeak.rockyviewab.ca

CHURCHES

Springbank United
403-288-9086
Westlife Church
403-242-3431
Mountainview Lutheran
403-242-5000
Valley View Presbyterian
403-249-6006

First Lutheran
403-242-4544
Rockpointe Church - Westhills Site
403-851-0011
Richmond Hill Baptist
403-242-1256
Westside Kings Church
403-777-0800

COMMUNITY

Elbow Valley Visitor Information 403.949.4261
Springbank Park Recreation Centre 403.242.2223
Signal Hill Library 403.260.2600

Newsletter Advertising Sales 403.263.3044
Springbank Heritage Club 403.242.9350
244168 RR#33

MD OF ROCKY VIEW

Hours of Operation
8:00 a.m. to 4:30 p.m.

Monday to Friday
Offices are closed on statutory holidays

For Building and Development Permits and all related information:

Planning & Community Services

Phone: 403.520.8166

Fax: 403.277.3066

Email: building@rockyview.ca

Road-related Maintenance concerns:

Road Maintenance Call Centre

Phone: 403.520.6378

Available 24 hours/day, 7 days/week

General Comments or Questions:

comments@rockyview.ca



Rocky View Approves Recreation Funding For 2013

June 5, 2013 – In Council yesterday, Rocky View County approved \$688,433 in funds to assist over 60 community groups with the costs of operating their recreation and cultural programs.

“The funds help the groups pay for things like insurance, utilities, program supplies, and the day-to-day expenses of maintaining the facility they operate from,” said Reeve Rolly Ashdown. “These community groups play a vital role in the well-being of County residents, and we are happy to support them.”

The funds are applied for through local recreation boards each spring, with final approval coming from County Council. The funds will be distributed as follows:

Recreation Board-Total 2013 Operational Funds Requested

- Bears paw Glendale-\$111,012
- Madden-\$12,000
- Beiseker & District-\$20,000
- Ranch Lands-\$36,600
- Bow North-\$97,100
- Rocky View Central-\$29,600
- Chestermere-Conrich-\$20,000
- Rocky View East-47,306
- Crossfield & District-\$30,000
- Rocky View West-\$284,815

The \$688,433 in operational facility funding is part of an overall budget for community groups of \$1,022,609. The remaining funds will be allocated to support the community organizations with capital infrastructure projects, such as facility repairs and improvements.

Contact: Reeve Rolly Ashdown Dari Lang
Rocky View County Recreation Services Coordinator
403-999-2722 Rocky View County
403-520-1658

news@great-news.ca
Editorial Content DEADLINE 1st
of each month for the next month's issue



FYI
Reader Rock Garden is a three-acre, historic garden started in 1914 by William Reader. He encouraged local horticultural experimentation and helped Calgarians discover sustainable gardening techniques using local plant species.

NAN BOOTHBY MEMORIAL LIBRARY



405 Railway Street West
Cochrane, AB
Tel: 403-932-4353
www.cochranepubliclibrary.ca

Residents of Elbow Valley, as part of the MD of Rocky View, are eligible for a yearly membership at the same fee scale as residents of Cochrane. To obtain a library card visit in person and show a valid picture ID and address ID.

PROGRAMS

Register at the Circulation Desk or by calling 403-932-4353. Further program details may be found online.

Weekly Children's Programs:

Dramatic Story Time/Craft on Wed. from 10:00-11:00 am for ages 3-5.

Preschoolers, are you ready for an adventure? Join us for some dramatic story telling. Learn how to engage your child in the most fascinating journey of their

lives... Bump heads with a rhinoceros. Go to sleep with a bear. Journey to places unknown! We have it all right here for FREE! Be sure to sign up!

Musical Mites for ages 3-5 on Wednesday and Friday from 11:00-11:30. Become a member of our high-energy interactive environment. Watch your child learn to sing, dance, hop and sway to stimulating and engaging music. Fun for everyone, even MOMS!

Wiggles and Giggles for ages 0-2 on Fridays from 10:00-10:30 am.

Moms, are you looking for a bonding time where you can socialize with others while learning new songs and rhymes? Look no further... A FREE program on Fridays at 10:00am here at your library!

Drop-In Story Time on Friday afternoons from 2:00 – 2:30 pm with Mzzz. Bee

Adult Programs:

Our current exhibition features "Creative Expressions" by students in Cochrane's francophone preschool.

Summer Reading Program "GO!"

July 2-30 every Tues, Weds and Thurs

1:30-3:30 pm for ages 6-12

3:00-3:30 for pre-schoolers ages 3-5.

Program details to follow.

GET BEACH READY IN ONE WEEK!

\$100 off or Free Stretch Mark Reduction

An award winning, non-surgical treatment for fat and cellulite.

VASER® Shape

WESTSIDE LASER & LIGHT
403.685.0110 | www.westsidelaser.ca

Please bring in ad to receive this exclusive offer.



**Flooring, Cabinets, Slot Wall,
Storage & Much More**

GARAGE INNOVATIONS
PRODUCTS INC

Email: info@garageinnovations.ca
www.garageinnovations.ca

**C2 6215 3rd Street SE
Calgary Alberta
T2H 2L2
Phone 403-474-8259
Fax 403-474-7931**

Located in
PHILLIPS PARK

Mention this ad and receive 10% off your next purchase



FREE Summer Youth Programs & Events

Youth Days

Are you between the ages of 12 – 17 and looking for something to do this summer? Learn a new skill and have a blast while hanging out with your friends! Youth Days runs Tuesdays – Fridays, from 2 – 5pm, and focuses on a different activity each week. Call 3-1-1 after June 1st, 2013 to register.

July 9 – 12 Outdoor Pursuits Week

Marquis de Lorne C.A. - 6 Copperstone Way S.E.

July 30 – August 2 Photography Week

Chaparral R.A. - 225 Chaparral Dr. S.E.

August 6 – 9 Sports Week

McKenzie Lake C.A. - 16198 McKenzie Lake Way S.E.

August 13 – 16 Photography Week

Woodcreek C.A. - 1991 Woodview Dr. S.W.

August 20 – 23 Discover Calgary Week

Kingsland C. A. - 505 78th Ave. S.W.

Summer Youth Pool Parties

Come hang out with your friends, meet new people and have a few free slices of pizza! Enjoy a DJ spinning some tracks on the pool deck and Wii on the big screen.

July 20, 3 - 5:30pm

Acadia Pool - 240 90 Ave. S.E

July 27, 3 - 5:30pm

Canyon Meadows Pool - 89 Canova Rd. S.W.

August 24, 3 - 5:30pm

Canyon Meadows Pool - 89 Canova Rd. S.W.

Leadership Empowerment Achieving a Difference - LEAD

LEAD is The City of Calgary's leadership certification program. Develop and practise leadership skills while earning credibility, recognition and opportunities at school, work and in the community. Participants are required to complete 20 hours of practicum experience. Make a difference. Dare to LEAD! For grades 7 – 12. Program is free but registration is required by calling 268-3800 after May 13th, 2013.

Southland Leisure Centre – 2000 Southland Drive S.W.

M–F, July 15 - 26 from 10:00 am - 1:00 pm Barcode 320259

or

M–F, July 15 - 26 from 12:00 pm - 3:00 pm Barcode: 320260

in & around your **community**

calgary **reads** **Babies and Books**

Babies love books. There are many benefits to reading aloud to babies. An infant will not understand everything you're doing with that board book, but they are learning the sounds needed to communicate. The more stories you can read aloud, the more words the baby (and their older siblings too) will be exposed to. Have fun reading aloud! Read with excitement in your voice, talk about the pictures on the page and let baby put the book in her mouth. That's how she explores. Reading aloud every day will help baby love books too, plus it helps build that wonderful connection between the two of you.

With so many enticing new and classic children's books lining the bookstores, we thought we'd share some of our favourites that we think every kid should read.

- The Very Hungry Caterpillar by *Eric Carle*
- Corduroy by *Don Freeman*
- Goodnight Moon by *Margaret Wise Brown*
- Five Little Monkeys Jumping on the Bed by *Eileen Christelow*
- The Snowy Day by *Ezra Jack Keats*

This is just a small sample of some the books on our list of 50 Books to Read Before You Are 8. Find the rest of the list on our website at: <http://calgaryreads.com/reading-tips/50-books-to-read/>

Calgary Reads helps kids learn to read. Our primary program trains volunteer tutors to work one-on-one with a grade 1 or 2 child at school. We also host fun school reading parties, hold parent and teacher workshops and organize a massive yearly used book sale. Find out more at www.calgaryreads.com.

JULY MOON CALENDAR

			
New Moon July 8	First Quarter July 15	Full Moon July 22	Last Quarter July 29

calgary.ca/careers | contact 311

Onward! By 2036, 100 per cent of Calgarians will report that they can access a range of high-quality recreational experiences.



THE CITY OF
CALGARY
COMMUNITY & NEIGHBOURHOOD SERVICES

Free Tours of Reader Rock Gardens

The Friends of Reader Rock Garden Society invites Calgarians to take a casual stroll through the historical Reader Rock Garden on Sunday, July 21, from 1:00 p.m. to 3:00 p.m.

Society members will be offering guided tours to describe the history behind the development of the gardens as well as the many species of plants on the site. There will also be used gardening books for sale. Admission and parking are free. The gardens are located at the corner of 25th Avenue and Macleod Trail SE.

Event will be held rain or shine.

Information on the gardens is available at www.readerrock.com or email Diane for more details on the event at info@readerrock.com. Please join us for this annual fun event.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 11

Leaving your cat or dog with a caregiver while vacationing?

Proactive planning will give you peace of mind while you are away and help ensure your pet's safe return should he become lost while you are gone.

Ensure that:

- his City of Calgary licence is valid
- your contact information with Animal & Bylaw Services is up-to-date
- his vaccines are up-to-date
- your caregiver is listed as a secondary contact with Animal & Bylaw Services

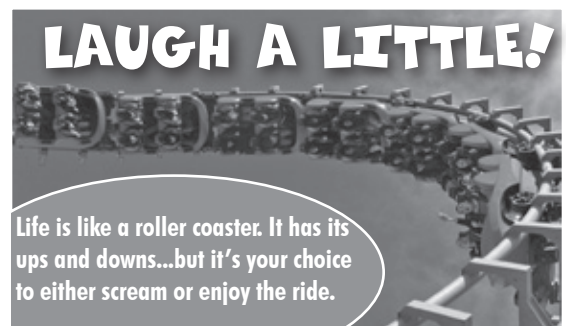
Consider permanent identification like a microchip or a tattoo in case his licence tag gets lost.

Leave a folder with information and documents such as:

- Licence tag number
- Microchip and/or tattoo information
- Recent colour photos showing your pet's unique features
- Vaccination and veterinary records
- Address and phone number of your veterinary clinic
- Your contact information where you can be reached while you are away

Provide the address, phone number and website of places to contact in case your pet goes missing:

1. The Animal Services Centre (2201 Portland St. S.E. at www.calgary.ca/animalservices and 311),
2. The Calgary Humane Society (4455 110 Ave. S.E. at www.calgaryhumane.ca and 205-4455) and
3. Nearby veterinary clinics, 24 hour emergency veterinary clinics and rescue organizations





HUMANA MEDICAL CLINIC

a family clinic with the human touch

#136, 3715 – 51 Street SW
Calgary, Alberta T3E 6V2

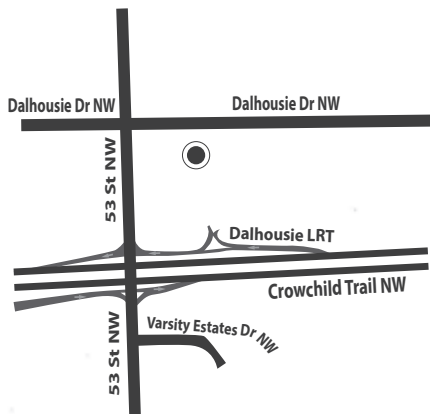
PH: (403) 686-6967

NEW PATIENTS AND WALK-INS
ARE WELCOME

HOURS OF OPERATION

Monday – Friday 8:00 am to 8:00 pm
Saturday & Sunday 10:00 am to 5:00 pm

the Clinic is Closed on Statutory and Civic Holidays



HUMANA MEDICAL CLINIC

WILL SOON BE OPENING
ANOTHER CLINIC AT
DALHOUSIE STATION

#183, 5005 Dalhousie Drive NW
Calgary, Alberta T3A 5R8

WHERE FAMILIES, NEW PATIENTS
AND WALK-IN PATIENTS WILL BE
WELCOME

OPEN 7 DAYS A WEEK



Did you know?

- It is normal to see small groups of coyotes during certain times of the year.
- Coyotes looking for mates gather in January or February
- By July and into fall, family groups travel together in search of food. Coyote sightings may be more common in summer, particularly when people make frequent use of urban parks or green belt areas.
- Coyotes are capable of running at speeds of up to 64 km/hr (40 mi/hr).
- On average, coyotes weigh 9 to 23 kg (20 to 50 lbs.), similar to a medium-sized dog.

Coyote Encounters

If you encounter a coyote, make the experience unpleasant for the animal by making it feel unwelcome in your neighbourhood. Even if you are not concerned about problems with coyotes, they should not learn that neighbourhoods are safe places to feed and rest.

- Respond to their presence aggressively by making yourself appear large; wave your arms overhead or thrust long objects, such as a walking stick, toward the coyote.
- Throw rocks, sticks or other objects toward the animal.
- Shout in a deep voice and maintain eye contact.
- If the coyote continues to approach, back away slowly and move toward buildings or human activity.
- Do not turn away or run. This may encourage the coyote to chase you.
- Dog repellents and pepper spray products can be effective in deterring coyotes.

Protect Your Pets

- Do not allow your cat to roam.
- Supervise your pets when they are outside.
- Pick up dog feces and be aware that dog urine may also attract coyotes.
- If your dog is in heat, keep it inside or away from areas where they may encounter coyotes.

- Always walk your dog on a leash.
- If you spot a coyote, pick up your small dog. Ensure your large dog is leashed and under your control. Back away slowly and leave the area immediately.

Some people believe eliminating coyotes is the solution. However, trapping has proven ineffective. Poisoning or other methods pose risks to other animals and children. Removing coyotes creates room for others and the population may actually increase in response.

Coyotes in Towns and Cities

Coyotes have established themselves within many urban areas in North America. Parks and river valleys in towns and cities provide good habitats and a variety of food sources for coyotes. They can make beneficial neighbours as they help control rodent species, such as mice and ground squirrels.

Coyotes are curious, adapt easily to new situations and are not picky eaters. They primarily feed on rabbits, mice and squirrels. In cities, they also eat pet food garbage, compost and bird feed. If a coyote frequents your neighbourhood, it's because it has found shelter or food.

Serious conflicts between people and coyotes are rare. However, wildlife are unpredictable, and coyote can

~continued next page~

URBAN COYOTES CONT'D

pose a public risk. Coyotes are not usually aggressive toward humans but can become bolder around people when they learn backyards, playgrounds, or parks can provide them with easy meals. The likelihood of a problem encounter increases if coyotes are fed by people, as they lose their natural fear of humans.

Help Your Children Be Safe

Teach your children how to respond to coyote encounters and remind them about the importance of not leaving food or garbage in school yards, parks or in your backyard. If you know there are coyotes in the area, supervise your children when they are outside.

Avoid Attracting Coyotes to Your Neighbourhood

- Do not feed coyotes. Feeding coyotes inevitably leads to unsafe situations that can result in human injury.
- Pet food will attract coyotes. Bring in feeding dishes immediately after your pets have eaten or feed pets inside.
- Dispose of garbage and compost materials in containers that have secure lids, or keep them in the garage or a shed.
- Take your garbage out only on collection day.
- Do not litter in school yards and parks.
- Keep a clean backyard. Remove seeds and suet put out for birds as well a fallen fruit. These foods can attract mice and squirrels, which are prey for coyotes.
- Make sure your fence has no holes or gaps that curious coyote can use to access your property.
- Trim out thick shrubs and the bottom of trees to prevent coyotes or prey animals, such as rabbits or squirrels, from using those spaces as shelter.
- Coyotes and other wildlife may use the spaces under decks, patios and outbuildings as shelter. Close off these spaces with a durable wire mesh.
- Talk to your neighbours about following the same preventative measures.

If you see a coyote that is too sick or injured to move, or if a coyote bites, nips or makes other physical contact, call the nearest Fish and Wildlife office of Alberta Sustainable Resource Development at 310-000 toll-free. To reach the coyote information line: 403-2977-7789.

Printed with permission from Government of Alberta, Environment & Sustainable Resource Development Calgary Fish and Wildlife Division

SPRINGBANK BARBER SHOP

#129,7460 Springbank Blvd. SW

Men's Cut \$23
 Seniors Cut..... \$20
 Kids (12 & under) \$17
 Buzz Cut..... \$18
 Hot Shaves \$25

Open Daily

Mon to Fri 9 am - 7pm
 Sat 9 am - 5 pm
 Sun 11 am - 5 pm

PH 587.350.6175

At the corner of Springbank Blvd
 & 69 St SW

\$3.00 OFF

any service
 (Coupon required)

BRAIN GAMES SUDOKU SOLUTION

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



Potty Training our Furry Babies

by Jennifer L. Scott, D.V.M.

Lots of people get a new puppy in the spring and summer when they can devote more time to a new family member and complete housetraining without braving the snow and ice...I did. This is probably the most time consuming and occasionally frustrating part of adopting a new dog. I schedule time on the initial puppy examination to give clients housetraining advice. I try to gear the advice to their lifestyle. I follow up on housetraining at each examination, and I encourage clients to call the clinic if any advice given is just not working for them. Puppies are like any other living creature, no two are alike.

We acquired a new Papillon puppy last week. I had forgotten how fast and coordinated small breeds are compared to a large breed puppy that matures later. On the other hand, my Labrador puppy litters are going outside by four weeks even at sub-zero temperatures. They leave for new homes at seven weeks well-along with their housetraining. Many small puppies are kept on newspaper and do not go outside. Puppies raised on pee-pads or newspaper inside can take a lot longer to readjust to outdoor potties.

First and foremost, never leave a puppy loose and unsupervised. If the puppy can't be watched confine him. Don't monitor by committee. Someone must be responsible for catching the puppy every time he squats to teach him this is the big no-no. Give a loud growling "NO", clap your hands, and then rush the pup out to the appropriate spot, there you will then tell him what a marvelous baby he is. Do not punish for the puddle in the hallway from ten minutes ago. Puppies quickly learn they are in trouble when there is pee or poo present and the owner walks in, so they cower and "look ashamed". They don't understand the problem started with the act of urinating or defecating, unless this is where the correction is given. They will eventually get it, but it takes longer and causes confusion. You have five seconds after a behavior to praise or punish and have the puppy associate the reaction to the action. Timing is the cornerstone of all obedience training. A punishment involves only a scary sound.

The best confinement is a dog kennel. A puppy can be quickly popped into the cage if you can't watch him. Most puppies are clean and will not soil themselves in a small space. My Labrador puppy crate is too big for my tiny Papillon so she pooped on one end this morning and stayed

clean at the other end. I need to shrink my crate for a week or two. This is exactly why I encourage my clients to call me if any housetraining or behavior recommendations I give don't come together. We may need to tweak advice.

Bring the puppy to the area of the yard you want him to use for elimination; every time you remove him from the kennel, after eating, when he wakes up, and if he starts to sniff around. Use a command. Mine is "Hurry Up". When the puppy squats tell him what a wonderful brilliant baby he is, use a treat if you want to. Feed your puppy his last meal of the day at least four hours prior to bedtime and take away water two hours before bedtime. At bedtime make sure the puppy pees and poops. Most puppies can go six to eight hours overnight in the crate. If you feed meals at set times, not free choice, you can usually figure out the schedule when the puppy needs to defecate each day.

Good luck and remember not all home environments and previous training support easy housetraining. Seek further advice and get creative if classic training tips do not translate to your situation or lifestyle.



BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Elbow Valley. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Elbow Valley area with quality work, happy clients and fair pricing, with second generation experience, there is no job we can't handle. Furnaces \$3185, water heaters \$715, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

ALL TYPES OF DRYWALL: Boarding, taping and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

SUMMER IS SHORT, DON'T SPEND IT INSIDE CLEANING! Let Personalized Cleaning Services Ltd. do the work for you! All supplies provided. Insured and bonded. 200% satisfaction guarantee! Call now! 403-454-3680 / www.pcs Calgary.com/info@pcscalgary.com.



the Gutter Doctor
Gutter clean & fix | Fascia | Soffit
info@gutterdoctor.ca
(403) 714-0711

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Eight years of experience with QuickBooks and Simply accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

INTERIOR & EXTERIOR PAINTING: 27 years' experience. A+ BBB accredited company, very competitive pricing with 2 yr warranty on all work. Call Steve 403-975-5459.

**For Business Classified Ad Rates
Call Great News Publishing at
403-263-3044 or sales@great-news.ca**

Life Insurance: A Good Choice to Protect Your Mortgage

If you're buying your first home, moving into a different one or renegotiating a mortgage, you probably will be offered mortgage insurance. But you have another option: life insurance. And it offers some potentially significant advantages. For example, if you purchase mortgage insurance, the lender is the beneficiary. But when you own a life insurance policy, you get to choose the bene-

fiary. Once your beneficiary receives the tax-free death benefit, he or she can choose whether to pay off the mortgage or replace lost income. In fact, life insurance can be customized to meet your specific needs. Also, if you move, or move your mortgage, your mortgage insurance ends. But your life insurance policy is "portable," and it goes wherever you go. Finally, your mortgage insurance will become relatively more expensive over time, because the amount you owe will decrease, but your insurance premiums won't. However, your life insurance premiums pay for the same amount of insurance for the entire life of the policy. If you've got a mortgage, consider protecting it with life insurance. It may be a smart move.

Shafiq F. Kassam, Financial Advisor

COMMUNITY CLASSIFIED ANNOUNCEMENTS

Deadline – 1st of each month
Contact news@great-news.ca

◆ Free announcements: lost/found, for sale, wanted, garage sale, etc ◆ Forty word limit

For Display and Business Classified advertising contact
Great News Publishing at sales@great-news.ca

ONLINE You're just a click away from some interesting and informative websites

www.dogswithwings.ca
www.blood.ca
www.distancesfrom.com



DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

Published by:



ADVERTISE YOUR BUSINESS NOW!
 REACHING OVER 290,000 HOUSEHOLDS
 ACROSS 105 CALGARY COMMUNITIES

DELIVERED BY
Canada Post

Phone: 403-263-3044 | sales@great-news.ca

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
Alberta Health Services	
Addictions Hotline	1.866.332.2322
Ambulance (AHS) – Non Emergency	403.261.4000
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Cochrane Ecological Institute (Wildlife Emergencies)	403.932.5632
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre - Alberta	403.944.1414
Suicide Crisis Line	1.800.784.2433
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
OTHER	
Alberta Fish & Wildlife	1.877.944.0313
Calgary Humane Society (Injured & Stray Pets)	403.250.7722
Calgary Parking Authority (Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Seniors' Resource - SeniorConnect	403.266.6200
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403.705.3246
Road Conditions – Calgary	1.877.262.4997
RCMP – Non Emergency	403.949.7729
Weather Information	403.299.7878
Wildlife Help Line (Injured Animals, etc.)	1.888.924.2444

VOLUNTEERING....
Good for the Soul

CARRIAGE TRADE **Representing Calgary & Area Most Prestigious Properties**

ROYAL LEPAGE FOOT HILLS
Independently Owned & Operated



2405 Erlton St. S. W. Townhome - \$1,295,000

Luxury townhome backing onto Elbow River! Offers 3 bedrooms and 3 full bathrooms. Gorgeous spacious interior with 2400 sq. ft., a private west deck, and a 3 car heated garage.

Mary Lou McCormick | 403.225.5000 | mlmccormick@gmail.com

www.mccormickhomes.ca

Exceptional Properties. Exceptional Associates. Helping you is what we do.

ROYAL LEPAGE FOOT HILLS
Independently Owned & Operated

KILBCO
CONCRETE CURBING

Locally Owned & Operated

Ready to increase your home's curb appeal?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property

It will not rust, rot or shift, and there are no seams for weeds to grow through.

Already have Curb?

Kilbco can also re-seal existing curb, driveways, and walkways to bring back that brand new look.

Free Estimates 403-870-0737

www.kilbco.com



IT DOESN'T TAKE A STROKE OF GENIUS TO REACH YOUR MARKET.



Call **403.263.3044** for advertising rates and more information

JUST A MESSAGE THAT IS DIRECTED STRAIGHT AT YOUR TARGET

OPENING SOON!



**Amica at Aspen Woods
all-inclusive retirement lifestyle
is more affordable than you think.**

At Amica at Aspen Woods, our suite price includes everything. All meals, housekeeping, laundry services, and more ~ all included. So you don't have to decide how many meals you can afford each month, or worry about cutting back on services that bring you security and pleasure. We invite you to compare and decide what all-inclusive means to you.

**Select suites still available. Visit our Presentation Centre
to view, reserve and to find out more.**

Amica at Aspen Woods • Presentation Centre
10 Aspenshire Drive SW, Calgary, AB T3H 0T2
Located at the corner of Aspenshire Drive SW
and Aspen Stone Way SW
403.240.4404 • www.amica.ca



AMICA™
at Aspen Woods