

AUGUST 2011

YOUR COMMUNITY NEWSLETTER

**your**

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**Large Praire Hardy Trees & Shrubs,  
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**Countryside Landscaping serving  
Calgary and area for over  
20 years**

**Landscape design-build  
architecture.**  
**Call today for a consultation.**

**403.938.1835**  
**www.csgcl.com**

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# YOUR COMMUNITY CONNECTIONS SCHOOLS

*(S) denotes Separate (FR) denotes French Immersion*

Heritage Heights School	K9	403-938-1400	St. Paul's Academy Virtual School & Okotoks Homeschooling Services	1-12	403 938-4119 403 938-8046
Big Rock Elementary	K6	403-938-6666	De Winton Play Group & Play School	PS	403 938-2525
Dr. Morris Gibson School	K6	403-938-6221	Open Arms Catholic Preschool	PS-Jr.K	403 852-8273
Ecole Percy Pegler (FR)	K6	403-938-4449	Learning Experience	PS-Jr.K	403 256-1417
Ecole Okotoks Junior High (FR)	7-9	403-938-4426	Calgary French & International School (FR)	PS-9	403 240-1500
Foothills Composite High School (FR)	10-12	403-938-6116	Glenmore Christian Academy	ECS-9	403 254-9050
Alberta High School of Fine Arts			Edison School	PK-12	403 938-7670
Foothills School Preschool Program	K	403-938-6666	Strathcona-Tweedsmuir School	1-12	403 938-4431
Big Rock Elementary School			Green Learning Academy	PS-9	403 873-1966
Holy Trinity Academy (FR) (S)	9-12	403 938-2477			
Good Shepherd School (S)	ECS-6	403 938-4318			
John Paul II Collegiate (FR) (S)	7-9	403 938-4600			

## School Bus Information

**Foothills School Division  
Transportation Department**  
403 652-6547  
Transportation Officer, Virginia MacLeod

**Christ the Redeemer Catholic School Board  
Transportation Department**  
403 938-2659  
Transportation Officer, Bonnie Smith

# CHURCHES

**DeWinton United Church** 403-938-4357  
okunited@telus.net

**Trinity Mennonite Church DeWinton** 403-256-7157  
office@Trinity.MennoniteChurch.ab.ca

**Christ Church Anglican Church  
Millarville** 403-933-3620  
Hwy. #549, 6.4 km east of Hwy. 22  
www.meotaparish.ca

**Millarville Community Church** 403-931-1618  
Hwy. #549, east of Hwy. 22 [mcc@platinum.ca](mailto:mcc@platinum.ca)

**Red Deer Lake United Church** 403-256-3181  
Hwy. 22x West (1 km west of 37th Street SW)  
[www.rdlunitedchurch.org](http://www.rdlunitedchurch.org)

**Canyon Creek Christian Fellowship** 403-256-3167  
333 Midpark Way SE

# HOSPITALS & WALK-IN CLINICS

**High River Hospital** 403 652-2200  
509 9 Ave W High River

**Rockyview General Hospital**  
7007 - 14 St SW Calgary  
Admin 403 943-3000  
Emergency 403 943-3449

**Alberta Children's Hospital**  
2888 Shaganappi Trail NW  
Admin 403 955-7211  
Emergency 403 955-7070

**Urgent Care Centre** 403 995-2600  
11 Cimarron Common Okotoks

**Midnapore Medical Dental** 403 256-1272  
37, 240 Midpark Way SE Calgary

**Shawnessy Medical Clinic** 403 254-8703  
138, 70 Shawville Blvd SE

**South Calgary Urgent Care** 403 943-9300  
31 Sunpark Plaza SE

# COMMUNITY

**DeWinton Community Hall** ..... 403 938-2525  
**Shawnessy Library 333 Shawville Blvd. SE** ..... 403 221-2072  
**Newsletter Advertising Sales** ..... 403 720-0762

# INSIGHT



Imagine for a moment that there is a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening deletes whatever part of the balance you failed to use during the day. What would you do? Draw out ALL OF IT, of course!!

Each of us has such a bank. Its name is TIME. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft.

Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours.

There is no going back. There is no drawing against the "tomorrow." You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness, and success! The clock is running. Make the most of today.

To realize the value of ONE YEAR, ask a student who failed a grade.

To realize the value of ONE MONTH, ask a mother who gave birth to a premature baby.

To realize the value of ONE WEEK, ask the editor of a weekly newspaper.

To realize the value of ONE HOUR, ask the lovers who are waiting to meet.

To realize the value of ONE MINUTE, ask a person who missed the train.

To realize the value of ONE SECOND, ask a person who just avoided an accident.

To realize the value of ONE MILLISECOND, ask the person who won a silver medal in the Olympics.

Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to spend your time.

And remember that time waits for no one. Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it's called the present!

## Editorial Content Deadline



# 1st

of each month for the next month's issue

[news@great-news.ca](mailto:news@great-news.ca)



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# Great Grilled STEAKS

The origins of both the activity of barbecue cooking and the word itself are somewhat obscure, but most will agree, everyone enjoys a steak that's been grilled to perfection!

A great grilled steak begins with the grade and cut of beef you choose. Generally speaking, the grade is based on marbling and age, and the cut provides different qualities of tenderness.

Canada A, AA, AAA and Prime are the highest quality Canadian grades of beef.

Although tenderloin is the most tender cut of beef and also the most expensive, it isn't necessarily the most flavourful, as it has very little marbling, whereas a rib-eye, bone-in rib steak or sirloin, although a little less tender, are more flavourful. Experiment with different cuts to find your favourite!

A few general guidelines for grilling:

- purchase fresh (not frozen) steaks that are firm and brightly coloured
- ideally, steaks should be 1 – 1 1/2" thick to cook evenly
- remove steaks from refrigerator, cover, and allow to "warm up" 10-15 min. before grilling
- pat steaks dry with paper towel before cooking
- clean and oil grates with non-stick spray to avoid steaks from sticking to the grill
- season lightly, but do not salt steaks before cooking as salt extracts moisture from meat
- place steaks on a medium-high grill; cook on one side, flip once, and finish on other side
- grill steaks to the desired doneness – use the "tongs touch test" or a meat thermometer to test for doneness: *Rare* is soft to the touch/130° F; *Medium Rare* is slightly firmer and springy to the touch/140° F; and *Medium* is firm and slightly springy to the touch/150° F
- remove steaks from grill and **allow to rest 10-15 minutes** before serving as meat temperature rises 5-10 degrees after being removed from heat
- finish with a nice sea salt like Fleur de Sel

Thoughtful seasoning and choice of condiments can make a memorable steak. Choose them carefully and use sparingly so the effect is subtle and complementary. Enjoy!

-EG Rose

## COMMUNITY READERS RECOMMEND...



### Fiction

- The Cello Suites – Eric Siblín
- Something Borrowed – Emily Giffin
- An Echo In The Bone – Diana Gabaldon
- Against All Enemies – Tom Clancy
- Our Kind of Traitor – John Le Carre
- One Summer – David Baldacci

### Non-fiction

- From This Moment On – Shania Twain
- William & Catherine – Andrew Morton
- Far and Away – Neil Peart
- Finding Myself In Fashion – Jeanne Beker
- The Churchills – In Love and War – Mary S. Lovell
- Grow Your Own Vegetables In Pots – D. Schneebeli-morrell

### Classics

- The Grapes of Wrath – John Steinbeck
- The Talisman – Sir Walter Scott
- A Midsummer Night's Dream – William Shakespeare

# YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

• **August 1 – 11 In Passing Exhibition** by Artist in Residence, Tyler Los-Jones at Epcor Centre's Ledge Gallery (+15 level of Centre Court). The work is based on 24 animal species in Alberta currently classified as endangered. 403.294.9494 or epcorcentre.org

• **August 5 – 7 Annual Millarville Rodeo** featuring bull riding, steer wrestling, saddle and bareback bronc riding, calf roping, barrel racing. www.millarvilletrack.com / 403.931.2404

• **August 7 Marda Gras** New Orleans themed and family friendly. Good food and great entertainment in Marda Loop from 10am – 5pm. www.mardaloopbrz.ca

**August 8 – 14 Afrikadey!** A festival all about Africa held at various city locations. 403.234.9110 / www.afrikadey.com

**August 11 – 14 Taste of Calgary Food & Drink Festival** returns to the Festival Plaza at Eau Claire. www.tasteofcalgary.com / 403.293.2888

**August 12 – CFL Calgary Stampeders & Saskatchewan Rough Riders** play at 7:00 pm. Game is broadcast live on AM 770 CHQR and TSN

**August 13 Chinatown Street Festival** Experience the best of China – merchant and food tents, live music, children's activities, cultural displays, performances in downtown Chinatown. www.chinatowncalgary.com

**August 18 & 19 Toast 'n Jam Youth Music Festival** at the New Black Centre for Music & Art. www.calgary.ca/toastnjam

**August 18 – 20 International ReggaeFest** at Shaw Millennium Park from 11am – 11pm. Fun, music and dance. www.reggaefest.ca

**August 19 – 27 GlobalFest 2011** at Elliston Park SE. One World Festival and International Fireworks Festival. www.globalfest.ca

**August 26 – 28 Expo Latino** A fun-filled event featuring music and dance at Prince's Island Park. 403.271.2744 / www.hispanic.com

**running until September 4 – Mugs and Molls Rock & Roll Cabaret** at Jubilations Dinner Theatre. A hilarious send up of the old mobster movies combined with great music from the 50's for the whole family to enjoy. 403.249.7799 / www.jubilations.ca

## AUGUST 6 & 7 DRAGON BOAT FESTIVAL & RACE

at the North Glenmore Reservoir. dragonboat@chinatowncalgary.com



## RUNNING UNTIL AUGUST 28 – DON'T HUG ME

at Stage West. An award winning musical comedy with over the top songs and crazy characters, set in a colourful, rustic north woods bar in "Bunyan Bay", Minnesota. 403.2443.6642 / www.stagewestcalgary.com/shows.html



## ONGOING UNTIL NOVEMBER 20 – THE WARRIOR EMPEROR AND CHINA'S TERRACOTTA ARMY

at Glenbow Museum, one of only four venues on the Canadian National Tour. The largest tomb complex in China includes full-sized terracotta figures. Nearly a third of the artifacts on display have never before travelled outside of China. www.glenbow.org



AUGUST

**SEPTEMBER 13 – OCTOBER 2  
THE TOSCA CAFÉ**

presented by Theatre Calgary. The San Francisco Chronicle calls it "genuine magic". [www.theatrecalgary.com](http://www.theatrecalgary.com)



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**RUNNING UNTIL OCTOBER 30  
SHADY BUSINESS**

at . 403.243.6642 or [www.stagewestcalgary.com/shows.html](http://www.stagewestcalgary.com/shows.html)



**YOUR COMMUNITY/CITY EVENTS  
AT A GLANCE...**

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- **September 3 The Calgary Highland Games** take place at Springbank Park for All Seasons. Bagpipes, bands, dancers, caber toss, children's games, and ceilidh. Fun for everyone. [www.calgaryhighlandgames.org](http://www.calgaryhighlandgames.org)
- **September 7 – 11 Spruce Meadows Masters** Watch the world's top show jumping athletes at this tournament. Enjoy family entertainment, shopping and different foods from various countries. [www.sprucemeadows.com/tournaments](http://www.sprucemeadows.com/tournaments)
- **September 9 CFL – Calgary at Edmonton** 7:00 pm. [www.stampeders.com/schedule](http://www.stampeders.com/schedule)
- **September 9 – 17 Artcity Festival** 20th annual celebration of visual art, architecture and design. Events at various locations throughout the city. Free to the public. [www.artcityfestival.com](http://www.artcityfestival.com)
- **September 10 & 11 Calgary Produce Marketing Association Harvest Sale** takes place at Heritage Park Historical Village. Fresh fruits and vegetables in an old-fashioned setting and matching prices. Monies raised support local charities. 403.268.8500 / [www.heritagepark.ca](http://www.heritagepark.ca)
- **September 15 Hank Williams "Live" 1952 starring Joe Matheson (Dinner Show)** at the Deerfoot Inn and Casino. 403.236.7529 [www.deerfootinn.com](http://www.deerfootinn.com)
- **September 17 CFL Calgary Stampeders vs BC Lions** 5:00 pm at McMahon Stadium. [www.stampeders.com/schedule](http://www.stampeders.com/schedule)
- **September 17 & 18 Calgary Artwalk** with over 30 galleries showcasing artists at various galleries and studios in and around the city. Demonstrations, artist talks and other events, 403.263.6500 or [www.calgaryartwalk.com](http://www.calgaryartwalk.com)
- **September 23 – October 2 Calgary International Film Festival** Over 200 films from around the world. Screenings at various theatres in Calgary. [www.calgaryfilm.com](http://www.calgaryfilm.com)
- **September 24 & 25 Railway Days** at Heritage Park. Model railway displays and a train pull competition, demonstrations and tours. 403.268.8500 / [www.heritagepark.ca](http://www.heritagepark.ca)
- **until September 25 Burnt Toast Studio** exhibit at the Epcor Centre Window Galleries across from Max Bell Theatre. Five artists explore and present screen printing, relief printing, mixed media, papermaking, painting and sculpture. [epcorcentre.org](http://epcorcentre.org)
- **September 30 – October 2 Multicultural Impressions: Art and Literary Exhibition** at the Calgary Chinese Cultural Centre. View the artistic interpretations and impressions of Calgary's cultural diversity, including a gala evening and public art workshops. [www.calgarymulti.com](http://www.calgarymulti.com)



# PROGRESSIVE DENTAL

General Dentists

**Dr. Brian Palmer**

**Dr. Robert Phan**

**Dr. Justin Palmer**

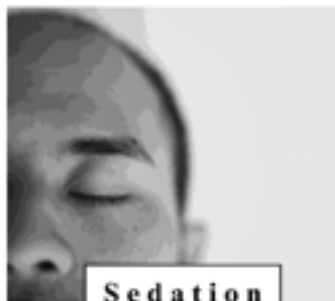
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47 Sunpark Dr Se

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[sunpark@pppd.ca](mailto:sunpark@pppd.ca)

## McKenzie Towne

(in front of the Keg)

618-4600 130<sup>th</sup> Ave Se

264-6909

[southtrail@pppd.ca](mailto:southtrail@pppd.ca)

[www.pppd.ca](http://www.pppd.ca)

# Festival of the Arts



Painting Photography Jewellery Crafts

**Saturday, August 13**

10:00 a.m. □ 4:00 p.m.

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Turner Valley



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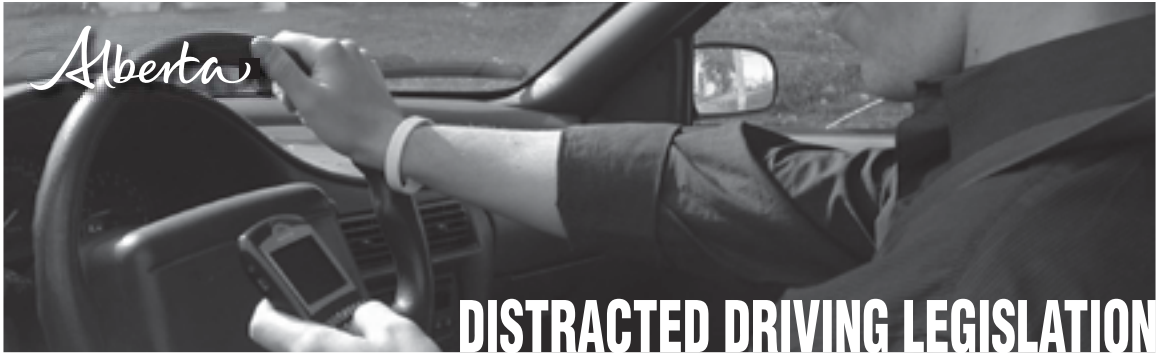
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of front suspension and  
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\* These coupons are valid for all Japanese 4 cylinder imports. Call for details on larger vehicles.

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### Effective September 1, 2011, restricts drivers from:

- » Using hand-held cell phones.
- » Texting or e-mailing.
- » Using electronic devices like laptop computers, video games, cameras, video entertainment displays and programming.
- » Portable audio players (e.g., MP3 players).
- » Entering information on GPS units.
- » Reading printed materials in the vehicle.
- » Writing, printing or sketching.
- » Personal grooming.

- Complements the current driving without due care and attention legislation.
- Applies to all vehicles as defined by the Traffic Safety Act, including bicycles.
- Applies to all roads in both urban and rural areas of the province.
- The fine for this new offence is \$172.

Government of Alberta ■

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# 403-225-5000 Dave Rose

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### 175 Heritage Lake Drive

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### 20 Heritage Lake Court

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B.G.Rose



BRAIN  
GAMES

## DOWN

1. Cdn. singer-songwriter of folk & folk-rock music (2 words)
2. A bird's home
3. Often used when grocery shopping
4. Hill in Ottawa
7. Golfer's warning to others
8. Cymbals crafted in Meductic, NB
10. Run away to marry
14. Hockey trophy (2 words)
17. A mountain range animal

## ACROSS

5. Emergency kit (2 words)
6. Old MacDonald's property
9. Nickname for Sault Ste. Marie (2 words)
11. Provincial bird of PEI
12. Famous Canadian landscape painters (3 words)
13. Yukon capital
15. Type of drum played while sitting on it
16. BC Provincial flower
18. Found on a fish and a dinner table
19. Moby Dick Captain
20. National television network

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Registration at studio August 23 and 30 5:00-7:00

Classes begin September 12th

# PROFESSIONAL SERVICES



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*Office Hours:*

<i>Monday</i>	<i>11:00 am - 7:00 pm</i>
<i>Tuesday</i>	<i>7:00 am - 7:00 pm</i>
<i>Wednesday</i>	<i>7:00 am - 7:00 pm</i>
<i>Thursday</i>	<i>7:00 am - 7:00 pm</i>
<i>Friday</i>	<i>7:00 am - 2:00 pm</i>
<i>Saturday</i>	<i>9:00 am - 4:00 pm</i>

**Shawnessy Village Shopping Centre**  
**134 - 70 SHAWVILLE BLVD. S.E. T2Y 2Z3**

## AUGUST MOON CALENDAR



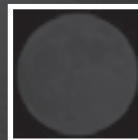
August 6  
 First Quarter



August 13  
 Full Moon



August 21  
 Last Quarter



August 28  
 New Moon

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

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- Enjoy your retirement
- Create your legacy

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During a ceremony held on January 2, 1908, the Ottawa branch of the **Royal Canadian Mint** was officially opened by Governor General Earl Grey, who activated the press to strike the Dominion's first domestically produced coin -- a 50-cent piece. His wife, Lady Grey, closed the ceremony by striking Canada's first bronze cent. Previous to that, Canadian coins were struck at the Royal Mint in London, England.

Currently, the Mint's facility in Winnipeg, which was officially opened in 1976, is responsible for producing the supply of Canadian circulation coins as well as foreign coins. The Ottawa Mint concentrates on producing collector and commemorative coins.

While the effigy of the reigning monarch has appeared on every Canadian coin produced since 1908, reverse designs have changed considerably over the years, with the Mint introducing commemorative designs, as well as designs that celebrate Canada's history, culture and values.

In 2004, the Royal Canadian Mint made history by issuing the world's first coloured circulation coin. The 25-cent coins were produced at the Mint's facility in Winnipeg and featured a red coloured poppy embedded in the centre of a Maple Leaf over a banner that read "Remember/Souvenir". In 2008 and 2010, the Mint produced two other 25-cent poppy circulation coins, both of which featured colour designs.

The Royal Wedding Coin is the most recent coloured coin to be minted for circulation -- a 25-cent coin featuring a portrait of the young couple, with Prince William's profile in the foreground and his bride Catherine Middleton at his side.





# Time Tracks

by Danah Cox, BFA, M.Div.

What do you consider the first day of the week, and why? The tradition, based on Christian shift from the time of Constantine, has it as being Sunday, which is reflected in most modern calendars. But, in YOUR mind, what do you track as the first day of the week, when does it start? Undoubtedly, some of you stuck with Sunday, but for others it is certainly Monday. This is not surprising, as the routines of events that occur, for most, is based on either school and/or work schedules, which both start Monday morning, and are usually followed by five days of keeping your head down, and dutifully plowing through until Friday (TGIF) and the release of the weekend. Then, after two days of some play, rest, and reflection on the week just passed, you've hopefully recharged yourself to face the starting gun, that is the Monday morning alarm clock.

Now consider, when does your year start? Officially, and obviously, all calendars start on January 1st, but again, in your mind what is the threshold of the new year? When does the yearly equivalent of the Monday morning alarm go off for you? I am sure many of you are thinking September, for some specifically the day after Labor Day. If this sounds about right to you, I would propose then that June is the TGIF month (or TGIF), and that we are now just beginning this year's "weekend" of July and August. So, if you are lucky enough to get time off, what should one do to give themselves the best chance to prepare, and recharge, for the upcoming hectic year.

Perhaps the best advice to recharge for the busy times of the upcoming year would paraphrase what every parent tells their children about crossing a busy street. "STOP" and consider all that you are thankful for over the last year, "LOOK" at what is important to you right now, and "LISTEN" to your heart as to what direction to go in the next year. Doing this may be the best way to safely cross the upcoming busy year, and avoid getting run over by modern life.

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