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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 - 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
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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			Christ the Redeemer Catholic School Board		
Transportation Department		403 652-6547	Transportation Department		403 938-2659
Transportation Officer, Virginia MacLeod			Transportation Officer, Bonnie Smith		

CHURCHES

DeWinton United Church okunited@telus.net	403-938-4357	Millarville Community Church Hwy. #549, east of Hwy. 22 mcc@platinum.ca	403-931-1618
Trinity Mennonite Church DeWinton office@Trinity.MennoniteChurch.ab.ca	403-256-7157	Red Deer Lake United Church Hwy. 22x West (1 km west of 37th Street SW) www.rdlunitedchurch.org	403-256-3181
Christ Church Anglican Church Millarville Hwy. #549, 6.4 km east of Hwy. 22 www.meotaparish.ca	403-933-3620	Canyon Creek Christian Fellowship 333 Midpark Way SE	403-256-3167
		Connexion Christian Fellowship 14500 Bannister Road	403-201-0404

HOSPITALS & WALK-IN CLINICS

High River Hospital 509 9 Ave W High River	403 652-2200	Urgent Care Centre 11 Cimarron Common Okotoks	403 995-2600
Rockyview General Hospital 7007 - 14 St SW Calgary	Admin 403 943-3000 Emergency 403 943-3449	Midnapore Medical Dental 37, 240 Midpark Way SE Calgary	403 256-1272
Alberta Children's Hospital 2888 Shaganappi Trail NW	Admin 403 955-7211 Emergency 403 955-7070	Shawnessy Medical Clinic 138, 70 Shawville Blvd SE	403 254-8703
		South Calgary Urgent Care 31 Sunpark Plaza SE	403 943-9300

COMMUNITY

DeWinton Community Hall	www.dewintonca.com	403 938-2525
The Lake at Heritage Pointe Owner's Association	www.thelake@heritagepointe.ca	
Dunbow Recreation Board	www.dunbowrecreation.org	
Shawnessy Library 333 Shawville Blcd. SE		403 221-2072
Newsletter Advertising Sales		403 720-0762

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Season's Greetings

from Great News Publishing

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Canadian Wignettes...

"Would it not be possible, in time of peace and quiet, to form relief societies for the purpose of having care given to the wounded in wartime by zealous, devoted, and thoroughly qualified volunteers?" ~ Henry Dunant, Swiss founder of the Red Cross

The Red Cross – five, red, equal-sized squares forming a cross that rests on a white background is one of the most recognized emblems in the world.

The emblem is an internationally respected symbol of protection, neutrality, and humanitarian aid. Thousands of volunteers serve communities around the world to help those suffering from famine, disease and war.

In 1909 the Canadian government passed the Canadian Red Cross Society Act which established it as the corporate body responsible for providing volunteer aid in Canada. The mission of the Canadian Red Cross is to improve the lives of vulnerable people by mobilizing the power of humanity in Canada and around the world.

Hope for Joy Online Auction for ALS
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www.hopeforjoyauction.com

THE INDOOR GARDENER

by Cindy DeJager

EASY PLANTS FOR THE OFFICE

The short, dark days of winter don't have to be dreary – now is the time to celebrate the 'indoor season' with some easy and favourite plants. Not all offices have ideal light, but some plants can do very well under fluorescent lighting. These popular houseplants will transform your office from stark white to instantly appealing and comfortable. Each does well in low light or under fluorescent lighting, but keep in mind that all plants need some natural light to stay healthy and beautiful.

HANGING

Golden Pothos (*Epipremnum aureum*)

One of the best plants for removing formaldehyde released from carpet and other materials in our homes and offices. It likes bright indirect light; preferably a northern exposure. This plant is perfect for the office because it does very well under fluorescent lights.

Heartleaf Philodendron (*Philodendron scandens*) also known as the Sweetheart Plant.

There are two kinds of philodendron, the upright and the trailing. For the office I recommend the trailing variety. They don't mind being kept in a small pot and they are very lovely hanging in a north facing window or sitting on a bookshelf.

Spider plant (*Chlorophytum comosum*)

I have mine hanging over the hutch on my desk. It is quite full and lush and has really cool spiderettes hanging down. They prefer natural but not direct sunlight.

UPRIGHT

Peace Lily (*Spathiphyllum wallisii*)

This elegant plant is at the top of the list for removal of toxins such as formaldehyde, ammonia and carbon monoxide from indoor air. The foliage is attractive with long dark-green, deeply veined leaves. It grows up to three feet tall and will do well in medium to low light.

Cindy DeJager is an avid indoor gardener.



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Dave Rose

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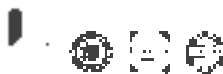
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Christmas stockings

Hanging a Christmas stocking on the fireplace mantel on Christmas Eve is a tradition that began in Germany, and has been adopted by many people in Canada

and the U.S. Since many homes do not have fireplaces, stockings are hung in almost any location.

Traditional practice was to reserve the stocking for five gifts that stimulate each of the five senses:

- something to eat, like fruit or candy
- a toy or other item that makes a noise (including nuts to crack)
- a visually pleasing item like jewellery, cuff-links, a colouring book
- something tactile, like modelling clay, a soft toy, or a pair of socks
- a fragrant item such as bubble-bath, cologne, scented candles, etc.

Originally, children used one of their everyday socks, but eventually, special Christmas stockings were created for this purpose.

Many families create their own personalized Christmas stockings, with each family member's name stitched into the stocking. Creativity abounds with stockings – some are hand-knit or crocheted, quilted, or appliquéd, large and small.

CROSSWORD

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Created by
B.G.Rose



DOWN

1. Let it ____!
2. Arctic animal
3. Official bird of Ontario
5. Hard, cane-shaped candy
7. Sung on New Year's Eve
8. Canadian author, L.M. _____
10. Maritime province
12. With bated ____
14. Hockey and cake decorating term
15. Official animal of Canada
16. Red and white variety of coniferous tree

ACROSS

4. Famous, traditional ballet (2 words)
5. Warm, downward moving air
6. Low, gentle neigh of a horse
9. Sauce served with turkey
11. A moon phase and a coin
13. Treats left for Santa (3 words)
16. Popular Christmas plant
17. Painting on a plaster wall
18. Group of singers

INSIGHT INSIGHT THE ROAD NOT TAKEN

by Robert Frost (1874 – 1963)

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I –
I took the one less traveled by,
And that has made all the difference.



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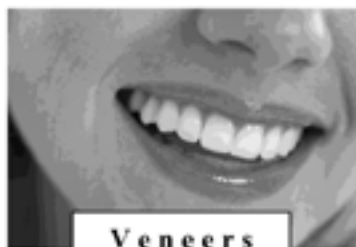
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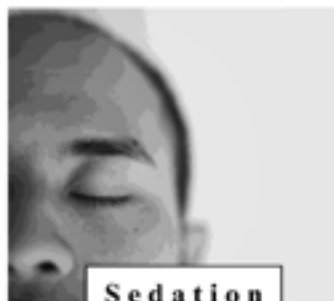
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YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **December 1 – 24 A Christmas Carol** by Charles Dickens, adapted and directed by Dennis Garnhum, starring Stephen Hair, presented by Theatre Calgary. Evening performances at 7:00 pm and matinees at 2:00 pm. Call 403.294.7447 or logon to www.theatrecalgary.com for detailed information.
- **December 3 Lunch at Allen's** featuring Murray McLaughlan, Ian Thomas, Marc Jordan and Cindy Church at the Deerfoot Inn & Casino. Show starts at 9:30 pm. 403.287.2299
- **December 7, 8 & 10 A Traditional Christmas** presented by Calgary Philharmonic Orchestra at Grace Presbyterian Church. Wednesday and Thursday performances at 7:00 pm and Saturday matinee at 2:00 pm. 403.571.0849 or cpo-live.com
- **running until December 11 Blithe Spirit** A ghostly comedy! Vertigo Theatre. Evening performances at 7:30, matinees at 2:00 pm. 403.221.3708 or www.vertigotheatre.com
- **December 9 & 10 Handel's Messiah** performed by Calgary Philharmonic Orchestra. Performances at 7:30 each evening. 403.571.0849 or cpo-live.com
- **December 10 Calgary Flames vs Edmonton Oilers** 8:00 pm at the Saddledome. CBC www.calgaryflames.nhl.com/club/schedule.htm
- **December 15 Christmas with John McDermott** 8:00 pm. Part of Calgary Philharmonic's Specials. 403.571.0849 or cpo-live.com
- **December 16 Calgary Hitmen vs Regina Pats** at the Saddledome 7:00 pm. www.hitmenhockey.com
- **December 20 George Canyon's Country Christmas** part of Calgary Philharmonic's Special Shows at 8:00 pm. 403.571.0849 or cpo-live.com
- **December 22 Detroit Red Wings & Calgary Flames** face off at 7:30 pm at the Saddledome. TSN www.calgaryflames.nhl.com/club/schedule.htm
- **December 23 Flames vs Canucks** 8:00 pm SNET-W(HD) www.calgaryflames.nhl.com/club/schedule.htm
- **December 31 Champaign Celebrations** Deane House Murder Mystery 7:00 pm. 403.269.7747 or logon to www.fortcalgary.com for detailed information

DECEMBER 2 DAVID GOGO

Part of Epcor Centre's Acoustic Blues Series. Enjoy blistering guitar licks and soulful vocals. Concert begins at 8:00 pm. For further information call 403.294.9494 or visit epcorcentre.org



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at Heritage Park 9:30 am – 4:00 pm. www.heritagepark.ca



DECEMBER 16 – 24 THE NUTCRACKER

A classic holiday favourite performed by Alberta Ballet. Phone 403.245.4549 or logon to www.albertaballet.com for details



DECEMBER

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**JANUARY 17
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**JANUARY 26 - APRIL 1
THE 39 STEPS**

at Stage West Dinner Theatre. 403.243.6642 or visit www.stagewestcalgary.com



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

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- **January 12 Ducks & Flames** faceoff at 7:30 pm at the Saddledome. SNET-W(HD) www.calgaryflames.nhl.com/club/schedule.htm
- **January 13 & 14 Movie Masterpieces: The Classics of John Williams** performed by the Calgary Philharmonic Orchestra – 8:00 pm both evenings. 403.571.0849 or cpo-live.com
- **January 14 Flames vs Kings** at 8 o'clock at the Saddledome. CBC www.calgaryflames.nhl.com/club/schedule.htm
- **January 22 World Snow Day** at Winsport's Canada Olympic Park. www.winsportcanada.ca
- **January 27 House of Doc** presented by Fish Creek Concerts and performed at Southwood United Church. For details logon to vishcreedconcerts@shaw.ca
- **January 27 The Music of Pink Floyd** performed by the Calgary Philharmonic Orchestra 8:00 pm. 403.571.0849 / cpo-live.com
- **January 28 Calgary Hitmen & Medicine Hat Tigers** face off at the Saddledome at 7:30 pm. www.hitmenhockey.com
- **January 28 Moby Dick** starring internationally acclaimed Canadian tenor, Ben Heppner as Captain Ahab. 8:00 pm. 403.262.7286 or visit www.calgaryopera.com
- **January 28 Hanson** at Deerfoot Inn & Casino Wristband @ 6:30 / Show @ 9:30 pm. Tickets at hotel front desk in person or phone 403.236.7529
- **January 31 - February 19 Enron** The Canadian premiere by Lucy Prebble, directed by Antoni Cimolino presented by Theatre Calgary. 403.294.7447 / www.theatrecalgary.com
- **January 31 Calgary Flames** face off in Detroit against the Red Wings. 7:00 pm SNET-W(HD)
- **Running until February 5th The Last Concert: Buddy Holly & Friends** at Jubilations Dinner Theatre. For detailed information 403.249.7799 or www.jubilations.ca

SLOW COOKER STUFFING

There never seems to be enough stuffing to accompany the turkey at Christmas dinner, and this recipe provides the perfect solution! I use a mixture of breads: French, whole wheat, multi-grain, etc. to add variety in colour, taste and texture.

Ingredients

- 8 cups dried bread, torn into pieces
 - 2 teaspoons poultry seasoning
 - 1/2 teaspoon each salt & pepper
 - 2 tablespoons butter
 - 2 tablespoons olive oil
 - few dashes of Worcestershire sauce
 - additional 1/3 cup butter, melted
 - turkey liver, chopped
 - 4 stalks celery, chopped coarsely
 - 1 medium onion, chopped coarsely
- Turkey neck, heart, and approximately 3 cups of water

Method:

Lightly spray slow cooker with cooking oil, add dried bread, and toss with poultry seasoning, salt and pepper.

Saute chopped celery, onion and turkey liver in butter and olive oil; then mix in with the bread. Add a couple of tablespoons of water into the sauté pan; scrape up all the browned bits from the pan and add to the stuffing mix, along with the additional 1/3 cup melted butter. Toss well.

Simmer the turkey neck and heart in 3 cups of water; add Worcestershire sauce and a pinch each of salt and pepper. After simmering for about an hour, remove the neck and heart from the broth and discard. Add 2 cups of this broth to the stuffing and mix well.

About 2 hours before the turkey is completely cooked, turn the slow cooker to the low setting to cook the stuffing mixture. When basting the turkey, add some basting drippings to the stuffing and continue to do so until the turkey is done. *Amount varies, depending on how moist you like your stuffing.

Turn slow cooker setting to “warm” and serve stuffing directly from it, or spoon into a serving bowl to pass at the table.

Enjoy!
- BG Rose

COMMUNITY READERS RECOMMEND...



Fiction

- The Cat’s Table – Michael Ondaatje
- The Lady of the Rivers – Philippa Gregory
- The Help – Kathryn Stockett
- Half-Blood Blues – Esi Edugua
- The Scottish Prisoner – Diana Gabaldon
- 11/22/63: A Novel – Stephen King

Non-fiction

- Cornered – Ron MacLean
- Speak Out Louder – Jack Layton
- Steve Jobs – Walter Isaacson
- Rin Tin Tin – Susan Orlean
- Provenance – Laney Salisbury & Aly Sujo
- Onstage Offstage: The Official Illustrated Memoir – Michael Buble

Classics

- A Christmas Carol – Charles Dickens
- Swiss Family Robinson – Johann Wyss
- The Prince and the Pauper – Mark Twain



NATURALLY

The coughs and colds of fall and winter can be distressing and limit your ability to enjoy life. Sometimes, they can linger on and on and the temptation is to dive for an antibiotic in hopes to stop symptoms from worsening or shorten the duration. This rarely works, and risks creating bacteria that become resistant to them. Saving antibiotics for when they are really needed, instead of using them “just in case” may ensure they work when we need them to. There are natural ways to keep colds, flu and sore throats at bay. Often these “bugs” are viral, which must be overcome and defeated by your own immune system. In the appropriate circumstances there are a range of herbal medicines and nutritional supplements that can support your immune system to work more effectively and efficiently, helping to safely reduce the uncomfortable symptoms associated with colds and coughs.

Stage 1: Inflammation

Colds typically begin with heat and dryness — a dry, sore throat, dry, stuffy nose and sinuses, a dry cough and fever. It's important at this stage to get as much rest as possible and drink plenty of fluids, ideally water or herbal teas. Your immune system has already initiated a reaction to the invading virus and many of the symptoms you experience are the result of your immune system working and yes this may feel uncomfortable for you and the virus! Taking something to suppress symptoms at this stage so you can “soldier on” with work or play is

not the best solution. The best thing you can do for yourself and everyone else is stay home and rest. Echinacea and andrographis are effective at this stage along with vitamin c and zinc.

Stage 2: Mucus

This point of the cold is where you blow your nose again and again, and it's perfectly normal and natural for mucus to change color. A change to green-yellow does not mean you necessarily have a secondary bacterial infection or require antibiotics. Mucus associated with bacterial infection is usually a striking fluorescent yellow. A very wet-sounding cough when first waking from sleep is from mucus dripping down the back of the throat while lying down and accumulating at the top of the airways. The cough reflex is triggered and helps to move it up and out, preventing it from entering the lower airways. A quick listen to the chest by a health pro-

fessional will identify whether a cough is caused by a chest infection or a runny nose dripping backwards.

There are herbal medicines to help dry and reduce mucus production, a favorite is golden seal.

Road to Recovery

There's no truth to the myth that echinacea is not effective or safe to give longer term. Echinacea does not deplete the immune system or result in your body becoming tolerant to it; in fact, echinacea works best when given over a longer period of time.

The addition of astragalus, particularly if you're susceptible to catching colds can help to minimize your chances of getting sick. However, frequent colds and flu should be assessed as to why the susceptibility – rarely it is the environment more specifically it is something within the individual that allows cold and flu to take hold. Poor digestion, stress, high sugar consumption, specific system imbalances prevent the immune system from operating effectively.

Products containing ginseng may be beneficial in preventing and treating colds/flu due to stress or overwork. Children prone to viral infections may be mineral deficient including iron. Most colds and flu can be safely and effectively treated at home using herbs, and supplements.

Linda Kodnar B.Sc. Pharm, ND

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Friday	7:00 am - 2:00 pm
Saturday	9:00 am - 4:00 pm

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Poinsettia Care

DO

- DO place your plant in indirect sunlight for at least six hours per day
- DO provide room temperatures between 68-70 degrees F / 20-21 degrees Celsius
- DO water when the soil feels dry to the touch
- DO use a large, paper sleeve to protect your poinsettia when transporting it
- DO fertilize after the blooming season with a balanced, all-purpose fertilizer

DON'T

- DON'T place plants near cold drafts or excessive heat sources
- DON'T expose plants to temperatures below 50 degrees F / 10 degrees Celsius – poinsettias are very sensitive to cold and wind
- DON'T over water your plant or allow it to sit in standing water – always remove the plant from any decorative container before watering, and allow water to drain completely
- DON'T fertilize your plant when it is in bloom



While these animals may not be able to soar through the skies without the help of the jolly fellow in red, there are some interesting facts about reindeer:

- Reindeer reside in the Arctic north. They can be found in North America, Asia & Europe
- These animals are cousins of the caribou, which are larger than reindeer
- Reindeer can pull a full sleigh at a speed of 12 – 15 miles per hour
- Reindeer and caribou are the only deer where males, females, and calves produce antlers. Like other deer, they shed their antlers each year
- Reindeer hair is extremely dense so that the animals can survive in the Arctic. This thick coat allows the animals to lay on snow without melting it and getting wet
- Reindeer have large feet in relation to their body size, which helps them walk on snow



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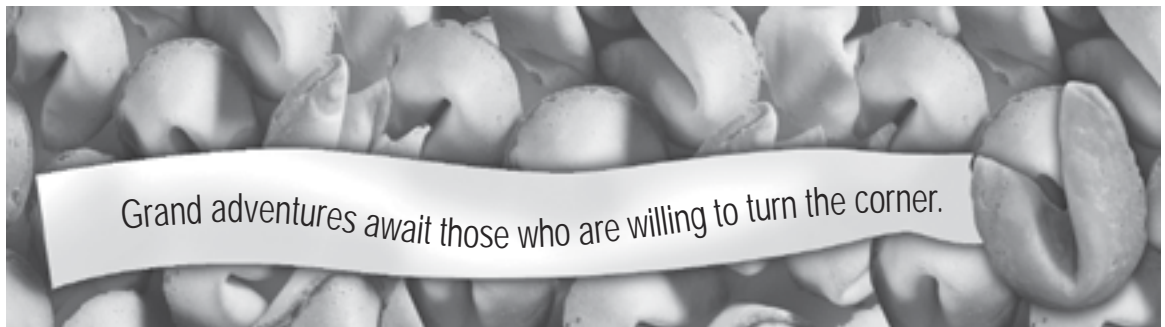
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Constituency Office
255, 11488 24th Street SE
Calgary, Alberta
T2Z 4C9
Telephone: 403-215-4380
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*Season's Greetings to all!
I wish you the very best during the
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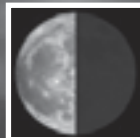
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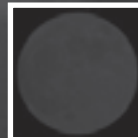
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Full Moon



Dec. 18
Last Quarter



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