

FEBRUARY 2011

YOUR COMMUNITY NEWSLETTER

your

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YOUR COMMUNITY CONNECTIONS

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Heritage Heights School 3156 Hwy 552E, DeWinton	Kindergarten - Grade 9 403-938-1400
Big Rock Elementary 33 Hunters Gate, Okotoks	Kindergarten - Grade 6 403-938-6666
Dr. Morris Gibson School 147 Crystalridge Drive, Okotoks	Kindergarten - Grade 6 403-938-6221
Ecole Percy Pegler Elementary Offering full English & French Immersion 69 Okotoks Drive, Okotoks	Kindergarten - Grade 6 403-938-4449
Ecole Okotoks Junior High School Offering full English & French Immersion 1 Pacific Avenue, Okotoks	Grades 7 - 9 403-938-4426
Foothills Composite High School/ Alberta High School of Fine Arts Offering full English & French Immersion 229 Woodhaven Drive, Okotoks	Grades 10 - 12 403-938-6116
Foothills School Division Preschool Program Big Rock Elementary School 33 Hunters Gate, Okotoks	403-938-6666

CATHOLIC

www.redeemer.ab.ca

Holy Trinity Academy Grades 9 - 12 338 Avenue East and 32nd Street East, MD of Foothills #31 offers I.B. and French Immersion	403 938-2477
Good Shepherd School Grades ECS - 6 52 Robinson Drive, Okotoks, AB T1S 2A3	403 938-4318
John Paul II Collegiate Grades 7 - 9 53 Cimarron Drive, Okotoks AB T1S 2A6 Offers late French Immersion	403 938-4600
St. Paul's Academy Virtual School & Okotoks Homeschooling Services Grades 1 - 12 53 Cimarron Drive, Okotoks AB T1S 2A6	403 938-4119 or 403 938-8046

PRE-SCHOOLS, PLAY GROUPS & PRIVATE SCHOOL

De Winton Play Group & Play School Preschool De Winton Community Centre	403 938-2525
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Open Arms Catholic Preschool Preschool Okotoks	403 852-8273
Learning Experience Preschool - Jr. Kindergarten #10, 17107 James McKeivitt Road SW, Calgary	403 256-1417
Calgary French & International School Preschool - Grade 9 700 - 77 Street SW, Calgary	403 240-1500
Glenmore Christian Academy Grades ECS - 9 16520 - 24 Street SW, Calgary	403 254-9050
Edison School PreK - Grade 12	403 938-7670
Strathcona-Tweedsmuir School Grades 1 - 12 RR #2, Okotoks, AB T1S 1A2	403 938-4431

SCHOOL BUS INFORMATION

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

HOSPITALS & WALK-IN CLINICS

High River Hospital 509 9 Ave W High River	403 652-2200
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 11 Cimarron Common Okotoks	403 995-2600
Midnapore Medical Dental Midnapore Mall 37, 240 Midpark Way SE Calgary	403 256-1272
Shawnessy Medical Clinic 138, 70 Shawville Blvd SE Calgary	403 254-8703
South Calgary Urgent Care 31 Sunpark Plaza SE	403 943-9300

CHURCHES

DeWinton United Church okunited@telus.net	403-938-4357
Trinity Mennonite Church - DeWinton office@Trinity.MennoniteChurch.ab.ca	403-256-7157
Christ Church Anglican Church – Millarville Hwy. #549, 6.4 km east of Hwy. 22 www.meotaparish.ca	403-933-3620
Millarville Community Church Hwy. #549, east of Hwy. 22 mcc@platinum.ca	403.931-1618
Red Deer Lake United Church Hwy. 22x West (1 km west of 37th Street SW) www.rdlunitedchurch.org	403-256-3181


In & Around Your
COMMUNITY!

LADIES' BREAKFASTS AT ST. PETER'S ANGLICAN CHURCH – Okotoks take place the second Saturday of each month starting at 9:00 am. All Women are most welcome to attend. (Child care is available if needed.)

Editorial Content Deadline

1st
of each month
for the next
month's issue

news@
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"Supporting the Shelter Foundation"



Friendship Bread

Recipe exchanges are always popular, and this one is particularly enjoyable as it keeps you engaged and interested not only in the process, but also with friends and family. Life is always more fun when shared!

Starter Ingredients

DO NOT use metal bowls or spoons and **DO NOT** refrigerate

- 1 package active dry yeast
- 1 cup milk 250 ml
- 1 cup flour 250 g
- 1 cup sugar 250 g

Dissolve yeast in a small amount of warm water. Mix all ingredients in a large bowl and store in a large freezer bag and seal. (Room for expansion is required as it ferments.) Consider this Day 1 of your starter.

Day 1: Either the day you receive or make the starter – do nothing else

Day 2, 3, 4: Stir with non-metal utensil and allow gases to escape before re-sealing

Day 5: Add 1 cup/250 g each of flour, sugar, milk; stir well

Day 6, 7, 8, 9: Stir with non-metal utensil and allow gases to escape before re-sealing

Day 10: Add 1 cup/250 g each of flour, sugar, milk; stir well. Measure out 3 separate batters of 1 cup/250 ml each into large freezer bags, each marked with the date and "Day 1". (Give these starters to two friends, along with this recipe, and keep one for yourself.) Approximately 1 cup/250 ml of starter will remain, which you bake with this day.

Baking Your Friendship Bread

- 1 cup of starter 250 ml
- 2 teaspoons vanilla 10 ml
- 3 large eggs 3
- ½ cup oil 125 ml
- ½ cup unsweetened applesauce 125 ml
- ½ cup milk 125 ml
- 2 cups flour 500 g
- ¾ cup sugar 175 g
- 1 ¼ tsp. baking powder 6.25 g
- ½ tsp. baking soda 2.5 g
- 1 teaspoon ground cinnamon 5 g
- 1 cup raisins 250 g (or your favourite dried fruit)
- 1 cup chopped nuts 250 g (optional)

- Preheat oven to 350 degrees F
- Lightly grease two loaf pans
- Sift together all dry ingredients
- Stir together all wet ingredients, then gradually add dry ingredients, until blended
- Fold in raisins and chopped nuts
- Divide batter evenly between two loaf pans and bake approximately 45 – 50 minutes
- Cool 20 minutes before removing from pans

- *BQ Rose*

COMMUNITY READERS RECOMMEND...



Fiction

- Towers of Midnight – Robert Jordan
- What the Night Knows – Dean Koontz
- The Outlaws – W.E.B. Griffin
- The Sentimentalists – Johanna Skibsrud
- Of Love and Evil – Anne Rice
- Cool Water – Dianne Warren

Non-fiction

- The Golden Jet – Bobby Hull
- William & Kate: A Royal Love Story – Christopher Andersen
- Cleopatra: A Life – Stacy Schiff
- Never Too Late: Take Control of Your Retirement – Gail Vaz-oxlade
- Freakonomics – Steven D. Levitt
- Lakeland: Journeys into the Soul of Canada – Allan Casey

Classics

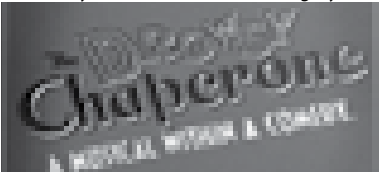
- Romeo and Juliet – William Shakespeare
- White Fang – Jack London
- Animal Farm – George Orwell

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **February 2 – March 6 The Romeo Initiative** part of Alberta Theatre Projects' 25th Annual Enbridge playRites Festival of New Canadian Plays. atplive.com or 403.294.7402
- **February 3 – April 10 Move Over Mrs. Markham** at Stage West. Check www.stagewestcalgary.com/shows.html for detailed information
- **February 5 Ian Tyson** at 8 pm with Calgary Philharmonic Orchestra. Logon to cpo-live.com or phone 403.571.0849 for information
- **February 10-12 Four Seasons & Cantata** presented by Alberta Ballet. Visit albertaballet.com or phone 403.245.4549
- **February 11 – April 10 Tom Jones & The Temple of Doom** at Jubilations Dinner Theatre. Phone 403.249.7799 or www.jubilations.ca/jubilations/cal_schedules.html
- **February 12 Calgary Hitmen vs Prince George Cougars** 7 pm at the Saddledome. www.hitmenhockey.com
- **February 18 & 19 Summertime – George Gershwin in Song** presented by Calgary Philharmonic Orchestra at 8 pm both evenings. Phone 403.571.0849 or cpo-live.com
- **February 20 Orchestra From Planet X** featured as part of the Symphony Sundays for Kids at 2:30 pm. Logon to cop-live.com or 403.571.0849
- **February 22 Calgary Flames vs Boston Bruins** 7 pm at the Saddledome. www.flames.nhl.com
- **February 26 Calgary Hitmen and Kelowna Rockets** face off at the Saddledome 7 pm. www.hitmenhockey.com
- **February 26 Brother Yusef** presented by Epcor Centre's CARMA Acoustic Blues Series. Blues delivered with traditional finger picking and slide guitar. Go online at epcorcentre.org or 403.294.9494

February 8 – March 6 THE DROWSY CHAPERONE

presented by Theatre Calgary in co-production with the Manitoba Theatre Centre. Fast and funny 1920s musical – the toast of the 2006 Tony Awards. www.theatrecalgary.com



February 18 APRIL VERCH

a dynamic Canadian fiddler, singer and stepdancer presented by Fish Creek Concerts. For information 403.244.2912, www.fishcreekconcerts.com or fishcreekconcerts@shaw.ca.



February 20
the 2011 Heritage Classic –
CALGARY FLAMES AND MONTREAL CANADIENS
face off at McMahon Stadium 4 pm MST.
Broadcast on CBC, RDS, and VERSUS



FEBRUARY

March 15 PHOENIX COYOTES & CALGARY FLAMES

face off at 7:30 at the Saddledome. Logon to flames.nhl.com. Broadcast on TSN



March 30 ACOUSTIC AFRICA

featuring the richness of African guitar traditions – part of Epcor Centre's World Music Series. Tickets and information 403.294.9494 or epcorcentre.org



Ongoing: CREATIVE KIDS MUSEUM

at TELUS World of Science where curiosity grows. Details and information 403.268.8300 or www.calgaryscience.ca



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **March 5 – April 3 And Then There Were None** by Agatha Christie presented by Vertigo Mystery Theatre. Ticket office 403.221.3708 or logon to www.vertigotheatre.com
- **March 9 Paco Pena Flamenco Vivo** part of Epcor Centre's World of Music Series. Enjoy song and dance drawn from flamenco and rich traditions. Tickets 302.294.9494 or epcorcentre.org
- **March 12 Calgary Flames & Anaheim Ducks** face off at 8:00 pm at the Saddledome. Logon to flames.nhl.com. Broadcast on CBC (Hockey Night in Canada)
- **March 18 Martyn Joseph** presented by Fish Creek Concerts. Logon to www.fishcreekconcerts.com for detailed information and tickets
- **March 18 Tim Hus** storyteller, singer and songwriter at Heritage Park. Details and information 403.268.8500 or www.heritagepark.ca
- **March 20 Calgary Hitmen vs Medicine Hat Tigers** 2:00 pm at the Saddledome. www.hitmenhockey.com
- **March 22 – April 10 Much Ado About Nothing** directed by Dennis Garnhum at Theatre Calgary. Tickets 403.294.9494 or view details at www.theatrecalgary.com
- **March 24 & 25 The Best of Fleetwood Mac** at 8:00 pm each evening presented by Calgary Philharmonic Orchestra. Logon to cpo-live.com or phone 403.571.0849 for information
- **March 24 – 26 Serenade & Vigil of Angels** performed by Alberta Ballet. For information 403.245.4549 or albertaballet.com
- **March 26 Flames vs Oilers** at 8:00 pm. Broadcast on CBC (Hockey Night in Canada)
- **March 29 – April 16 The Erotic Anguish of Don Juan** by the Old Trout Puppet Workshop. Tickets & information atplive.com or 403.294.7402

ask about **DESIGN**

by **Glen Richardson**

Q : My 11 year old daughter's bedroom has two alcoves, one created by a dormer. Although the room is large, no matter where I put the head of the bed, it interrupts the flow of the room. Do you have any ideas on how to arrange the room more efficiently?

The first thing that comes to mind is that this room should be able to usher your daughter from 'tween to teen without difficulty. This usually means room for a desk, more clothes, an increase in electronics, and bigger friends.

So, under the window goes the desk-easy decision. The

increase in quantity of clothes and easy access? Closet organizers from IKEA or California Closets. Having already seen the room, I can also say that the existing built-in bookshelf should be made deeper with doors on the bottom to conceal "stuff".

My best idea is that a double sized day bed will fit perfectly in the other alcove. The over pillowed bed doubles as a sofa for lounging around . This will free up the centre of the room for whatever else it is that teens do. The wooden front doors you saved from the foyer reno in October will make a beautiful headboard and the new focal point in the room. For now, the Justin Beiber floor rug will just have to do.

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How will your community take part in the International Year of Youth?

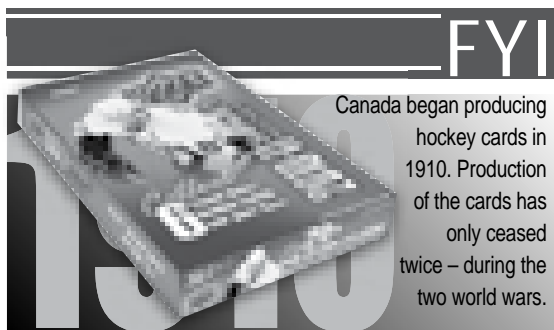
Did you know that the International Year of Youth (IYY) was officially kicked off in August 2010 by the United Nations? IYY will continue until August 2011 and is designed to promote peace, freedom, and solidarity toward the promotion of youth development and the achievement of the Millennium Development Goals.

Through IYY the UN hopes to:

1. Create awareness (increase commitment and investment in youth)
2. Mobilize and engage (increase youth participation and partnerships)
3. Connect and build bridges (increase intercultural understanding among youth)

To support this initiative, the Canadian Parks and Recreation Association has designated May 1-7, 2011 as National Youth Week - an excellent time to promote IYY by planning a related event for youth in your community.

Please visit the IYY website: <http://social.un.org/youthyear/index.html> to find a brochure with more information, as well as a link to post your youth events supporting IYY this year.



Canada began producing hockey cards in 1910. Production of the cards has only ceased twice – during the two world wars.



THE WHOLE WORLD CAME TOGETHER

A young mother was ready for a few minutes of relaxation after a long and demanding day. However, her young daughter had other plans for her mother's time.

"Read me a story, Mom," the little girl requested. "Give Mommy a few minutes to relax and unwind. Then I'll be happy to read you a story," pleaded the mother.

The little girl was insistent that Mommy read to her now. With a stroke of genius, the mother tore off the back page of the magazine she was reading. It contained a full-page picture of the world. As she tore it into several pieces, the young mother asked her daughter to put the picture together and then she would read her a story. Surely this would buy her considerable relaxing moments.

Within a very short time, the little girl announced the completion of her puzzle project. The mother was astonished to find the world picture completely assembled. When she asked her daughter how she managed to do it so quickly, the little girl explained that on the reverse side of the page was the picture of a little girl. "You see, Mommy, when I got the little girl together, the whole world came together."

Each of us has the responsibility to put our world together. It starts by getting ourselves put together. We can become better parents, friends, spouses, employees, and employers. The first step is changing our attitude.



Alberta Family Day

February 21

Family Day, a statutory holiday in Alberta, was first celebrated in 1990 and occurs on the third Monday in February each year. It was declared to recognize the values held by the pioneers of home and family – proud pioneers who built Alberta.

On Family Day, banks, schools and government offices are closed, and public transportation runs on a reduced holiday schedule. To avoid any disappointments, be sure to call ahead to restaurants, stores and attractions to confirm their hours of operation.

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Photos by Duane Martin

I watched our flight attendant's head slowly drop to her chest as our flight climbed out of Athens on our way to Santorini. To be fair it was early but it occurred to me that if I could stay awake for 5:00 am departure, so could she. Never mind, I was soon distracted by the spectacular red ball of a sun rising over the Aegean as we approached the coast of the island. We banked steeply and began to descend. Just as the wheels touched the runway, our sleepy young flight attendant woke with a start, glanced around to see if anyone was watching and reached for the microphone. "Ladies and gentlemen, welcome to Santorini."

The island of Santorini is all that remains from an ancient, enormous volcanic explosion that left behind a three sided caldera rising steeply from the sea. The soaring cliff sides of the caldera reach over 900 ft, and the small towns of Santorini are scattered along the top. Fira is the capital of the island and that's where we were headed.

We had booked our accommodation in a tourist office in Athens in the hopes that we would find something charming and different and we weren't disappointed.

The hotel was perched on the edge of the caldera with astonishing views of the emerald Aegean below us. The walls and ceiling of our room were the dazzling white so synonymous of Greece but the back wall was roughly carved from the original black basalt of the cliff and the overall effect was like a cozy cave.

The room was spacious with a comfortable bed, a small fridge and a large bathroom with a shower that had a tiny casement window that opened onto our private balcony overlooking the sea. It was on our first morning when showering that I sensed I wasn't alone. Sure enough, a small tabby cat had jumped up onto the window ledge in the shower and was idly watching me, no doubt glad that I was the one in the water and not her.

Let me say here that Santorini is not so much a place to visit as it is a way of life and we quickly settled into

island routine. Rising at 7:00, we would order a continental breakfast of freshly squeezed orange juice, strong black coffee and a selection of crusty rolls and sticky sweet buns with various jams and jellies. Shortly after, a pleasant young woman would appear with our breakfast tray. She set two places on the small table on the balcony and after asking if there was anything else she could do, left us to enjoy the meal in the morning sunshine.

We found a nearby grocery store on the first day's exploring that sold all kinds of local products. Don't you just love to wander in grocery stores in foreign lands? So many different kinds of foods to see but even a can of pork and beans seems exotic when the label is in another language. We stocked up on cat food after realizing that a stray mother cat and her three kittens had adopted us for the duration of our stay. She would bring them every morning in time for breakfast and stay with us until the climbing sun made her seek out a cooler place for them to drowse away the day.

Shopping in Fira was expensive but the gorgeous shops selling jewellery and designer clothing were worth a look. The town of Oia is more off the beaten

path so one hot afternoon we boarded a crowded bus for the half hour ride there. Passing through villages along the way, we swayed up and down the dusty roads skirting the hills, a kindly Greek Orthodox priest seated beside me offering to hold my packages during the ride. Off in the distance the white and turquoise blue domed buildings of Oia glistened in the sun creating a photo opportunity at every turn.

On the opposite side of the caldera from Oia is the fascinating archaeological site of Akrotiri. It's a prehistoric town that was destroyed around 1450 BC by a volcanic eruption. The day we went it was scorching hot so we were relieved to find that the excavation was sheltered from the sun beneath a large shed like covering. Walking through the preserved buildings and along the excavated streets was truly stepping back in

time. I wondered who the people were who worked and lived here. Interestingly, no human remains were ever found there so it is thought that the inhabitants had adequate warning to leave.

In the late afternoons we would come back to our room to rest and to freshen up for the evening. By some great stroke of luck our grocery store also sold locally produced wine and while not necessarily a connoisseur's choice, we enjoyed many a chilled glass of it while watching the sun set from our balcony.

Night time came quickly on Santorini and we were early to bed. After all, we expected a family of four for breakfast.

Lisa Martin has travelled extensively throughout the British Isles, Europe, Australia, Canada, the United States, and Mexico, as well as parts of the Middle East and Asia.

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Mon-Thur - 10:00 am – 9:00 pm • Fri & Sat - 10:00 am – 6:00 pm
Sun (mid-Sept to mid-May) - noon – 5:00 pm

FEBRUARY AT SHAWNESSY LIBRARY

Programs for 50 and Forward

50+ Coffee and Conversation: Join us for coffee, conversation, and informal presentations of interest Fridays, 2:00 – 3:30 p.m. No registration required.

Healing with Home Remedies: Learn how to prepare rejuvenating remedies, at minimal cost, with everyday household items. Presented by Innerscapes. Friday, March 4th 2:00 – 3:30 p.m. Registration required.

Just for Parents

Coffee and Conversation for Parents: If you have a baby or toddler at home, bring them along and socialize with other parents Mondays until to April 25 (no program February 21). 10:30 – 11:30 a.m. No registration required.

Programs for Adults

Tax Clinic at Your Library: Drop in for free, one-on-one help with your tax return. First come, first serve. In partnership with the Poverty Reduction Coalition, United Way of Calgary and Area. Please note: there is an eligibility requirement based on income. Tuesday, March 1st 4:00 – 8:30 p.m. No registration required.

Just for Teens

The Hunger Games Challenge: Join us for our version of the Hunger Games! See if you can survive the Hunger Games...Library Style! Ages 13 – 17. Friday, March 11th 3:00 – 4:00 p.m. No registration required.

Literacy and Reading

Homework Help: Students meet in small groups with trained volunteers for homework help and fun literacy activities. Grades 3 to 6. Wednesdays, February 2 – March 23 5:30 – 6:30 p.m. Registration required.

Drop-in Family Storytime: Saturdays March 5, April 9 to May 14 10:30 – 11:00 a.m. For ages 2 to 5 with parent/caregiver.

Register for programs at calgarypubliclibrary.com, in person, or by calling 403-260-2620. A valid Calgary Public Library card is required to attend all programs.



Frequently asked RSP Tax Questions

by Michael Martin

It's time again to start thinking about your RSP contribution. To help you in your decision-making, this article answers a few of the most frequently asked RSP tax questions.

PRIVATE COMPANY SHARES — CAN I HOLD PRIVATE COMPANY SHARES IN MY RSP?

If so, what are the tax consequences?

Yes, if certain conditions are met, you can hold shares of small- or medium-sized Canadian controlled private corporations (CCPC) that carry on active business and are not listed on a prescribed stock exchange in your self-directed RSP.

CAN I SWAP SECURITIES INTO MY RSP IN EXCHANGE FOR CASH? IF SO, WHAT ARE THE TAX IMPLICATIONS?

Yes, it is possible to transfer securities from a non-registered account to your RSP in exchange for cash. The tax implications are as follows:

- The securities must be transferred to the RSP at their fair market value (FMV) on the date of the transfer.
- An amount of cash equal to the FMV of the securities must be transferred out
- You must recognize the unrealized capital gain on the securities and if the securities you transfer to the RSP

are in a loss position, the loss will be denied and lost forever.

SWAPPING BONDS OR OTHER INTEREST-BEARING SECURITIES

If you transfer bonds or other interest-bearing securities to your RSP, any accrued interest and any capital gains on the bonds have to be recognized on your tax return in the year of the swap.

SWAPPING SECURITIES OUT OF MY RSP IN EXCHANGE FOR CASH

As all of the growth (or losses) of the assets were tax-sheltered while in the RSP, the securities will be transferred to your cash account at their fair market value (FMV) with no current tax consequence.

HOW DOES THE FORGOTTEN RSP CONTRIBUTION WORK?

The forgotten RSP contribution involves making your RSP contribution just prior to the end of the year in which you turn age 71.

IF MY SPOUSE IS YOUNGER THAN 71, DO I STILL NEED TO CONSIDER THIS STRATEGY?

The forgotten RSP contribution may not be necessary if you are turning age 71, but still have a spouse who is younger. If this is your situation, you can continue to make contributions to a spousal RSP owned by your spouse as long as your spouse is young enough to have an RSP.

Michael Martin is an Investment Advisor with RBC Dominion Securities Inc. Member-Canadian Investor Protection Fund. This article is for information purposes only. Please consult with a professional advisor before taking any action based on information in this article.

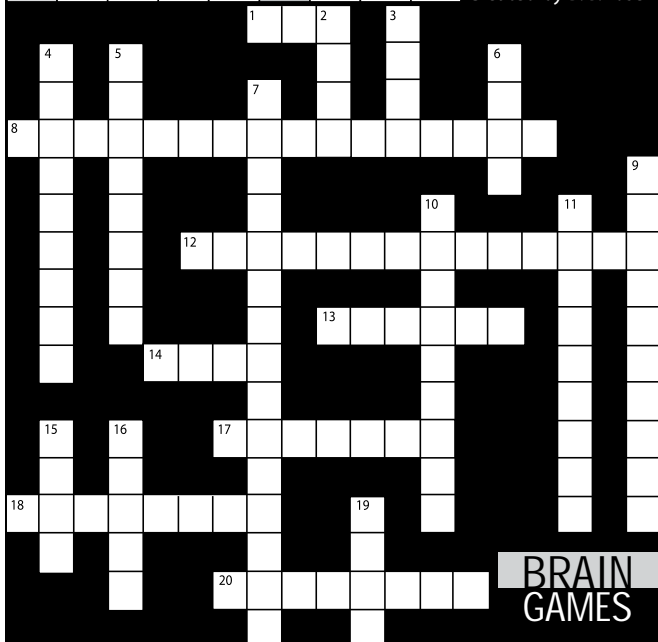


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DOWN

- 2 Spanish for water
- 3 Bovine team used to pull ploughs
- 4 Day named after a rodent
- 5 Spectacular canyon in Banff Nat'l Park
- 6 Type of ski lift
- 7 NHL game played outdoors in February
- 9 Largest lake in Banff Nat'l Park
- 10 Canadian symbol (2 words)
- 11 Paper greeting sent in February
- 15 Name for a fairy tale giant
- 16 Term used in baking and hockey
- 19 An Esposito brother

ACROSS

- 1 Celebratory Greek exclamation
- 8 Name of world's largest winter celebration
- 12 Popular street for shoppers in Quebec City (2 words)
- 13 A net minder
- 14 Part of a musical scale
- 17 Apple pie ____ (3 words)
- 18 Three mid-west provinces
- 20 Christopher Robin's bear was named after this city

BRAIN
GAMES

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February Is Heart Month



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. **February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.



A Little Something for the Plant Lover

The most simple and easy ideas can be the most attractive.

Here is something that I did for my girls in our Sales Department:

- Glass candle votives (clear glass)

- Decorative gems (your favourite colour).

- Spider plantlets

Place coloured gems into the votive (about ½ full)

Add the spider plantlet and anchor the base of the plant with the gemstones.

Add water (¾ full)

I gave each girl her own votive for her desk and the only care that it needs is to be watered when needed. The spider plant will continue to grow, though slow enough to enjoy for several months. My girls have had theirs now for at least six months!

Cindy de Jager is an avid indoor gardener.



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Quickly becoming a history making hockey game, the NHL Heritage Classic will be played on February 20th at McMahon Stadium. The Calgary Flames will face the Montreal Canadiens at 4:00 pm MST – the second outdoor game of the 2010-2011 NHL season.

In keeping with the tradition of other outdoor games, the Flames will be sporting “retro” jerseys, reminiscent of the vintage Calgary Tigers’ uniform

worn in the early 1920s – maroon with deep yellow stripes, and tan pants. It will include the 2011 Heritage Classic logo patch on the front, as well as the flaming “C” logo.

Hockey played on an outdoor rink transports most fans back to the roots of hockey, and the love of the game – one that is truly Canadian, and one that all Canadians can be proud of.

Go Flames Go!

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ANTIQUE YOUR Décor

by Judy Curran

You probably think it is too costly to decorate with antiques? Well, that's exactly what I always thought too, until recently, while working on my great aunt and uncles' house. They have gone into a care facility and I have had the task of cleaning out their home. I made a couple of trips to antique stores to see what was of value, to get an idea of what I needed to keep and what I could let go. I was completely surprised to find that their belongings actually had some value, not much, but there is a market for most of their items. I could not believe the prices, not to mention that everything was unique and beautifully well made. Being an interior decorator, I was so inspired with ideas. Unless you are looking for originals and very rare pieces, antiques and vintage items are very well priced, even better than furnishings or accessories made today. Especially Royal Doulton or Royal Albert China -- I saw a 12 piece set for \$200. Years ago that would have cost over \$2000. Being a little more creative, you can really decorate on a very tight budget and come out with some very stunning one-of-a-kind items. Buying vintage and antique items is also a very economical way to cut down on what goes into our landfill. I hate to send anything to landfill and will recycle or re-use anything that I can, and many others have also come up with new and exciting uses for those items. So next time you are in the market for something new, make sure you check out an antique store first. I guarantee you, you will be pleasantly surprised. I am so inspired I have decided to make "decorating with antiques" my specialty.

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Children's Cottage	403 233-2273
(24 hrs. Crisis Nursery)	
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Hospital - Rockyview	403 943-3000
Hospital - Children's	403 955-7211
Parent Resource Line	403 205-5189
Poison Centre	403 944-1414
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Suicide Crisis Line	403 266-1605
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then dial 780 427-1432	
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