

JULY 2011

YOUR COMMUNITY NEWSLETTER

your

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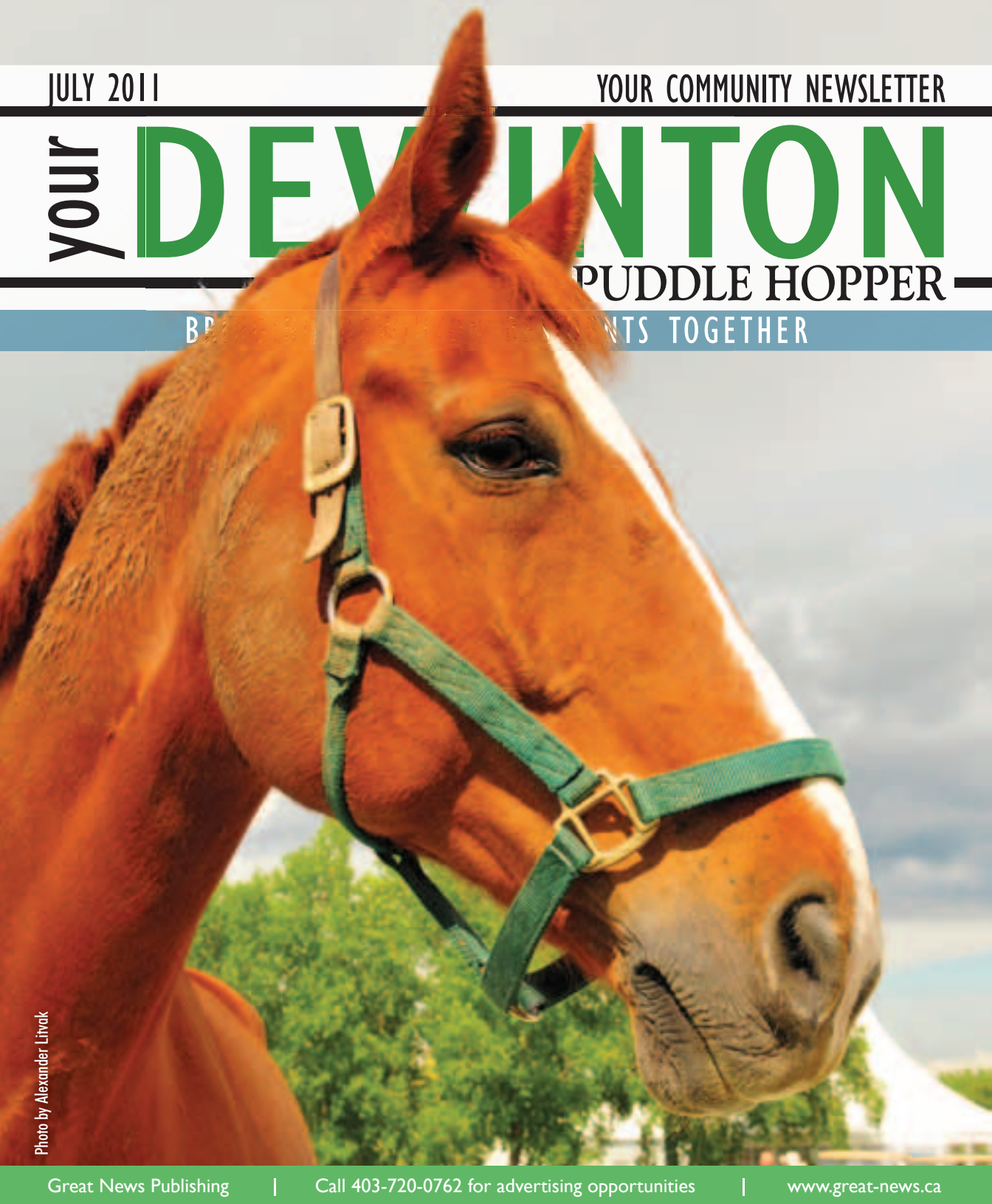


Photo by Alexander Litvak



in Dewinton

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

HOSPITALS & WALK-IN CLINICS

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

COMMUNITY

| | |
|---|--|
| DeWinton Community Hall | 403.938.2525 |
| Shawnessy Library 333 Shawville Blvd. SE | 403.221.2072 |
| Newsletter Advertising Sales | katrina@great-news.ca 403.720.0762 |



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FEATURED HOMES



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Lakefront. Two Storey. More than 6400 sq ft total! 5 bedrooms but potential for 7 bedroom home. Huge media & wine rooms.



57 Heritage Lake Terrace

Unbelievable Views! Two Storey, Five bedrooms. Fully developed walkout basement.



20 Heritage Lake Court

Two Storey. Backing on the pond. Huge pie shaped lot. Fully developed with a walkout basement. Four bedrooms.



116 Heritage Lake Drive

Lakefront with a private dock. Incredible views! Bungalow with a loft & full walkout basement. Close to 6600 ft² developed. 5 bedrooms w/ ensuites.



12 Heritage Lake Boulevard

Walkout bungalow backing on the lake. Former showhome. Lots of stonework inside and out. More than 4700 sq ft developed.



180 Heritage Lake Drive

Beautiful Bungalow, third lake access. Fully developed. Triple Garage. Great view of lake.

For More information, please visit our website
www.daverose.ca
or send us an e-mail to :dfrose@shaw.ca



"Supporting the
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FARMERS' MARKETS

Airdrie Farmers' Market

Royal Canadian Legion
508 – 3rd Avenue, Airdrie
Wednesdays 3:30 – 7pm

Bearspaw Lions Farmers' Market

Bearspaw Lions Clubhouse
25240 Nagway Road
Sundays 10am-2pm
403.239.0201

www.bearspawlions.com

Blackfoot Farmers' Market

5600 – 11 Street SE
Sat. 8am-5pm/Sun. 10am-4pm
403.829.6660

www.blackfootmarket.ca

Calgary Farmers' Market

510 – 77th Avenue SE
Thur. 11am-7pm/Fri – Sun. 9am-5pm
403.244.4548

www.calgaryfarmersmarket.ca

Chestermere Farmers' Market

Chestermere Recreation Centre
201 West Chestermere Drive
Fridays 3:30-7pm

www.chestermeremarket.com

Crossfield Ag Farmers' Market

Pete Knight Memorial Centre
902 Mountain Avenue, Crossfield
Thursdays 6:30-8:30pm
403.826.6351

www.crossfieldalberta.com

Crossroads Market

1235 – 26 Avenue SE
Fridays, Saturdays & Sundays
9am-5pm
403.291.5208

Grassroots Farmers' Market

Northland Village parking lot

5111 Northland Drive NW
Tuesdays 3:30-7pm (rain or shine)

403.289.7629

Hillhurst-Sunnyside Farmers' Market

Hillhurst Sunnyside Community Centre

1320 – 5 Avenue NW
Wednesdays 3:30-7:30pm
403.283.0554 ext.223

www.farmersmarket.hillhurst-sunnyside.org

Kingsland Farmers' Market

7711 Macleod Trail S
Thursdays – Saturdays 9-5pm
Sundays 10am-4pm
403.255.3276

www.kingslandfarmersmarket.com

Millarville Farmers' Market

Millarville Race Track
Saturdays 9am-2pm (rain or shine)

403.931.2404
www.millarvilleracetrack.com

Okotoks Farmers' Market

Okotoks Country Living Garden Centre

Corner of Hwy.7 & Southridge Drive

Fridays 4-7pm
403.938.1516

South Calgary Farmers' Market

Grey Eagle Casino parking lot
Thursdays 3:30-7pm
www.southcalgarymarket.com

South Fish Creek Farmers' Market

333 Shawville Blvd. SE
Fridays 3:30-7pm
403.201.8652

Thornccliffe/Greenview Community Farmers' Market

5600 Centre Street N
Saturdays 10am-3pm
403.274.1466

Triwood-Mountainview Lions Farmer's Market

2244 Chicoutimi Dr. NW
Thursdays 3:30-7pm
403.932.6043

Westside Farmers' Market

873 – 85 Street SW
Wednesdays – Fridays 10am-7pm
Saturdays & Sundays 10am-5pm
403.204.2664



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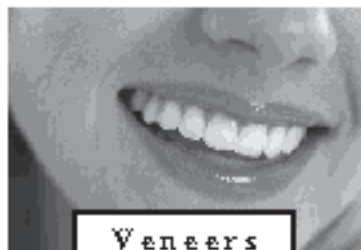
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Dr. Justin Palmer

Dr. Hans Meyer



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THE INDOOR GARDENER

by Cindy DeJager

My balcony faces north and is sheltered by three tall fir trees. Though protected by the northerly winds, snow, and the rain, it is dark and gets no sunlight. So what flowers will grow on my balcony? Well let's look at some annuals that tolerate shade, but first let's define 'shade'.

- Light shade: shaded but bright with several hours of sunlight a day.
- Partial/medium: an area blocked from sunlight for most of the day - shaded by trees or structures.
- Full shade: lasts all day - little or no sun reaches this area.

Annuals - Flowers suited to shade

1. **Impatiens** - light, medium, or full shade.
2. **Lobelia** - light to medium shade.
3. **Pansy** - light to medium shade.
4. **Wax begonia** - light, medium or full shade.
5. **Wishbone flower** - light to medium shade.

I have decided that I am going to plant Begonia and Lobelia this year. The Begonia have thick waxy flowers in vibrant pinks, reds, and yellows; and the Lobelia 'neon blue' flowers will spill down over the railing, like water. There is a tranquility and calmness about a shade garden - the color of the flowers against a dark canvas of shade soothes and calms me, and it becomes the perfect quiet retreat for sitting in my lawn chair with my book or laptop.



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Head-Smashed-In-Buffalo Jump is located 18 km northwest of Fort Macleod, Alberta, where the foothills of the Rocky Mountains meet the plains of the prairie. In 1981, the United Nations Educational Scientific and Cultural Organization (UNESCO) designated it as a World Heritage Site.

It is one of the world's largest, oldest and best preserved buffalo jumps known to exist, and has been used by aboriginal peoples of the North American plains for nearly 6,000 years.

The Blackfoot drove the buffalo from a grazing area in the Porcupine Hills by chasing them over a precipice, and then carving up the carcasses in the camp below. At its highest point, the cliff drops 10 metres into the valley below.

Buffalo carcasses were used for food as well as for tools made from the bones, and the hides were used to make dwellings and clothing.

The interpretive centre at Head-Smashed-In-Buffalo Jump is built into an ancient sandstone cliff and contains five distinct levels depicting the ecology, mythology, lifestyle and technology of Blackfoot peoples. It also offers tipi camping and hands-on educational workshops in facets of First Nations life.

Plants with Benefits

These common plants repel mosquitoes, and they can easily be grown in a pot on your balcony or patio.

- Rosemary
- Catnip
- Marigolds
- Mosquito Plant



THE VALUE OF A SMILE

It costs nothing, but creates much.

It enriches those who receive, without impoverishing those who give.

It happens in a flash and the memory of it sometimes lasts forever.

It creates happiness in the home, fosters good will in a business and is the countersign of friends.

It is rest to the weary, daylight to the discouraged, sunshine to the sad and nature's best antidote for trouble.

Yet it cannot be bought, begged, borrowed or stolen for it is something that is no earthly good to anybody until it is given away.



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

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**Editorial
Content
Deadline**



1st

of each month
for the next
month's issue

news@great-news.ca



The red brick **Eau Claire Smokestack** stretches 90-feet high - a local landmark, recalling the Transit System Garage that was once located on the old Bow River Lumber Company site from 1947-1988.

FYI

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **July 1 Canada Day Celebrations** at Heritage Park, Fort Calgary, Olympic Plaza, Prince's Island Park. Enjoy the day's activities at any one of these locations
- **July 6 - 10 Spruce Meadows North American** 18011 Spruce Meadows Way SW www.sprucemeadows.com/tournaments/
- **July 8 - 17 Calgary Exhibition & Stampede** The Greatest Outdoor Show on Earth. www.calgarystampede.com
- **July 10 & 11 Calgary Turkish Festival** takes place at the Eau Claire Festival Market. Have some fun! Entrance to the site and stage performance is free. 403.401.3636 www.calgaryturkishfestival.com
- **July 14 CFL - Stampeders at Winnipeg** at 6pm www.stampeders.com/schedule/
- **July 16 John Michael Montgomery** at Deerfoot Inn and Casino. Wristband at 4pm – Show at 9:30pm. 403.236.7529 www.deerfootinn.com
- **July 23 Strawberry Festival** Pick, taste, and enjoy strawberries at Kayben Farms, just three kilometres north of Okotoks. www.kayben.com 403.938.2857
- **July 23 CFL - Calgary Stampeders vs Edmonton Eskimos** at McMahon Stadium 5 pm. www.stampeders.com/schedule/
- **July 24 Kensington Sun & Salsa Festival** gives Calgarians and visitors the chance to taste a variety of salsas. The streets are filled with bands, vendors, dancers and more. Enjoy the sunshine with family and friends and experience a delicious variety of salsas! 403.968.4472 www.visitkensington.com/sun-and-salsa
- **July 29 – August 6 Calgary Fringe Festival** 17th Avenue SW. Enjoy local, national and international theatrical productions, street performers, musicians, film and outdoor stage events. www.calgaryfringe.ca 403.451.9726
- **July 30 Inglewood SunFest** A three-block street festival with music, outdoor entertainment, face painting, food and vendors. 403.829.9175 www.inglewoodsunfest.com
- **July 30 CFL - Calgary at Saskatchewan** 7:30 pm. www.stampeders.com/schedule/

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JULY 9 NAZARETH

at Deerfoot Inn and Casino.
Wristband at 4pm – Show at 9:30pm.
403.236.7529
www.deerfootinn.com



JULY 21 – 24 CALGARY FOLK MUSIC FESTIVAL

held at Prince's Island Park. Single-day tickets and four-day passes available. Stay for the day – bring a blanket and enjoy the main stage concerts, children's play area, crafts market and food. www.calgaryfolkfest.com



JULY 23 & 24 FIESTAVAL LATIN FESTIVAL

Free, family-oriented multicultural arts and entertainment festival at Calgary Olympic Plaza. www.fiestaval.ca



JULY

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



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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- **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.reggaeifest.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

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MAMA BOOTCAMP: July and August. Welcome all children. 9:15 -10:15am Tuesday and Thursday, Davisburg Hall (outdoors weather permitting). Contact: Janelle Halbert Fitness Trainer, BSC Kinesiologist. 403-620-8241 email: shalbert@platinum.ca.

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MD FOOTHILLS NO. 31

The Municipal District's administration office is located at:
309 Macleod Trail, Box 5605,
High River AB T1V 1M7

Division 6 Councillor, Larry Spilak
Tel: 403-233-8577
E-mail lspilak@telus.net
Municipal Manager, Harry Riva Cambrin
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| ALL EMERGENCY CALLS | 911 |
| Calgary Police - Non Emergency | 403 266-1234 |
| Calgary Police - Victim's Assistance Unit | 403 206-8398 |
| Ambulance - Non Emergency | 403 261-4000 |
| Alcohol/Drugs/Full Family Help | 403 253-5250 |
| Calgary Health Link | 403 943-5465 |
| Child Abuse Hotline | 1 800 387-5437 |
| Child Find | 403 270-3463 |
| Children's Cottage (24 hrs. Crisis Nursery) | 403 233-2273 |
| Distress Centre/Crisis Line | 403 266-4357 |
| Hospital - Rockyview | 403 943-3000 |
| Hospital - Children's | 403 955-7211 |
| Parent Resource Line | 403 205-5189 |
| Poison Centre | 403 944-1414 |
| Sexual Assault Centre | 403 237-5888 |
| Distress Centre / Crisis Line | 403 266-4357 |
| Women's Emergency Shelter | 403 234-7233 |
| Other: | |
| Abandoned Vehicles | 403 537-7100 |
| Alberta One Call (buried utility lines) | 1 800 242-3447 |
| Animal - Injured & Stray Pets | 403 250-7722 |
| Animal Control | 311 |
| Alberta Health Care then dial 780 427-1432 | 403 310-0000 |
| City of Calgary | 311 |
| Enmax - Trouble calls only | 403 514-6100 |
| Gambling Help Line | 1 866 332-2322 |
| Road Conditions - Calgary Area | 1 877 262-4997 |
| Weather Information | 403 299-7878 |

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