

JUNE 2011

YOUR COMMUNITY NEWSLETTER

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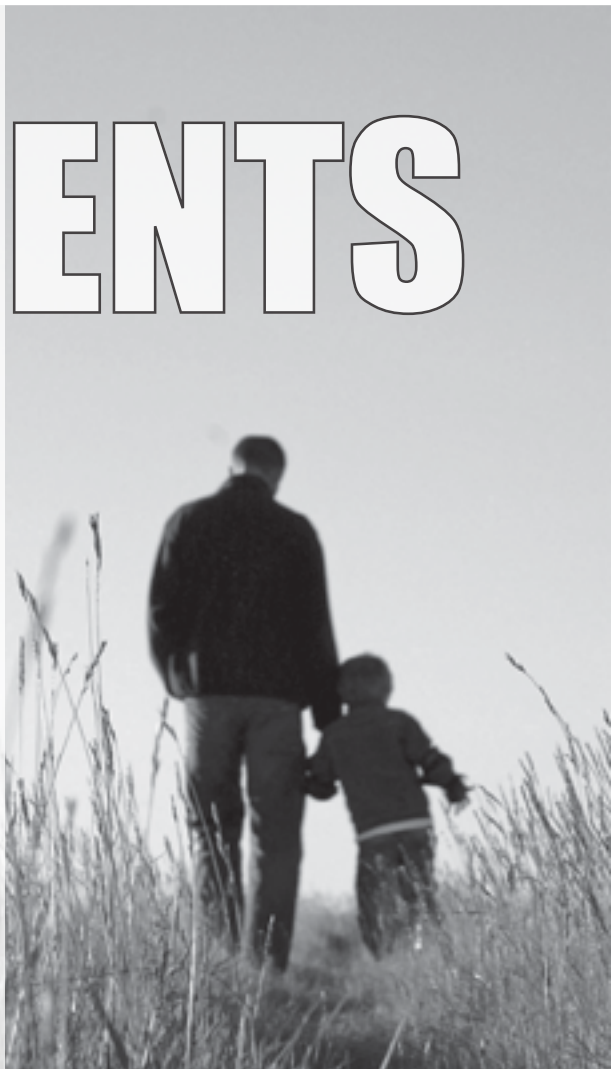
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YOUR COMMUNITY CONNECTIONS SCHOOLS

(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 Transportation Department

Transportation Officer, Virginia MacLeod

403 652-6547

Christ the Redeemer Catholic School Board Transportation Department

Transportation Officer, Bonnie Smith

403 938-2659

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)

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

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 403.938.2525
Shawnessy Library 333 Shawville Blvd. SE 403.221.2072

31st Annual Canada Day Pancake Breakfast

On Friday, July 1 another De Winton heritage event, the annual DCA Pancake Breakfast, will mark its 31st year of bringing together friends and neighbors to celebrate Canada Day.

Come and join 400 of us for a hearty breakfast that will include traditional flapjacks, sausage, ham, juice and coffee. Price is \$6 for adults, \$3 for children with kids under 6 free.

This year as always, will feature live entertainment, children's activities, and fun for all.

Greg Davenport
Facility Manager



SAFE & SECURE

There has been an increase in theft from vehicles in the Heritage Pointe area.

Please be sure to always lock your vehicle and remove items of value, to avoid theft and potential damage.

Editorial Content Deadline



1st

of each month
for the next
month's issue

news@great-news.ca

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PROGRESSIVE DENTAL

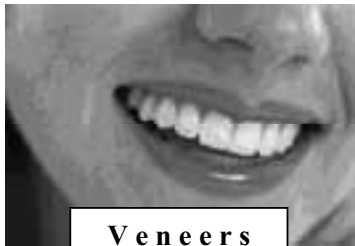
General Dentists

Dr. Brian Palmer

Dr. Robert Phan

Dr. Justin Palmer

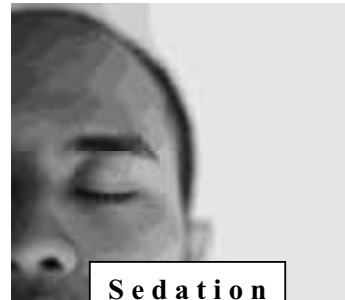
Dr. Hans Meyer



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47 Sunpark Dr Se

256-6666

sunpark@pppd.ca

McKenzie Towne

(in front of the Keg)

618 4600 130th Ave Se

264-6909

southtrail@pppd.ca

www.pppd.ca

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **June 1 Pops in the Park** Calgary Philharmonic Orchestra at Heritage Park. Barbeque 6:30 Concert 7:30 403.571.0849
- **June 2 – 12 FunnyFest – Calgary Comedy Festival** Each comedy event features minimum 6 to 12 performers per show Average length 90 - 120 min. 403.228.7888 tickets@funnyfest.com
- **June 4 – 11 Carifest** at Shaw Millenium Park, 1220-9th Avenue SW celebrating Caribbean culture with a variety of events, food tastings, music and dance. www.carifestcalgary.com
- **June 10 – 12 The National Tournament** at Spruce Meadows. First tournament in the summer series, with over 1,000 horses and riders from North and South America. Competitions, entertainment, educational programs and shopping throughout the three days. www.sprucemeadows.com
- **June 18 – 26 The 6th Annual Waterton Wildflower Festival** The spectacular setting of Waterton Lakes National Park is home to more than 50 per cent of Alberta's wildflowers. Nature is on display in a panorama of blossoms among prairies and peaks. www.watertonwildflowers.com
- **June 20 - 24 Spruce Meadows Continental** Watch world-class show jumping competition and enjoy the grounds and spectacular scenery. Admission and parking is free. www.sprucemeadows.com
- **June 24 CFL pre-season game Calgary at Edmonton** 7:00 pm. www.calgarystampede.com/schedule/
- **June 22 – 25 Sled Island Festival** This year's festival will bring together over 200 artists and bands in more than 30 venues throughout the city. www.sledisland.com
- **June 25 Dr. Hook featuring Ray Sawyer**, at Deerfoot Inn & Casino. Wristband at 4:00 pm – Show at 9:30 pm. 403.236.7529
- **until July 4 Afghanistan: A Glimpse of War** at the Military Museums. Photos, video footage and first-hand accounts of Canada's participation in the war in Afghanistan. 403.974.2850 or www.themilitarymuseums.ca

JUNE 4 – 5 THE 2ND ANNUAL CALGARY UKRAINIAN FESTIVAL

held at the Acadia Recreation Complex, 240-90 Avenue SE. Colourful dance ensembles, folk melodies, art, children's craft area, and cultural cuisine. www.ukrainianfestival.ca



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JUNE

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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



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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- **July 1 Canada Day Celebrations** at Heritage Park, Fort Calgary, Olympic Plaza, Prince’s Island Park.
- **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/



The **Leo Mol Sculpture Garden** was created in 1992, and has been expanded twice since. It blends artistic beauty with a natural setting to showcase the works of world-renowned sculptor and stained glass artist, the late Dr. Leo Mol. Located in Winnipeg's Assiniboine Park, the garden is a peaceful retreat where visitors can stroll the grounds, taking in the natural landscaping, flora, and stunning lily pond, as well as the sculptures that bring art and nature together.

Born Leonid Molodozhanyin in Ukraine in 1915, Mol emigrated to Canada with his wife Margareth, in 1948 and settled in Winnipeg, where he died July 4, 2009 at the age of 94.

Mol's creations are on display around the world, and include bronze sculptures, monuments, ceramic figurines, and stained glass church windows. Among his sculptures are Group of Seven artists, A.J. Casson, A.Y. Jackson, and Frederick Varley, as well as prominent historical personalities such as Winston Churchill, Pope John Paul II, Dwight D. Eisenhower and John Diefenbaker. A wood carving relief made in 1961, depicting Jesus with children graces the wall behind the baptismal font of St. Luke's Anglican Church in Winnipeg.

During his career, he accumulated a large collection of his sculpture work and donated it to the people of Winnipeg. More than 300 of his works, including bronze and ceramic sculptures, paintings and drawings, are displayed in the Leo Mol Sculpture Garden. (A small indoor gallery is open during the summer months.)

In 1989, he received the Order of Canada in recognition of his artistic contributions, and in 2000, he was awarded the Order of Manitoba.

In 2002, Mol's sculpture *Lumberjacks* was featured on a Canadian postage stamp.

The Leo Mol Sculpture Garden is open year round during Assiniboine Park hours.

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Pet Planet Cranston Market
4032-356 Cranston Road SE
Ph: (403) 720-0306

Pet Planet Okotoks
429 - 200 Southridge Drive
Ph: (403) 995-2218



THE INDOOR GARDENER

by Cindy DeJager

Peace Lily (*Spathiphyllum wallisii*)

The Peace Lily is native to the South American rainforests where they grow on the forest floor. The soil is rich in peat moss and humus providing decayed organic material, bark, and aeration for the roots.

The rain forests are warm and humid, and being on the forest floor under the cover of the tall trees provides shade from the direct hot sun; this is the perfect growing environment for *Spathiphyllum*.

A common problem in our homes is the lack of humidity; and though we may not be able to reproduce the South American rainforests, we can locate the plant in rooms where there is naturally more humidity – like the kitchen and bathroom. Otherwise you can mist your plant often.

You may notice that her leaves will wilt when her soil gets dry, but as a word of caution don't allow her to wilt too long or too frequently or the damage to the roots may be irreversible. A plant that dries out very quickly and is too big for the pot should be transplanted.

The tall, slender, white flowers grow from the centre of the plant and look so ornate against the dark glossy green leaves that are delicately arched. I have mine in a corner not far from the window, but out of direct sunlight. They prefer low light and will flourish under fluorescent lights as well.

Tip: If your Peace Lily has stopped flowering, you can 'fool' it into producing more flowers by putting it in a darker spot – it will think it has just had a dormant stage.

Great Grilled Vegetables

Grilling vegetables on the barbecue is easy, not to mention tasty!

As a general rule, vegetables need to be cut into large, uniform chunks (3/4" – 1" thick), that will cook quickly and evenly. Thread vegetable slices and cherry tomatoes onto pre-soaked wooden kabob skewers or use a grill basket for best results. Most vegetables are less likely to stick if marinated first, or brushed with oil. For added flavour, season with salt, pepper and fresh herbs.

A short list of suggestions:

Bell Peppers – Cut into large chunks; remove stems, seeds and ribs. Brush lightly with oil and grill 2 - 3 minutes on each side.

Corn – Grill corn in its own wrapper, by gently pulling back the husks. Remove the silk and cut approximately 1" off the top of the cob. Soak in cold water for a ½ hour, then dry, and brush with butter. Fold husks back over the cob, and "twist-tie" the ends to secure. Grill 5 – 7 minutes, turning constantly to avoid burning.

Mushrooms – Clean thoroughly by peeling or rinsing; then pat dry. Brush with oil and grill 5 – 8 minutes, depending on the size of the mushrooms.

Onions – Remove skin and cut into ½" thick pieces, then brush with oil and grill 3 – 4 minutes.

Potatoes – Cut into wedges, brush with olive oil, and grill until browned, and just tender. For baked potatoes, scrub thoroughly, pat dry, pierce, and rub with oil. Wrap in aluminum foil and grill 45 minutes to an hour or more depending on the size of the baker. Turn occasionally.

Tomatoes – Cut in half; brush with a light coating of olive oil and grill the cut side down for approximately 2 – 3 minutes.

Zucchini – Wash, pat dry, and then cut into ½" thick slices. Brush with oil and grill 2 – 3 minutes per side.

- *BQ Rose*

COMMUNITY READERS RECOMMEND...



Fiction

- Chasing Fire – Nora Roberts
- The Land of Painted Caves – Jean Auel
- The Fifth Witness – Michael Connelly
- The Paris Wife – Paula McLain
- Treason At Lisson Grove – Anne Perry
- Those in Peril – Wilbur Smith

Non-fiction

- A Covert Affair: Julia Child and Paul Child in the OSS – Jennet Conant
- 56: Joe Dimaggio and The Last Magic Number in Sports – Kostya Kennedy
- The Armchair Book of Gardens: A Miscellany – Jane Billingham
- Every Day In Tuscany – Frances Mayes
- The Dressmaker of Khair Khana Intl – Gayle T. Lemmon
- Oceana: Our Endangered Oceans and What We Can Do to Save Them – Ted Danson

Classics

- The Red Badge of Courage – Stephen Crane
- The Invisible Man – H.G. Wells
- The Sea Wolf – Jack London



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.hillhurstsunnyside.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



403-225-5000 Dave Rose

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116 Heritage Lake Drive

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or send us an e-mail to :dfrose@shaw.ca





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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

SOMETHING FOR EVERYONE

E-Books: A Library on the Go: Are you curious about e-books? Library staff will demonstrate how to download an e-book using OverDrive. Wednesday, June 15. 7:00 – 8:30 p.m.

Chess Club: Drop-in with your chess set, hone your skills, and challenge someone new each month! Thursdays, June 23, July 21, August 18. 6:00 – 8:00 p.m.

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 through August 1. 10:30 – 11:30 a.m. (No program on May 21 and August 1).

PROGRAMS FOR ADULTS

Career Basics: Interview Skills: Improve your skills by learning about different types of questions, and how to answer them. Workshops are led by professional career practitioners from Bow Valley College's Career Connection. Tuesday, June 21. 6:30 – 8:30 p.m.

JUST FOR TEENS

Fantasy Book Club: Read and discuss some great fantasy novels. Contact the Library for book titles and information. Ages 10 to 13. Tuesdays, June 7, July 5, and August 8. 7:00 – 8:30 p.m.

JUST FOR KIDS

Splash! Celebrate Summer: 2011 TD Summer Reading Club, a joint initiative with Library and Archives Canada -- June 16. -- preschool and school-age children Read all summer and enter to win great prizes!

Library Closures

All Calgary Public Library branches will be closed Friday July 1 Canada Day.

the web world one

Blogging vs. Social Media Which is Best for Small Business

Lon Hofer

I read a good article the other day regarding the move by someone to social media rather than using their blog for promotion. It told of a trend towards the leveraging of social media over blogs, but for a certain age group. It all comes down to marketing.

The article quoted: *While the younger generation is losing interest in blogging, people approaching middle age and older are sticking with it. Among 34-to-45-year-olds who use the Internet, the percentage who blog increased six points, to 16 percent, in 2010 from two years earlier, the Pew Research Center survey found. Blogging by 46-to-55-year-olds increased five percentage points, to 11 percent, while blogging among 65-to-73-year-olds rose two percentage points, to 8 percent. (See below for link.)*

For example: There is power in Facebook for business... but due to its 'friends-based' nature (and the nature of small business), your interactions will be more successful when they match the market:

- Blog posts fed to Facebook are good, but again carefully consider who your fans are.
- For the true loyal Facebook 'market', they will be getting updates to their mobile device in real time, which is powerful yet obtrusive at the same time. A misaligned strategy with these people will get you 'unliked' / disconnected in a hurry.
- For the people who simply want your business-oriented content, they may simply be subscribing to your blog via RSS anyway so you could consider cutting your blog feed to Facebook / LinkedIn / Twitter if you have cleanly segmented your markets.
- At the heart of all the networks will be genuine, good content that is aligned to your fans/followers.

If you set these two up - Blog and Social Media - with independent market strategies that apply to the specific strengths of the platform (Facebook, LinkedIn, Twitter), I believe you will benefit with more loyal and attentive followers for each.

View this online and check out the full article here:
http://www.nytimes.com/2011/02/21/technology/internet/21blog.html?_r=2



A pointed fable is told about a young lion and a cougar. Both thirsty, the animals arrived at their usual water hole at the same time. They immediately began to argue about who should satisfy their thirst first. The argument became heated, and each decided he would rather die than give up the privilege of being first to quench his thirst. As they stubbornly confronted each other, their emotions turned to rage. Their cruel attacks on each other were suddenly interrupted. They both looked up. Circling overhead was a flock of vultures waiting for the loser to fall. Quietly, the two beasts turned and walked away. The thought of being devoured was all they needed to end their quarrel.

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**BRAIN
GAMES**

DOWN

1. Summer fruit used fresh, cooked and preserved
2. Popular variety of potato (2 words)
3. Form of transportation for passengers and vehicles
5. Author of "The Song My Paddle Sings"
6. Warm weather way of cooking
7. Provincial flower of Yukon Territory
8. National Park in Alberta (2 words)
10. A refreshing, citrus drink
14. Baby goose
16. A favourite from the grill

ACROSS

1. Jazz instrument
4. One type of aquatic mammal
5. Pre-stampede breakfast in Calgary
9. Island in the St. Lawrence River
11. Two strokes under par in golf
12. A cool summertime treat (2 words)
13. Name of a Canadian city and a dessert
15. Place to purchase fresh produce (2 words)
17. Peninsula that makes up part of Newfoundland
18. Official mineral symbol of Northwest Territories

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LUMPS & BUMPS ON YOUR PET

Many people find a lump on their dog or cat and immediately fear the worse. Their pet has cancer. While this is possible, finding a lump on your pet is many steps away from a terrible diagnosis. First you need to schedule a veterinary consultation.

When a pet comes to me with a mass or lump I start with gathering a history before the physical examination. How long has the mass been present? Is it itchy, painful or hot? Was there any local trauma to the pet? Masses may be anything including; bruises under the fur, ingrown hairs, inflammation, or an abscess. Enlarged lymph nodes near the mass may be important. Treatment options may include surgery, so we need to assess the whole patient to decide if he or she is healthy enough to undergo a general anesthesia. I always measure masses throughout my treatments starting at the initial examination. If I suspect the mass is actually an infection, I may start the pet on antibiotics while I wait for test results to see if there is a significant response to treatment.

After I have examined the pet my diagnosis may be relatively simple. Small meibomian gland tumors on the edge of the eyelid and papillomas or wart-like growths on the skin are usually easy to diagnose. Treatment may hinge only on whether the location or size of the mass is causing the pet any discomfort and we may elect to do nothing. Some old dogs get wart-like papillomas the way old ladies like me get age spots. Most lumps are not that easy to diagnose and a veterinarian will often recommend a fine-needle aspirate. This is the simple collection of cells from the mass during an office visit. The cells are then submitted to a laboratory for a pathologist to assess.

Often the pathologist will give the veterinarian a specific or general diagnosis of the composition and makeup of the mass. If the mass is benign, such as a lipoma, the decision may be to simply monitor its growth. If the mass is cancerous the pathologist may be able to tell if it is the type of cancer where simple surgical removal is curative. In some cases it may not be possible to completely remove the lump, then debulking surgery to make the mass smaller may be recommended for the pet's comfort and quality of life. Or the mass may be nasty malignant cancer with metastasis elsewhere in the body possible. Information from the pathologist guides the veterinarian to present appropriate treatment plans to the pet's owners. At some stage blood tests, urinalysis and chest radiographs of the patient may be necessary for the best plan of attack to be selected.

Fine needle aspirates of masses are most often followed up with a pathologist looking at the whole mass or a chunk of the mass to make more precise recommendations for treatment and to check if all the cancerous tissue is removed. If the mass does turn out to be an aggressive form of cancer your veterinarian will often recommend referral to a veterinarian oncologist or cancer specialist.

Finding a lump and scheduling a visit with your veterinarian may give you reassurance all is well, or it may lead down a long terrifying path with a much loved pet. The sophistication of cancer treatments in pets rivals that available in human medicine and is continuously evolving. Fortunately, the vast majority of the lumps and bumps we see on pets have very positive outcomes.

Jennifer L. Scott, D.V.M.
Sundance Animal Hospital

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The Nikka Yuko Japanese Garden in Lethbridge Alberta was opened in 1967 in celebration of Canada's Centennial and as a symbol of Japanese and Canadian friendship, which is the meaning of the name, Nikka Yuko.

FYI

ONLINE You're just a click away from some interesting and informative websites. Check them out!



www.healthcheck.org
www.snopes.com
www.sunnygirl.ca



HOW DO I LOOK AFTER MY TREES AND SHRUBS IN CALGARY?

This is one of the most common questions that everyone likes to ask. Many of us invest a lot of time and money into our landscapes and it can be quite disappointing if one of our trees or shrubs struggles and/or dies. There are many products on the market that can kick start your new plantings and help them thrive.

STEPS TO SUCCESSFUL PLANTING:

- Transport plants safely home
- Water the plant well while it is still in the pot
- Dig the hole where you want to plant it, and water the hole thoroughly, then wait until the next day to plant
- Gently remove the plant from its pot by pressing the sides and loosening the root ball from the pot
- Tease the roots slightly so they are not tightly wound in a ball
- Place the plant in the hole, ensuring that it is planted at the exact same depth as it was growing (no higher, no lower)
- Replace the soil around the root ball, mixing old soil with a soil amendment such as Triple Mix (peat, compost, top soil mixture)
- Ensure roots are making good contact with the soil on the bottom and all sides
- Unless it is extremely hot, wait a day before you water

HERE'S WHERE THE BOOST COMES IN

As I mentioned, there are many fertilizers and root boosters on the market, so ensure you ask a qualified garden centre employee what would work best for the plants you have chosen. Here are a few of my favourites:

- **Myke for Trees and Shrubs** – Can be used for all potted trees and shrubs – stimulates root growth on newly planted material. This is a product that works best if it touches the roots directly, so put the recommended amount in the hole as you are planting
- **Plant Prod 10-52-10** – Can be used on all trees, shrubs and perennials – the high middle number (Phosphate) encourages root growth. This formulation also provides Nitrogen and Potassium as well as many micro-nutrients essential for successful plant growing. Plant Prod can be used in conjunction with the above Myke

product, but not at the same time. Use Myke at the time of planting, and use Plant Prod two weeks later

- **Seaweed Plant Food** – An awesome organic solution providing a small amount of nitrogen, phosphate and potassium (a perfect amount, with no waste) and almost every micro-nutrient you can think of. The seaweed products are excellent on new plants, existing plants and we have seen great success when used on struggling plants

All trees and shrubs, new and old benefit from a 'boost'. June and July are perfect months to apply these fertilizers. Your plants will love you for it!

Joanne Dafoe, Horticulturist, Designer and Store Manager, Spruce It Up Garden Centre

BRAIN GAMES SUDOKU

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First Quarter



June 15
Full Moon



June 23
Last Quarter



ALDERMAN, WARD 12 SHANE KEATING

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Ward 12 at the Zoo

Shane Keating is looking for 70 talented, bright and creative 'ZooerStars' from Ward 12 to describe what their Calgary looks like.

- Can "Your Calgary" be best described as a poem? We'd love to read it.
- Does describing "Your Calgary" cause you to break out in song? We'd love to hear it.
- Can "Your Calgary" be described through art or sculpture? That is something that we need to see.

We will select 70 students who submit their vision of what their Calgary looks like to receive a four pack of tickets to join Alderman Keating and his team for an afternoon at the Zoo on July 24, 2011. The contest is open to any elementary or junior high school students who live in Ward 12. All entries should include the following:

- Name
- Age
- Address
- Phone number
- Email
- Social media addresses (if applicable)
- School name

The deadline for entries is June 18, 2011. For more information on Ward 12 at the Zoo or to submit an entry please contact: Brianna Rogers, Constituent Assistant to Alderman Shane Keating Phone: 403-268-1698 Fax: 403-268-8091, Ward12@calgary.ca



I don't exaggerate - I just remember

BIG

- Chi Chi Rodriguez

Federal Election

I would like to extend my congratulations to Prime Minister Stephen Harper, MP Jason Kenney, Calgary Southeast and all candidates who were successful in their bid during the recent federal election.

With the election now behind us, we should expect to hear the outcome of Calgary's P3 application that would determine the next steps in the creation of four recreation centres in Calgary (Seton, Quarry Park, Great Plains and the Northwest).

I look forward to working with our representatives from the Federal Government on issues that affect and promote Ward 12 and Calgary.

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