

MARCH 2011

YOUR COMMUNITY NEWSLETTER

**your**

# DEWINTON

**PUDDLE HOPPER**

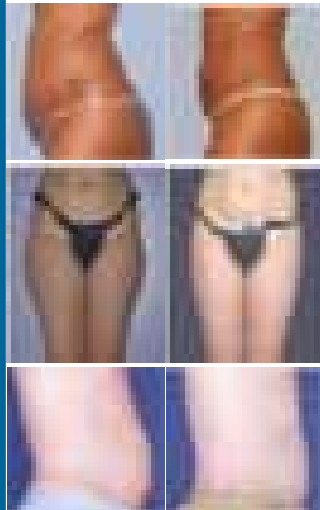
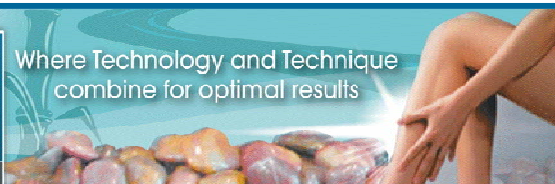
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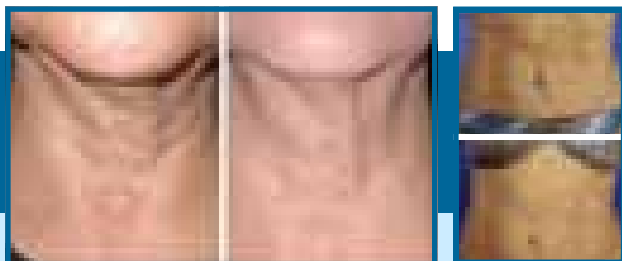


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## YOUR COMMUNITY CONNECTIONS

# SCHOOLS

### PUBLIC

[www.fsd38.ab.ca](http://www.fsd38.ab.ca)

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

### CATHOLIC

[www.redeemer.ab.ca](http://www.redeemer.ab.ca)

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

### PRE-SCHOOLS, PLAY GROUPS & PRIVATE SCHOOL

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

### SCHOOL BUS INFORMATION

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

# HOSPITALS & WALK-IN CLINICS

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

# CHURCHES

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

**Editorial  
Content  
Deadline**

**1st**

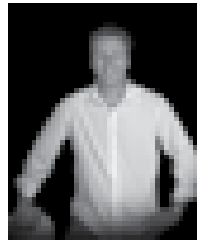
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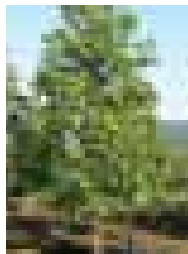
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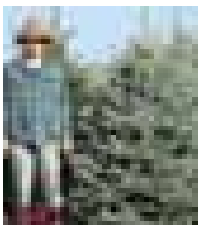


**Colorado Spruce**

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Reg. 299.99 ea

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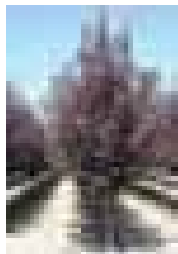


**Schubert Chokecherry**

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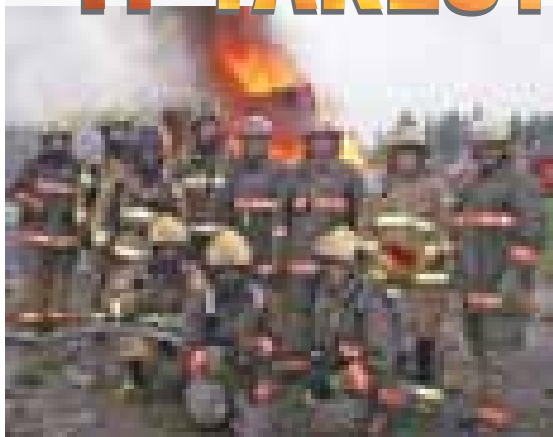
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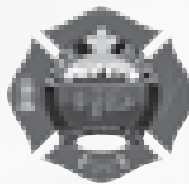
Volunteer Firefighters are a vital community organization. Their mission is to respond to emergencies, fire safety education and to support the fire departments' other activities.

As a Volunteer Firefighter, you work as part of a team to respond to emergency situations. In times of crisis you protect citizens and rescue and evacuate people

from hazardous environments. Volunteer Firefighters learn the trades of emergency responder including different jobs such as hose and pump operator.

In addition to responding to a broad range of emergency situations including motor vehicle accidents, you will perform duties of fire suppression and public education.

If you have what it takes to be a Volunteer Firefighter and are interested in joining this vital community organization, call the MD of Foothills, Protective Services at 403-603-6300.



Become a Volunteer Firefighter with the Heritage Pointe Fire Station. Be a part of our team!

[www.mdfoothills.com](http://www.mdfoothills.com)

## DUE SOUTH ANIMAL HOSPITAL

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# 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](http://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](http://epcorcentre.org)
- **March 12 Calgary Flames & Anaheim Ducks** face off at 8:00 pm at the Saddledome. Logon to [flames.nhl.com](http://flames.nhl.com). Broadcast on CBC (Hockey Night in Canada)
- **March 18 Martyn Joseph** presented by Fish Creek Concerts. Logon to [www.fishcreekconcerts.com](http://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](http://www.heritagepark.ca)
- **March 20 Calgary Hitmen vs Medicine Hat Tigers** 2:00 pm at the Saddledome. [www.hitmenhockey.com](http://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](http://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](http://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](http://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 at [plive.com](http://plive.com) or 403.294.7402

## March 15 PHOENIX COYOTES & CALGARY FLAMES

face off at 7:30 at the Saddledome. Logon to [flames.nhl.com](http://flames.nhl.com). Broadcast on TSN



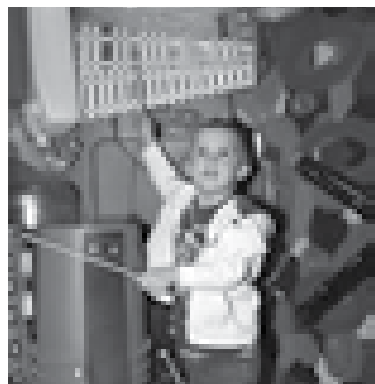
## March 30 ACOUSTIC AFRICA

featuring the richness of African guitar traditions – part of Epcor Centre's World Music Series. Tickets and information 403.294.9494 or [epcorcentre.org](http://epcorcentre.org)



## Ongoing: CREATIVE KIDS MUSEUM

at TELUS World of Science where curiosity grows. Details and information 403.268.8300 or [www.calgaryscience.ca](http://www.calgaryscience.ca)

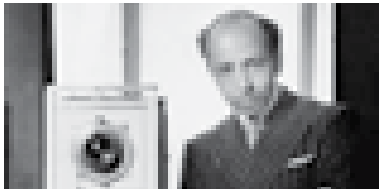


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**April 2 - June 15  
YOUSUF KARSH**

at the Glenbow Museum, curated from the collection of the Art Institute of Chicago, celebrates one of the greatest portraitists in the history of photography. [www.glenbow.org](http://www.glenbow.org)



**April 26 - May 21  
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**April 30  
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brings you contemporary Barrelhouse blues on the piano - part of Epcor Centre's Carma Acoustic Blues Series. Tickets and information 403.294.9494 or [epcorcentre.org](http://epcorcentre.org)



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

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- **April 9 Vancouver Canucks & Calgary Flames** face off at 8:00 pm at the Saddledome. Logon to [flames.nhl.com](http://flames.nhl.com). Broadcast on CBC
- **April 9, 13, 15 Aida** presented by Calgary Opera 8:00 / 7:30 / 8:00 pm at the Jubilee Auditorium [www.calgaryopera.com](http://www.calgaryopera.com)
- **April 10 One Thousand and One Nights** – enjoy family fun with the Calgary Philharmonic Orchestra. [cpo-live.com](http://cpo-live.com) or call 403.571.0849 for detailed information
- **April 14 - June 19 All Shook Up** is staged in 1955 small-town America, and set to the music of Elvis Presley at Stage West. For performance times and ticket information check [www.stagewestcalgary.com/shows.html](http://www.stagewestcalgary.com/shows.html) or 403.243.6642
- **April 15 Pied Pear, Rick Scott & Joe Mock** together again recreating memories of early Folk Festival Days. For information 403.244.2912, [www.fishcreekconcerts.com](http://www.fishcreekconcerts.com) or [fishcreekconcerts@shaw.ca](mailto:fishcreekconcerts@shaw.ca)
- **April 16 Kim Mitchell** at the Deerfoot Inn & Casino. Wristband @4:00 pm - Show @9:30 pm. Tickets at hotel front desk in person or by phone at 403.236.7529
- **April 20 Secrets of Clayoquot Sound** part of the Window on the World Presentations at the Calgary Zoo, 7:00 – 9:00 pm. Registration and information 403.232.9300 or [www.calgaryzoo.org](http://www.calgaryzoo.org)
- **April 21 Johnny Clegg Band: Spirit is the Journey** chronicles this South African legend's music from the past 30 years. Part of Epcor Centre's World Music Series. Tickets and information 403.294.9494 or [epcorcentre.org](http://epcorcentre.org)
- **April 22 The Fates: Song, Story and Myth from Three Women of Calgary Music**, presented by Cantos Music Foundation. Call 403.397.3196 for more details
- **April 26 - May 15 Mump & Smoot Cracked** created and performed by Michael Kennard and John Turner. Evenings 7:30 -- Matinees 2:00 pm. Tickets and information [atplive.com](http://atplive.com) 403.294.7402
- **April 29 & 30 Mahler's Resurrection Symphony** a performance with 200 voices and an orchestra of over 100 musicians. Calgary Philharmonic's concert event of the season. Logon to [cpo-live.com](http://cpo-live.com) or 403.571.0849
- **April 30 - May 29 Dr. Jekyll & Mr. Hyde** adapted by Jeffrey Hatcher from the novella by Robert Louis Stevenson -- presented by Vertigo Mystery Theatre. Ticket information 403.221.3708 or logon to [www.vertigotheatre.com](http://www.vertigotheatre.com)

**BRAIN  
GAMES**

# SUDOKU

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# BEAUTIFUL PETS ARE HEALTHY PETS!

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

Some people groom their pets for aesthetic reasons, some to cut down on shedding in the house, or finally in some unfortunate circumstances, some people groom their pets as a last ditch effort to improve the odor emitted from a neglected coat on a matted dog or cat. Many medical conditions are easier to detect in groomed pets and poor grooming can actually precipitate many diseases. If you choose a long-haired dog or cat, grooming should be part of your daily routine.

Let's look at our pet prior to its grooming appointment. Is this a cat or dog that has always kept its own coat clean and mat free which is now looking unkempt? A weak or depressed animal may stop its normal grooming behaviour. Is the coat dull with mats over the back and belly? Some pets especially overweight cats can be chronically lazy, but recent changes in the grooming habits may be due to weakness from disease, arthritis making it impossible for the pet to twist to reach certain places, or even advanced dental disease making grooming painful. A pink tinge to the fur indicates an area the pet has been repeatedly licking. Licking may indicate a superficial problem or deep pain such as arthritis. Or licking may simply be a stress relieving behaviour like a child sucking its thumb.

Let's look at cleaning up that coat. Mats hold urine, feces and moisture against the skin. Mats do not provide any insulation against cold or heat and the skin gradually deteriorates under them. If mats are serious a surgical clip against the skin may be necessary. Once the fur is cut away the skin may need aggressive treatment to clear up infections or the pet may need treatment for a ra-

zor burn following grooming. Mats between the toes can cause nasty foot infections. Overgrown hair can contact the eyes making the animal uncomfortable and causing painful corneal ulcers. Mats and hair in and around the ears create a closed warm moist environment for bacterial and fungal growth especially in floppy eared dogs. Untrimmed overgrown nails can cause arthritic conditions if the pet can't walk properly. Very long nails can be torn if they catch on carpet or some nails even grow around and into the animal's flesh.

Let's look beyond the coat at the rest of the pet. Rashes, flaking skin, heat, redness, itchiness, lumps and bumps, open sores, and parasites may be revealed as the pet is groomed. Sunken dull eyes may indicate dehydration. Exposed skin that is very pale may be symptomatic of anemia, or yellowish skin indicates jaundice and may be the first sign of a blood or liver problem. Loss of hair in general or in specific regions may indicate many endocrine diseases. It is not uncommon for a professional groomer to alert owners to problems after a routine appointment and send them on to their veterinarian.

A long grooming session may be too much for a really elderly pet and may need to be broken up into short periods. Very old pets can be crotchety about the whole thing, but be gentle and persevere for their own good. Don't forget the teeth too!

Not only is a well-groomed pet more attractive; it feels better, smells better, moves better and is healthier. Remember just as your appearance reflects on you so does your pet's appearance. Consult your veterinarian and professional groomer with your questions or concerns.

# Irish Soda Bread

This currant-studded bread is really a giant biscuit, with a distinctive cross-shaped surface, made by cutting an X on the top of the dough before baking.

Sweet baking powder and soda breads are a change from yeast breads, as they are quick to make, wholesome and economical. They make an inviting breakfast when spread with fruit preserves, and also pair well with a main dish of soup or stew.

- 3 cups all purpose flour
- 3 tablespoons sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 3 tablespoons chilled butter, diced into ½" cubes
- ½ cup dried currants or raisins
- 1 ¼ cups of buttermilk
- 2 teaspoons milk

Preheat the oven to 375°F. Line a sheet pan with parchment paper or grease with non-stick spray.

In a large bowl, stir together flour, sugar, baking soda, baking powder and salt. Cut in the butter until mixture resembles coarse crumbs. Stir in the currants or raisins.

Add the buttermilk and stir slightly – only enough to moisten the dry ingredients.

Turn dough onto a well-floured surface and knead lightly until it is smooth enough to shape into a round, flattened loaf. Place on prepared sheet pan and brush with milk. With a serrated knife, cut a deep X into the top of the bread, cutting from the centre to about an inch from the edge.

Bake 40 – 45 minutes, until golden brown, or until a cake tester comes out clean. The loaf will have a hollow sound when tapped.

Cool on baking rack. Cut into thick slices and serve warm or at room temperature.

- *BG Rou*

## COMMUNITY READERS RECOMMEND...



### Fiction

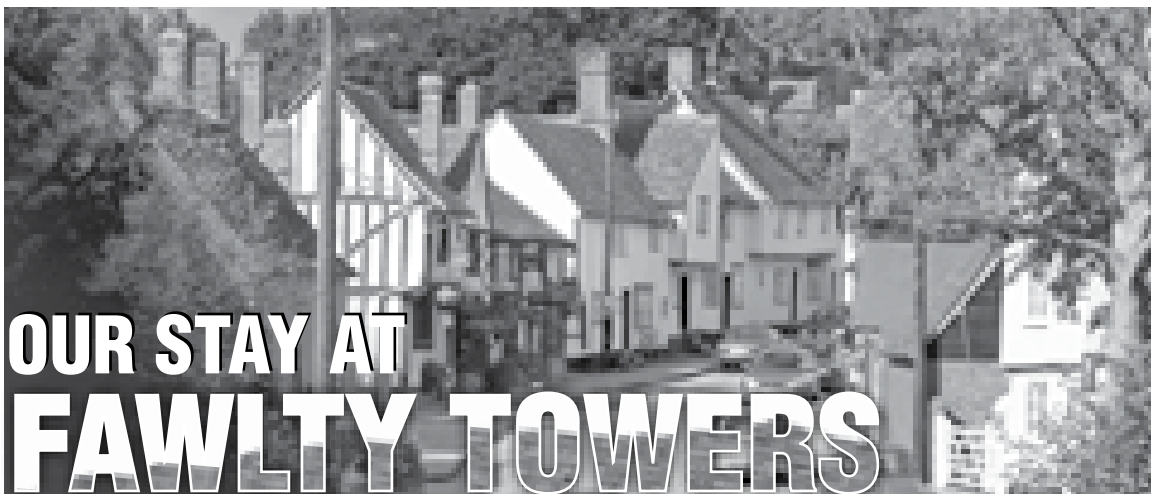
- The Postmistress – Sarah Blake
- The Outlaws – W.E.B. Griffin
- Dead or Alive – Tom Clancy
- The Confession – John Grisham
- Room – Emma Donoghue
- Towers of Midnight – Robert Jordan

### Non-fiction

- Changing My Mind – Margaret Trudeau
- Too Big To Fail – Andrew Sorkin
- I Shall Not Hate – Izzeldin Abuelaish
- At Home – Bill Bryson
- West On One – Kathryn Manry
- Secretariat – William Nack

### Classics

- Great Expectations – Charles Dickens
- Wuthering Heights – Emily Bronte
- Les Miserables – Victor Hugo



# OUR STAY AT FAWLTY TOWERS

by Lisa Martin, photos by Duane Martin

The wheels of the car crunched on the driveway as we pulled up to the door of the guesthouse. A charming Georgian façade with tiny leaded windows that overlooked a manicured garden, it was every tourist's idea of what an English inn should look like. Best of all, the sign out front said, "Vacancy." We rang the bell.

The door cracked open to reveal a balding, middle aged man peering at us from over his glasses.

"Hello! We were wondering if you have a room for the night," we inquired.

He seemed taken aback to see people at his door. He paused a moment, "Yes, I believe we have something available. Step inside, please."

The foyer was large with subdued lighting that revealed an oak staircase winding gracefully to the upper floors.

An antique table was to one side and the smell of furniture polish hung in the air. He clicked the door shut behind us.

"Just for the night?" he asked. Gesturing that we should follow him, he started up the stairs and then stopped short. I walked into his back.

"Would you mind removing your shoes, please?" he asked with a thin smile.

It was then that I noticed a framed sign hanging on the landing wall. "No outdoor shoes in the bedrooms!" it stated in neat, needlepoint lettering.

The room he showed us was lovely and bright with a huge four poster bed. A vase full of wild flowers was on the bedside table. It was lovely! Then I peaked into the bathroom and saw an interesting feature. Taped to the underside of the toilet lid was a plastic laminated sign stating "do not flush foreign objects."

*~ continued next page~*



## OUR STAY AT FAWLTY TOWERS CONT'D

"The carpet by the bed is still a bit damp," he muttered. "I'm afraid the people who stayed here last night over imbibed at the pub and I had quite the mess to clean up this morning." He looked at us pointedly. I felt an absurd need to tell him we never drink alcohol and that if we ever were to, certainly not on vacation.

He handed us our room key saying, "Before you go out I'll go over how to sign in and out downstairs."

He directed us to a key hanger by the side of the door with six hooks on it, one for each room. Whenever guests went out, he explained, they were to remove a miniature plastic cow from a dish full of them and hang it on the hook that corresponded to their room number.

I was sure he was putting us on but there on the table was a crystal dish containing six tiny, anatomically correct cows, each with a ring affixed to its little head. I had to put my hand over my mouth when he explained it was his way of honouring a father's lifetime spent in the dairy industry.

Next morning on our way to breakfast we stopped to pick up a couple of tourist brochures from a large display of them in the hallway. Entering the breakfast room I was surprised to see several other guests also staying at what we were now referring to fondly as Fawltly Towers.

We had just given our breakfast order to the waitress when our favourite inn keeper entered the room.

"Excuse me," he stepped briskly into the middle of the room. "I've just noticed that there seems to be two information pamphlets missing from the front hall. I wonder if I could ask whoever took them to please be sure and return them before they leave for the day."

I don't think it was my imagination that he looked directly at us. We glanced around the room, trying desperately to deflect our guilt. Should we stand up and confess to this unspeakable act or slink from the room like the curs that we were?

When we checked out we left the brochures as requested but what I really wanted to do was flush them down the toilet.

*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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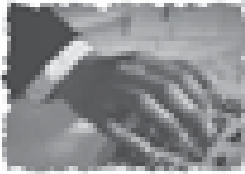
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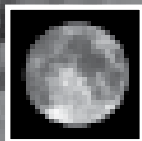
## MARCH MOON CALENDAR



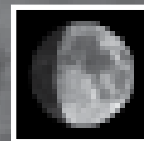
March 4  
New Moon



March 12  
First Quarter



March 19  
Full Moon



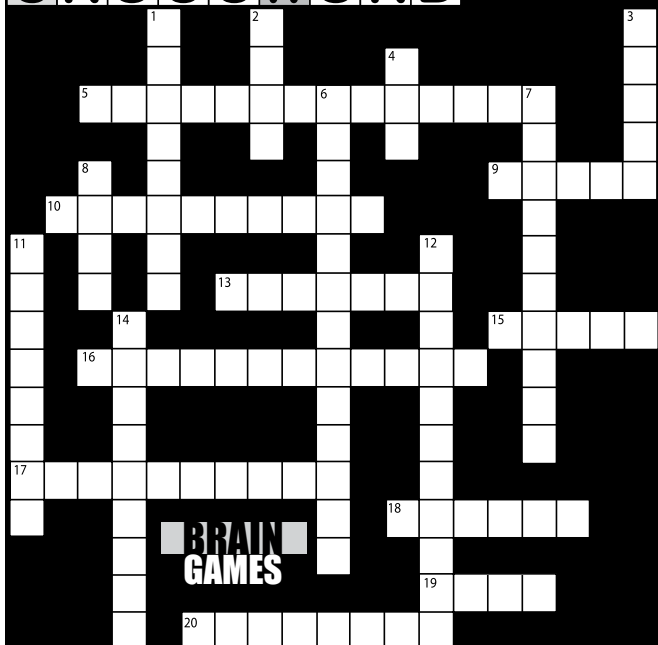
March 26  
Last Quarter



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## DOWN

1. Lougheed House was once known as this
2. The 15th day of March
3. Pie covering
4. Canadian flying \_\_\_ Billy Bishop
6. Canadian cartographer (2 words)
7. Canada's most important river (2 words)
8. Prairie bird of prey
11. Provincial flower of Alberta
12. Name of a book and a horse
14. A berry and a city

## ACROSS

5. Author of many classics
9. Sound of a sheep
10. World's largest freshwater lake island
13. Cookie with paper
15. Gardener's collect these
16. British sitcom from the 70s
17. An Irish day
18. House plant with red veins
19. \_\_\_\_\_ of Green Gables
20. Clocks are changed for this time



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**JUST FOR TEENS**

**ESL Teen Talk:** Ages 10 to 14 can practice English lan-

guage skills and enjoy a variety of fun activities at the Library Tuesdays, February 22 - March 22 4:30 – 6:00 pm. Registration required.

**JUST FOR FAMILIES**

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Thompson arrived in Churchill, Manitoba in 1784 at the age of 14, to enter a seven-year apprenticeship with the Hudson’s Bay Company. In 1792 he completed his first major survey, mapping a route to Lake Athabasca, and in 1794 was promoted to surveyor.

In 1797, he entered the employ of the North West Company, as a fur trader and surveyor, and later went on to become a partner in the company.

Thompson surveyed part of the Canada-U.S. boundary along the water routes from Lake Superior to Lake of the Woods... Grand Portage, through Lake Winnipeg, to the headwaters of the Assiniboine and Mississippi Rivers, as well as two sides of Lake Superior.

In 1798, he established a trading post at Red Deer Lake (Alberta), and led several expeditions into the Rocky Mountains.

Thompson was given the task of finding a route to the Pacific in 1806, to open up the trading territories of the Pacific Northwest, and in 1811, discovered a route through Athabasca Pass to the Pacific coast.

He began chronicling his explorations in 1845, based on his 77 field notebooks, but was unable to complete the manuscript when he lost his sight in 1851.

David Thompson died in Montreal on February 10, 1857, his accomplishments almost unrecognized. In the 1890s, geologist J.B. Tyrrell resurrected his notes and published them as David Thompson’s Narrative in 1916.

One of the most spectacular gateways to the Rockies is the David Thompson Highway (Hwy. 11), which begins in Stettler, and ends on the Icefields Parkway, linking two of Canada’s most scenic national parks – Banff and Jasper.

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### Report to Constituents

As the spring session of the Legislature approaches, I am following closely to your concerns. I hope to keep this positive and progressive dialogue open as we continue to move Alberta forward.

#### Women's Health Program redevelopment underway at the Peter Lougheed Centre

Plans are now underway to expand Women's Health programming at the Peter Lougheed Centre (PLC). As part of recently announced \$1.3 billion Government of Alberta's Health Capital Plan Phase 2, \$11.6 million is being invested to expanding obstetrical services and associated programs for women served at the PLC.

Currently in the detail planning phase, the redevelopment at the Peter Lougheed Centre will take place across most of the third floor. Involving over 32,000 sq. ft., the project will include:

- redeveloping the neonatal intensive care unit (NICU), including the creation of new NICU beds
- adding a new designated operating room
- adding five more labour and delivery rooms
- upgrading the recovery rooms and the triage area

Detail planning is expected to be completed within six to nine months with construction slated to begin by the end of year. This planning and design work will determine the most beneficial number, configuration and location of new triage, antepartum, postpartum and NICU beds at the PLC.

The annual birth rate in the Calgary area is approximately 18,000 and is anticipated to increase to approximately 20,600 by 2015. The PLC currently delivers 5,835 babies annually. This expansion will provide the capacity for 7,000 births per year.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than 3.7 million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

#### Province makes strides in addressing health care pressures

Early indicators suggest that province-wide overcapacity protocols developed and implemented by Alberta Health Services (AHS) and aimed at reducing peak pressures in emergency departments are having the desired impact of easing pressures.

The protocols, launched Dec. 20, 2010, have been enacted primarily in Edmonton and Calgary, and are helping staff and physicians provide more timely access for patients needing emergency department care, and also reducing the number of patients in emergency departments waiting for admission to a hospital bed.

Recently, the number of patients waiting in emergency departments each morning for admission to a hospital bed has declined. In September last year there were, on average, 80 patients waiting in the morning for admission in an emergency department to a hospital bed in the major Edmonton hospitals. There were 84 patients waiting on average in October, 71 in November and 48 in December. It is now only 44.

AHS has also seen overall improvement in patient length of stay in emergency departments. Length of

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stay is calculated from the first documented time after arrival in emergency until discharge or hospital admission. AHS has set a target that 70 per cent of patients are seen, assessed, treated and discharged within four hours by March 2011; and 45 per cent of patients are seen, assessed, treated, stabilized and admitted within eight hours.

Further, AHS recently announced that more than 9,000 additional magnetic resonance imaging scans (MRIs) will be performed between now and March 31 to help reduce wait lists for this procedure across the province. The additional procedures represent more than a five per cent increase over the 166,000 MRIs performed annually by AHS and its contracted community partners.

There will be 4,700 additional MRIs in Calgary, 3,000 in Edmonton, and 1,350 in other parts of the province.

Through the commitment of frontline staff at our hospitals, the system is working and we are getting closer to our targets. In other words, the protocols are being used and are having the intended impact. Physicians, nurses and other health care professionals and administrators continue to meet to discuss the protocols and to further develop a province-wide approach to health system pressures.

### Constituency Updates

I had the opportunity to attend Christ the King School last month. It was a pleasure to visit and answer questions from the students. I look forward to the official opening of the Cranston School in April.

My constituency assistant Donna Elms attended the Alberta Provincial Wheelchair Curling Championships in Calgary. I congratulate the Calgary Team, Bruno Yizek, Jack Smart, Anne Hibbert, Bridget Wilson & Martin Purvis. They won 1st place. They are now off to the Nationals in Edmonton.

I participated with the 2<sup>nd</sup> Annual Mahogany Polar Bear Plunge. It was great meeting with all the enthusiastic spectators.

I look forward to Auburn Bay/ Seton AGM April 6<sup>th</sup>. Your views are important to me.

As the MLA for Calgary Hays, I am always available to assist constituents. If any of you have any questions or concerns please don't hesitate to contact my assistant Donna Elms at 403-215-4380 and she can make an appointment for you. Please subscribe to my e-newsletter at <http://johnston.mypcmla.ca/>.

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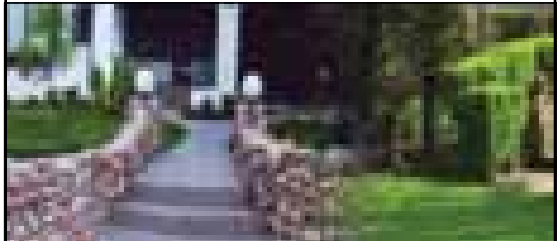
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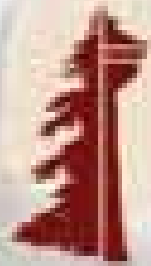
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