

APRIL 2012

DELIVERED TO 2,250 HOUSEHOLDS

your

DEWINTON

PUDDLE HOPPER

BRINGING DEWINTON RESIDENTS TOGETHER



DON'T GET CAUGHT UNPREPARED!

THE
**PERFECT
ROOF**
FOR THE
**PERFECT
STORM**

BE PROTECTED FOR A LIFETIME

WITH OUR ARCHITECTURALLY

ENGINEERED ROOFING, DESIGNED

TO RESIST HURRICANE WINDS,

HAIL STORMS AND FIRES



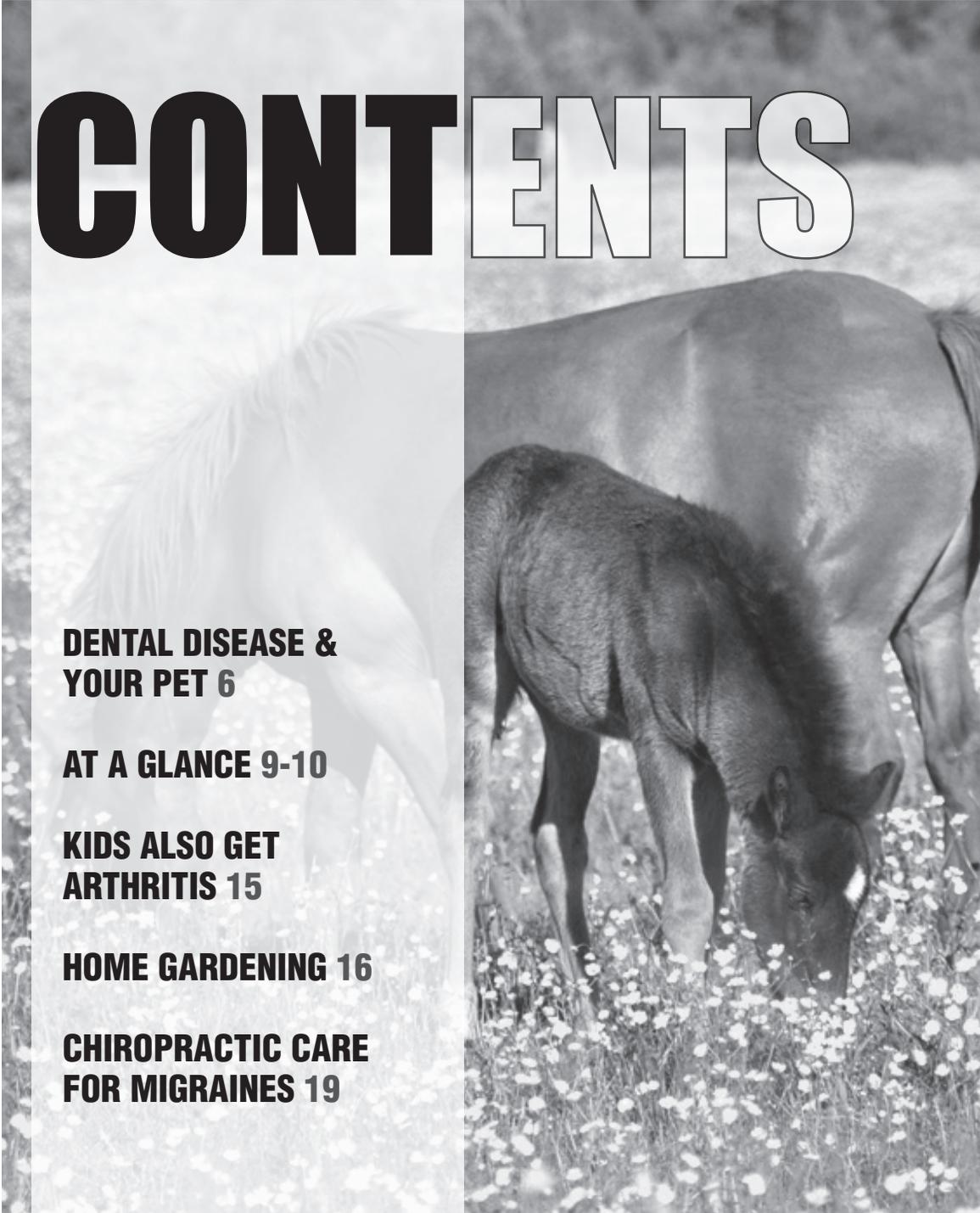
CALL TODAY AND REQUEST A QUOTE

403.510.1568

or email us: thepfectroof@gmail.com



CONTENTS



**DENTAL DISEASE &
YOUR PET 6**

AT A GLANCE 9-10

**KIDS ALSO GET
ARTHRITIS 15**

HOME GARDENING 16

**CHIROPRACTIC CARE
FOR MIGRAINES 19**

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-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			Green Learning Academy	PS-9	403 873-1966
Holy Trinity Academy (FR) (S)	9-12	403 938-2477			
Good Shepherd School (S)	ECS-6	403 938-4318			
John Paul II Collegiate (FR) (S)	7-9	403 938-4600			

SCHOOL BUS INFORMATION

Foothills School Division Transportation Department	403 652-6547	Christ the Redeemer Catholic School Board Transportation Department	403 938-2659
Transportation Officer, Virginia MacLeod		Transportation Officer, Bonnie Smith	
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 Millarville	403-933-3620	Canyon Creek Christian Fellowship	403-256-3167
Hwy. #549, 6.4 km east of Hwy. 22 www.meotaparish.ca		333 Midpark Way SE	
		Connexion Christian Fellowship	403-201-0404
		14500 Bannister Road	

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	Admin 403 943-3000	Midnapore Medical Dental	403 256-1272
7007 - 14 St SW Calgary	Emergency 403 943-3449	37, 240 Midpark Way SE Calgary	
Alberta Children's Hospital	Admin 403 955-7211	Shawnessy Medical Clinic	403 254-8703
2888 Shaganappi Trail NW	Emergency 403 955-7070	138, 70 Shawville Blvd SE	
		South Calgary Urgent Care	403 943-9300
		31 Sunpark Plaza SE	

COMMUNITY

DeWinton Community Hall	www.dewintonca.com	403 938-2525
The Lake at Heritage Pointe Owner's Association	www.thelake@heritagepointe.ca	
Dunbow Recreation Board	www.dunbowrecreation.org	
Shawnessy Library 333 Shawville Blvd. SE		403 221-2072
Newsletter Advertising Sales		403 263-3044



At home and abroad, there are many **Canadian symbols** that represent Canada officially, and unofficially. Following are just a few:

Red and White are the official colours of Canada, as a result of the proclamation of the arms of Canada by King George V in 1921.

The National Flag of Canada was the culmination of many years of discussion, thousands of designs, and much debate in Parliament. On February 15, 1965, the national flag of Canada was raised for the first time over Parliament Hill.

The Great Seal of Canada is used on all documents relating to state proclamations, and commissions of cabinet ministers, as well as government officials. Made of tempered steel, it weight 3.75 kg and is 12.7 cm in diameter.

The Maple Leaf Tartan was made an official symbol of Canada on March 9, 2011. The tartan was designed by David Weiser in 1964, and the pattern incorporates the colours of the maple leaf through the changing seasons: green leaves of summer, gold colours in the fall, red which appears with the first frost, and the brown tones of fallen leaves.

The Canoe, now used mainly for recreation, was a major form of transportation for the fur traders and early Canadian explorers.

The Moose is found across the country in forested areas, especially near lakes. The moose is the largest member of the deer family; a mature bull stands as tall as a horse, and weighs over 600 kg / 1300 lbs.

The Canada Goose is a wild goose belonging to the genus Branta, which is native to arctic and temperate regions of North America. A black head and neck with white "chinstrap" and a brownish-grey body are its distinguishing features.



Serving Traditional Fish and Chips

Following three generations of family tradition, Gary and Simone Hodgkinson bring you British Style Fish and Chips with the finest ingredients:

- Organic Potatoes
- Hand Cut Fish
- British Style Mushy Peas
- Traditional Meat Pies

We offer restaurant service or take-out. For take-out please phone ahead to place your order.

Wednesday & Thursday Lunch 11:30am - 2pm
Senior's Discount 10%

Located in The Shoppes of Bridlewood
2335, 162 Av SW, Calgary T2Y 4S6. Tel: 403-256-1156
www.thebritishchippy.com



Editorial Content Deadline



1st

of each month for the next month's issue

news@great-news.ca



DENTAL DISEASE AND YOUR PET

I see dental disease in almost every pet I examine in my veterinary clinic. Every dog, cat, and ferret should have its teeth checked during an annual physical examination. Does your pet have gleaming white teeth? What about his back molars? Are they free of yellow hard tartar? Are the gums a nice pink or is there a line of hot red swollen inflammation along the teeth? Put your nail against the gum line, does your cat wince and pull away?

I continually see glorious shining coats on dogs and cats. Then as I continue my examination I open the pet's mouth and see rotten foul-smelling teeth and gums. Some of these pets are probably in constant pain. Taking care of your pet's teeth can be time-consuming and expensive. Owners tend to ignore the teeth because they don't see them, but healthy teeth are directly linked to your pet's short and long-term well being.

Many people believe if they feed their pet a hard food they will not get dental disease. Specialized diets, mouthwashes, and dental products help, but if there was some magic component added to food that eliminated dental disease, wouldn't people be eating it to avoid our own dental disease and the ensuing costs.

A dog or cat, ideally, should have their teeth brushed daily. You can use a soft tooth brush. Finger brushes have bumps that do not get under the gum line. Animal

toothpastes do not foam or contain sodium bicarbonate so they can be swallowed. They come in flavors ranging from tuna to chicken to beef. Yum yum! In the carnivore, it is the outer surfaces of the teeth where the most tartar collects. Your veterinarian will show you how to start to brush your pet's teeth. Many of my clients have even taught their pets to tolerate electric brushes.

A few pets will not allow brushing under any circumstance. These pets will benefit from the chewy products on the market as well as a specialized dental diet. These products range from chewy rawhides impregnated with enzymatic toothpastes, to foods developed with particles to clean as close to the gum line as possible. Some enzymatic products will have some benefits if just sprayed in the pet's mouth, but none of these products out perform a daily tooth brushing. I just had a crown replaced because I love to crunch hard candies; for the same reason never give pets hard bones and toys. Fractured crowns expose pulp and cause dental abscesses. Abscesses hurt.

Ideally pets would have preventative cleanings like us, but more often owners will only agree if tartar, gingivitis, or periodontal disease becomes visible. Then your veterinarian is going to recommend a cleaning and examination of your pet's teeth under a general anesthetic. No self-respecting pet will allow a complete scaling, polishing, and fluoride treatment awake. I recently expected the examination of a young dog's mouth after cleaning to be entirely normal. Visually things looked good, but I discovered four deep pockets between the gum and four teeth. Dental radiographs confirmed the bone around the roots of the teeth was completely eaten away by disease. The removal of those diseased teeth allows a better chance to keep the surrounding teeth healthy. This disease would not have been discovered without a proper examination of an anesthetized pet. Superficial scraping of visual tartar only hides disease and lulls a person into thinking their pet's mouth is healthy.

Rotten teeth and gums can be a portal to bacteria entering the blood stream and traveling through out the pet's body. When the teeth are infected it is painful and can cause an otherwise sweet pet to become cantankerous. Start brushing early and try to make your pet as beautiful on the inside as he is on the outside.

Jennifer L. Scott, D.V.M.
www.sundanceanimalhospital.com



ROYAL LePAGE
 Fourty Real Estate Services
403-225-5000
Dave Rose

*Serving the Calgary area since 1991.
 Call Dave for your complimentary, no obligation market evaluation.
 Dave Rose is a Heritage Pointe Resident.*

FEATURED HOMES



120 Heritage Isle

Two Storey. Unbelievable valley views! Huge lot! Many built ins & upgrades. Fully finished with a walkout basement.



175 Heritage Lake Drive

Bungalow on the ravine. Amazing views. Geo thermal heating/cooling system. Many upgrades!



49 Heritage Harbour

Two storey. Fully finished. Five bedrooms. Backing on large green area. Very private.



76 Heritage Cove

Two Storey. Fully finished walkout basement. Backs on park. Many new built ins! Two fireplaces.

For more information, please visit our website

www.daverose.ca

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



"Supporting the Shelter Foundation"





SPRING WORKSHOPS

Join us this Spring for some great hands-on workshops!



Moss Hanging Baskets:

April 28th, 10-12 am

Custom Container Planting:

April 28th, 1-4 pm

Terrariums: May 5th, 10-12 am or

May 5th, 1-3 pm

Please visit www.csgcl.com for details and more classes. Come see us during our

Garden Centre Open House

April 21st, 1-5 pm.

Garden Centre Opens April 16th

403.938.1835
www.csgcl.com



“I CAN MAKE IT HAPPEN”

History abounds with tales of experts who were convinced that the ideas, plans, and projects of others could never be achieved. However, accomplishment came to those who said, “I can make it happen.”

The Italian sculptor Agostino d'Antonio worked diligently on a large piece of marble. Unable to produce his desired masterpiece, he lamented, “I can do nothing with it.” Other sculptors also worked this difficult piece of marble, but to no avail. Michelangelo discovered the stone and visualized the possibilities in it. His “I-can-make-it-happen” attitude resulted in one of the world’s masterpieces - David.

The experts of Spain concluded that Columbus’s plans to discover a new and shorter route to the West Indies was virtually impossible. Queen Isabella and King Ferdinand ignored the report of the experts. “I can make it happen,” Columbus persisted. And he did. Everyone knew the world was flat, but not Columbus. The Nina, the Pinta, the Santa Maria, along with Columbus and his small band of followers, sailed to “impossible” new lands and thriving resources.

Thomas Alva Edison discouraged his friend, Henry Ford, from pursuing his fledgling idea of a motorcar. Convinced of the worthlessness of the idea, Edison invited Ford to come and work for him. Ford remained committed and tirelessly pursued his dream. Although his first attempt resulted in a vehicle without reverse gear, Henry Ford knew he could make it happen. And, of course, he did.

“Forget it,” the experts advised Madame Curie. They agreed radium was a scientifically impossible idea. However, Marie Curie insisted, “I can make it happen.”

Orville and Wilbur Wright: Journalists, friends, and family laughed at the idea of an airplane. “What a silly and insane way to spend money. Leave flying to the birds,” they jeered. “Sorry,” the Wright brothers responded. “We have a dream, and we can make it happen.” As a result, a place called Kitty Hawk, North Carolina, became the setting for the launching of their “ridiculous” idea.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **April 3 Zakir Hussain & Masters of Percussion** perform at the Jack Singer Concert Hall as part of Epcor Centre's BD&P World Music Series. Pre-show 6 pm, concert at 7 pm. 403.294.9494 / epcorcentre.org
- **April 5 Calgary Flames & Vancouver Canucks** face off at the Saddledome at 7 pm. SNET-CGY (HD) www.calgaryflames.nhl.com/club/schedule
- **April 5 – June 10 Summer in the City** A fusion of folk, pop and rock 'n roll, featuring some of the greatest songs and artists from the 60s and 70s at Stage West Dinner Theatre. 403.243.6642 / www.stagewestcalgary.com
- **April 7 – 17 Salut Wine & Food Festival** Ten days to enjoy Calgary's hot new food, wine and lifestyle festival at various restaurants and bars. www.salutwinefestival.com
- **April 10 – May 13 Cats** Theatre Calgary's all-new original production, based on T.S. Eliot's "Old Possum's Book of Practical Cats", which was first performed at the New London Theatre in England on May 11, 1981. Music by Andrew Lloyd Webber. 403.294.7447 / www.theatrecalgary.com
- **April 11 – 21 SIA** the western Canadian premiere by Matthew Mackenzie at Epcor Centre's Motel. 403.294.9494 or www.downstage.ca
- **April 20 A Tribute to Sting & The Police** presented by Calgary Philharmonic Orchestra at 8:00 pm. 403.571.0849 / cpo-live.com
- **April 20 – June 24 Jump For Glee** is a combination of hilarious high school drama, romance and great music at Jubilations. 403.249.7799 / www.jubilations.ca
- **April 21 Kenny Shields & Streethart and Doug and the Slugs** at Deerfoot Inn and Casino. Wristband at 6:30 / Show at 9:30. 403.236.7529 / www.deerfootinn.com
- **April 21, 25 & 27 La Boheme** by Giacomo Puccini performed by Calgary Opera. Sung in Italian with English surtitles projected above the stage. 403.262.7286 / www.calgaryopera.com
- **April 25 Being There – Mattias Klum** photographer and filmmaker, on expedition with National Geographic speaking at Epcor Centre's Jack Singer Concert Hall at 7 pm. 403.294.9494 / epcorcentre.org
- **April 26 & 28 iFiesta Latina! with Oscar Lopez** Part of the Calgary Philharmonic's Pops Series. Performances at 8 pm both evenings. 403.571.0849 / cpo-live.com

APRIL 6 CONNIE KALDOR

presented by Fish Creek Concerts at Southwood United Church. 403.263.0079 / www.fishcreekconcerts.com



APRIL 13 BJORN BERGE

one of Europe's most sought-after live artists. Part of Epcor's Acoustic Blues Series 8 pm. 403.294.9494 / epcorcentre.org



APRIL 28 EMERSON DRIVE

at Deerfoot Inn and Casino. Wristband at 6:30 / Show at 9:30. 403.236.7529 / www.deerfootinn.com



APRIL

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30

MAY 4 & 5 CALGARY INTERNATIONAL BEERFEST

at Stampede Park, BMO Centre. Over 200 different types of beer, seminars and food sampling. www.get-a-life.ca/calgarybeerfest



MAY 25 DRUMS UNITED: WORLD OF RHYTHM AT JACK SINGER CONCERT HALL

Pre-show 6:00 pm – Concert 7:00 pm.
403.294.9494 / epcorcentre.org



MAY 27 THE 23RD ANNUAL 4TH STREET LILAC FESTIVAL

from 10:00 am – 6:00 pm. Enjoy food, crafts, and entertainment along the 13 blocks of the festival. www.lilacfestival.net



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31

- **May 2 – 5 Love Lies Bleeding** performed by Alberta Ballet featuring the music of Sir Elton John and Bernie Taupin. 403.245.4549 / www.albertaballet.com
- **May 3 – 6 May Classic** at Spruce Meadows. This tournament welcomes horses and riders to the first outdoor tournament of the season – weather permitting. Admission and parking are free. www.sprucemeadows.com
- **May 5 – June 3 Sweeney Todd** The most murderous musical of all time presented by Vertigo Theatre, through special arrangement with Music Theatre International. 403.221.3708 / www.vertigotheatre.com
- **May 6 Jayme Stone** at Southwood United Church. Juno award winning Stone has been described as the “Yo-Yo Ma of the banjo”. 403.263.0079 / www.fishcreekconcerts.com
- **May 11 Smokin’ Joe Kubek & Bnois King** part of Epcor Centre’s Acoustic Blues Series at Engineered Air Theatre. Concert begins at 8:00 pm. 403.294.9494 / epcorcentre.org
- **May 12, 19, 26 & June 2 Sleeping Beauty** presented by Stage West for Kids. True to the classic fairy tale, this play is dreamy, full of adventure and excitement for children. 403.243.6642 / www.stagewest.calgary.com
- **May 13 & June 17 Free Family Skating** at Winsport Canada Olympic Park Markin MacPhail Centre (ice complex), from 10:30 am – 4:00 pm. These skates are free and open to all community associations. Please show your community cards upon arrival. No purchase necessary. *Helmets are mandatory for all public skaters at all times. Hockey or All Sport helmets are accepted. No shoes permitted on the ice – only skates. www.winsportcanada.ca
- **May 13 – 15 Earth Science for Society Exhibition** at the TELUS Convention Centre. Many hands on activities – participants will have the opportunity to pan for gold – find hidden treasures and more. Family Event on May 13th – admission is FREE. www.geoconvention.com/esfs
- **May 18 & 19 Play! A Video Game Symphony** performed by Calgary Philharmonic Orchestra. Evening performances at 8:00 pm; Saturday matinee at 2:00 pm. 403.571.0849 / cpo-live.com
- **May 22 – 26 Calgary International Children’s Festival** presents critically acclaimed professional theatre, music, dance, puppetry and more for young audiences at Epcor Centre for the Performing Arts. 403.294.9494 / www.calgarychildfest.org
- **May 26 & 27 The 17th Annual Festival of Quilts** is western Canada’s largest outdoor quilt show, held at Heritage Park 9:30 am – 5:00 pm. www.heritagepark.ca
- **May 30 POPS in the Park** live with the Calgary Philharmonic Orchestra. Concert begins at 7:30 pm at Heritage Park. 403.571.0849 / cpo-live.com

e. & o.e.



SCHOOLS • SCHOOLS

ST. MARY'S UNIVERSITY COLLEGE

Spring Choir Concert

Embrace spring with the fresh sounds of the St. Mary's University College four-part mixed choir on Tuesday, April 10 at 8 pm. Accompanied by an orchestra, the concert features the music of Franz Josef Haydn and a choral medley from Fiddler on the Roof. The concert is free of charge and everyone is welcome. St. Mary's University College is located at 14500 Bannister Road SE.



VOLUNTEERS NEEDED

Volunteering with the Calgary International Children's Festival is Simply Fun! Join our amazing community for 5 days of inspiration, imagination and excitement by signing up as a volunteer! We are looking for volunteers aged 14+ to help in various capacities such as craft-making, ushering, and Artist Hospitality, among other exciting opportunities. Please check our website at www.calgarychildfest.org under Volunteer Opportunities for specific volunteer positions. Contact the Volunteer Coordinator for any further questions at volunteers@calgarychildfest.org OR by phone at 403-294-7414 ext. 4.

OPEN THE DOOR TO YOUR IMAGINATION!

12th Annual FUNNYFEST

Calgary Comedy Festival PRESENTS

Talent Search @ 8 pm
Saturdays, April 14, 21 & 28



Laugh with Competitors as they try to WIN a chance to perform in the 12th annual CALGARY COMEDY FESTIVAL (May 31 to June 10)

* **GREAT HEADLINERS** *

tix \$15

(403) 228 7888

www.FunnyFest.com



KILBCO
CONCRETE CURBING

Locally Owned & Operated

Ready to increase your home's curb appeal?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property

It will not rust, rot or shift, and there are no seams for weeds to grow through.

Already have Curb?

Kilbco can also re-seal existing curb, driveways, and walkways to bring back that brand new look.

Free Estimates 403-870-0737

www.kilbco.com



CITY OF CALGARY

THE FRIENDS OF FISH CREEK EVENTS April and May 2012

Speaker Series

7:00 – 8:00 pm – Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park (Access via 130th Ave. and 37th St. St. SW)
Free for Friends Members and only \$5.00 for non-members.

Thursday, April 26, 2012 - Follow the Yellowfish Road

Presented by Lynn Robb - Director of Conservation Education, Trout Unlimited Canada

Come to this fun and interactive water education program that explores our role in maintaining strong and healthy freshwater ecosystems and their coldwater resources. Through the use of costumes, props and a watershed model, we are reminded that we are all connected by water. Learn about the needs of fish and other aquatic life, the importance of our watersheds and how human action can impact water quality. Trout Unlimited Canada's mission is "To Conserve, Protect and Restore Canada's Freshwater Ecosystems and Their Coldwater Resources for Current and Future Generations."

Thursday, May 24, 2012 - Canaries in the Creek

Presented by Brian Meagher - Provincial Biologist, Trout Unlimited Canada

Learn how land-use decisions along waterways and riparian ecosystem management can benefit local waterways and the aquatic community.

Spring Birding Course begins week of April 2, 2012

Whether you are a beginner, intermediate or expert birder, this course will enable you to readily learn to identify the newly arriving migrant birds, and allow you to become familiar with the valuable bird habitats near you.

~Continued next page~

PROFESSIONAL APPLICATION • TOP OF THE LINE PAINT • THOROUGH PREPARATION



403-254-4726
www.hardingspainting.com



- Residential & Commercial • Kitchen Cabinets with a variety of finishes • Hail Damage Quotes • Stipple Ceiling Painting & Repairs • Knockdown Texturing
- Stucco Coating • Drywall Repairs

• INTERIOR & EXTERIOR • FREE ESTIMATES • NO UPFRONT FEES •

CITY OF CALGARY CONT'D

The course will take place within Fish Creek Provincial Park and number of other natural areas within Calgary. As a fundraiser for the Friends, these courses will once again be conducted by volunteer instructor and lifelong naturalist Gus Yaki - and other knowledgeable and experienced volunteer instructors. Reserve early as each group size is limited to 15 participants.

Fee for 12 outings: Non-Members: \$75.00 / Friends Members: \$50.00

Registration Required - please contact the Friends of Fish Creek: 403-238-3841 or chris@friendsoffishcreek.org or visit www.friendsoffishcreek.org.



Are you a budding musician?
Are you between 12-18?
Do you have a band or sing solo?



TOAST 'N' JAM IS FOR YOU!

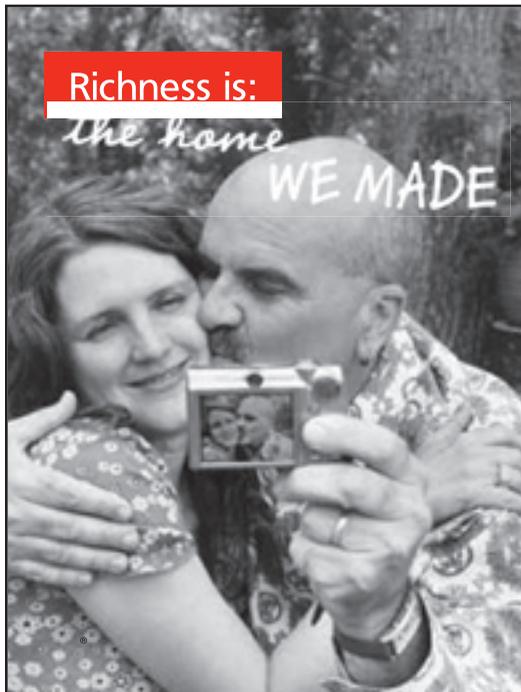


- Meet industry professionals
- Understand the music industry
- Play a gig at The New Black!



WWW.CALGARY.CA/TOASTNJAM
WWW.FACEBOOK.COM/TOASTNJAM

Deadline
April 20



Own a home, not a mortgage.

You define richness. With a plan that's designed to get you out of your mortgage faster, we can help with the money part. Call today and let us show you how.

scotiabank.com/mortgagefreefaster

Gates of Walden
510-151 Walden Gate SE
Calgary, Alberta
Ph: 403-662-3255

Cranston
5000 - 356 Cranston Road SE
Calgary, Alberta
Ph: 403-221-6627

You're richer
than you think.®



© Registered trademarks of The Bank of Nova Scotia. All mortgages are subject to applicable credit approval, Scotiabank residential mortgage standards and maximum permitted loan amounts.

Rumpled Quilt Skins

64 North Railway St. Okotoks
www.rumpledquiltskins.ca

403-938-6269

Learn to Quilt with Us!
Beginner To Advanced Classes
Ongoing Year Round



This Month's Coupon

25% Off

Fabric ~ Thread ~
Patterns ~ Books

Expires:
May 15, 2012

(see in store for details)

 Husqvarna **VIKING**

CITY OF CALGARY CONT'D

ALBERTA HEALTH SERVICES

BICYCLE HELMET

Safety

Bicycle crashes are the leading cause of brain injury in school-aged children. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. Remember – it is the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury or save a life
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example: always wear your own helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side to side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit and comfort

RBC Dominion Securities Inc.

Second-guessing your investments?

Get an expert second opinion on your portfolio



Michael Martin, CFA, MBA
Investment Advisor
403-266-9655
www.martinwealth.ca

If market volatility is making you second-guess your investments strategy, contact us today for a no obligation, objective evaluation of your portfolio.

An unbiased review can help you answer key questions including:

- › Is your portfolio still on the right track?
- › Are you taking too much risk in your portfolio?
- › Which investments are likely to recover – and which ones aren't?

Arrange a complimentary second opinion service today – call 403-266-9655 or email us at michael.t.martin@rbc.com

Professional Wealth
Management Since 1901



RBC Wealth Management
Dominion Securities

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered trademarks of Royal Bank of Canada. Used under licence. ©2011 Royal Bank of Canada. All rights reserved.



KIDS ALSO GET ARTHRITIS

The most common misconception about arthritis is that it's a disease of the elderly. In fact, specialists in this field tell us approximately 61,500 Canadian toddlers, youths and young adults live with the intense pain and disability of arthritis. That's at least one case for every school.

Here's what you might want to know about arthritis in children:

- It results from the body's immune system not working properly. The immune system fails to recognize healthy body tissue and attacks it. Symptoms include excruciating pain and inflammation in the joints.
- It can also be associated with irregular growth, physical disability and inflammation inside the eye.
- It can sometimes last for as little as several months to a year and then disappear forever. Most children, however, have an up-and-down course for many years. Flares are those times when the arthritis seems to be getting worse and the pain more severe.
- In about 30 per cent of cases, arthritis in kids continues into adulthood.
- The causes are unknown. It usually does not run in families and arthritis is almost never passed from a parent to a child.
- There is no cure, but an effective treatment plan – medication, physiotherapy, physical activity and rest – controls pain and helps to prevent permanent joint damage. With the guidance of a health-care team and the support of family members, a child with arthritis can lead an active and productive life.

More information about arthritis in children can be found online at www.arthritis.ca. www.newscanada.com.

ASCCA Nature Safari Day Camps

Come rediscover nature with hikes, eco-crafts, interactive games & fantastic fun.



Ages: 6 – 12
 \$150
 Weekly Programs
 July – August
 403-931-2042

Visit: www.crossconservation.org



All Breed Dog Grooming | Specializing in Cat Grooming
 Therapeutic Hydro Surge Bathing System
 Golden Retriever Breeder

Call today to book your appointment!

403-726-1113

34 High Street SE
 In the Heart of McKenzie Towne
 Gentle & Compassionate
 Care for Your Pets



BRIDLEWOOD EYE CARE

YOUR NEIGHBOURHOOD VISION CENTRE

2 FOR 1

Friends and Family Events

April 30 - May 5

Purchase 1 frame & receive a 2nd frame FREE with purchase of lenses!

Call or visit us for details.

Visit our website: www.bridlewoodeyecare.com for details.



Dr. David Blaine
 Optometrist

- **Comprehensive Eye Examinations**
- **Contact Lenses**
- **Quality Frames & Lens Products**



Dr. Shikha Garg
 Optometrist

We now direct bill to:

Alberta Blue Cross, Great West Life, & Greenshield

Call Today to Book Your Appointment: 403-873-2123
 315, 2335-162nd Avenue SW (beside Sobeys)

Home Gardening – Plant a Tree

What do you see when you look down your street? That depends, of course on which neighbourhood you live in. Decade by decade new developments take on different looks – in the 40's, 50's and 60's the garages, if there were any, were in the back off the alleys. Front attached garages started to appear in the 70's, but the houses were still set fairly far back from the street. There were many years following where almost every streetscape showed row upon row of garages, with the houses tucked behind. Then came the picket fence and front verandah with house closer to the sidewalk and garage out of sight, like it used to be. By now the lots are smaller as the city strives for higher density. The last time you drove (or walked) down the street in one of Calgary's old neighbourhoods in the summertime, how did you feel about the ambience? Most likely the trees canopied over the road and the air was cooler on a hot July day. That same street becomes luminescent by late September when the short cool days turn the leaves golden before they fall from the trees and carpet the yards with future compost. Photographers love that time of year.

It used to be customary for builders to plant a couple of trees in front of every home to enhance the beauty of the neighbourhood. For a while White and Colorado Spruce and Northwest Poplar were favorites. We have learned some things since then, among which is that the common poplar makes a fine, fast-growing shade tree suitable for large spaces such as parks, and a poor choice for single family homes on small lots. As they

mature in 25-30 years, these poplars cause problems with concrete foundations, sewage lines and sidewalks. Many of them have come down along with some of the large spruce that block the view from windows when planted unwisely in the wrong place in the front yard. My concern is not so much with the removal, but the replacement. Many homeowners have replaced these stately giants with GRASS and nothing but GRASS. Where would the canopy and streetscape be if everyone did that? If the character and beauty of a community is determined by its trees, we do ourselves no favours by cutting down the old and not planting new. There are many varieties of gorgeous trees with amazing foliage and blooms and berries that will enhance our gardens for years to come as they reach their full size and magnificence.

If you have a blank space in your yard that cries out for a statement, talk to the experts at the garden centre and get advice about making a wise choice regarding which type of tree to plant there – one that will enhance but not overwhelm the garden when it reaches maturity. Go ahead. Plant a tree or two. We'll all be glad you did.

Barbara Shorrock has been gardening in Calgary since 1976.



SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)

safetysync.com

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

OSBORNE'S RESIDENTIAL LANDSCAPING & DESIGN LTD.

❖ Paving stone ❖ Driveways ❖ Patios ❖
❖ Walkways ❖ Decks ❖ Fences etc. ❖

Free Estimates
Insured & Bonded
Book Early!

For all your landscaping needs call Randy Osborne today
403-669-6986



GREAT NEWS PUBLISHING proudly publishes 54 community newsletters across 85 Calgary communities on a monthly basis.

WE'VE MOVED! WE'VE EXPANDED!

To meet the growing demands for our publications, **GREAT NEWS PUBLISHING** has recently expanded its facilities, machinery and staff.

GREAT NEWS PUBLISHING has relocated to:

**#34, 4550 – 112 Avenue SE
Calgary AB T2C 2K2**

www.great-news.ca / 403.263.3044

ALBERTA WILDERNESS ASSOCIATION

21st annual Climb & Run for Wilderness

APRIL 21ST, 2012

**CELEBRATE EARTH DAY AT
THE CALGARY TOWER!**

Help us to protect the Sage-grouse!



www.AlbertaWilderness.ca
www.ClimbForWilderness.ca
f [facebook.com/AlbertaWilderness](https://www.facebook.com/AlbertaWilderness)
t twitter.com/Climb4Wild



PROFESSIONAL SERVICES



DR. JENNIFER SCOTT & ASSOCIATES
403 254-9698

35 Sunmills Drive SE
 www.sundanceanimalhospital.com
 Medicine, Surgery, Dentistry, Acupuncture, and Chiropractic

Mon, Wed, Thurs, Fri 8-6
 Tues 8-8 Sat 9-1

MAKE YOUR MOVE...



Check out
 Advertising Rates
 and Information at
www.great-news.ca
 or phone 403-263-3044

**CORPORATE AND PERSONAL
 TAX CONSULTING**
**U.S./CROSS-BORDER TAX
 AND ESTATE SERVICES**



 **Mackay Sadler LLP**
 Chartered Accountants

Visit our website for tax tips
www.mmsllp.ca

Phone: 403.256.8118
Fax: 403-256-8103

Suite 203, 20 Sunpark Plaza SE
 Calgary AB, T2X 3T2

DR. GARY HARRISON, D.D.S.
DR. LUKE SZOTT, D.D.S.
 FAMILY DENTISTRY

For Appointments
 Please Phone

403 256-2727

- Convenient Hours
- Free Consultations
- New Patients Welcome
- All Facets of General Dentistry



Office Hours:

<i>Monday</i>	<i>11:00 am - 7:00 pm</i>
<i>Tuesday</i>	<i>7:00 am - 7:00 pm</i>
<i>Wednesday</i>	<i>7:00 am - 7:00 pm</i>
<i>Thursday</i>	<i>7:00 am - 7:00 pm</i>
<i>Friday</i>	<i>7:00 am - 2:00 pm</i>
<i>Saturday</i>	<i>9:00 am - 4:00 pm</i>

Shawnessy Village Shopping Centre
134 - 70 SHAWVILLE BLVD. S.E. T2Y 2Z3

The person who waits until tomorrow misses the opportunities of today.

Chiropractic Care



for Migraines

Migraine sufferers have to endure a pain that is recurring, severe and can last up to 72 hours. Warning signs such as an “aura”, which is a type of visual disturbance, and nausea, sometimes accompany migraines. Many sufferers find that conventional medicine and prescription drugs offer little relief from their condition, and many are turning to alternative methods of treatment in order to manage the pain. One such alternative is chiropractic treatment.

A holistic approach to pain relief, chiropractic treatment focuses on aiding numerous health issues through the adjustment of the body’s soft tissues and joints to improve central and peripheral nerve functions. But is it effective against migraines?

In February 2000, a study published by Dr. Tuchin et al. cited the possible benefits of chiropractic treatment in alleviating or easing both the pain and frequency of recurring migraines. The study used a sample of 127 migraine patients, all of whom suffered from at least one migraine per month; this sample was divided into two groups – one control group who received inactive treatment, while the other group received chiropractic treatment, focusing on aligning and treating specific areas of vertebral swelling and misalignment. The study concluded that those who received chiropractic treatment

experienced less pain and frequency of their migraines within two months of treatment and also reported a decline in the need of migraine medications. Further results from the same study found that one in five sufferers from the chiropractic treatment group had a 90% reduction of migraine frequency, while 50% found significant improvement in the severity of their migraines.

Recent studies conducted by R. Bryans et al. published in 2011 concluded that chiropractic care, including spinal manipulation, were found to improve both cervicogenic headaches as well as migraines. A systematic literature search on controlled clinical trials on the topic of migraines and headaches involving chiropractic treatment, published through August 2009, was conducted using a selection of medical and alternative therapy databases. Research found that chiropractic treatments such as spinal manipulation could significantly help patients who suffer from chronic or episodic migraines, whereas sufferers of tension-type headaches did not respond to such treatment.

Dr. Alma Nenshi, DC

CUSTOMER SATISFACTION GUARANTEED

Jackson & Jackson LANDSCAPING



We specialize in all forms of landscape construction, including the following:

- Decks • Natural Stone
- Fences • Retaining Walls
- Patios • Stamped and Exposed Concrete
- Irrigation

No job is too small!

Free Estimates 403-256-9282
jacksonandjacksonlandscaping.ca

PROGRESSIVE DENTAL

General Dentists

Dr. Brian Palmer

Dr. Robert Phan

Dr. Justin Palmer

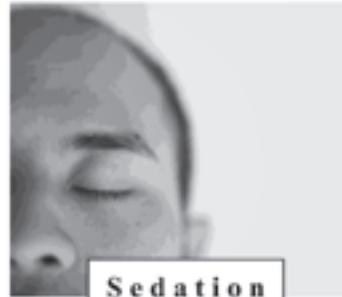
Dr. Hans Meyer



Veneers



Family



Sedation



Power Whitening



Invisible Braces

New patients receive a free Oral B Sonic Brush when you book an exam and cleaning. (one per family)

We welcome all new patients to visit one of our 2 locations.

Sundance

(behind Centennial High School)

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

BUSINESS CLASSIFIEDS

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in DeWinton area. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

ALL TYPES OF DRYWALL: Boarding, taping and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

CRAZY 4 BOUNCERS: inflatable bouncer rentals. Perfect for birthday parties, block parties and more. Now serving south Calgary, Heritage Pointe and Okotoks. Head to www.crazy4bouncers.ca or call 403-630-8480 for more info.

YARD BUSTERS: Property Services: Weekly cut and trim \$33, Aeration/ Fertilizer \$100, Power-rake and cut/ trim \$100, Some conditions apply. Landscape Construction: Patio stone and Pavers/ Flag stone/ Rock walls/ Raised Beds/ Sod/ Landscape Lighting/ Water Features/ Decks & Fences. Licensed. Insured. Seniors Discount. Phone: 403-265-4769.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Eight years of experience with QuickBooks and Simply accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

PAINTING: All types: Interior, Exterior, drywall repairs, stipple ceiling repairs, stucco coatings. If you are looking for a reliable painter to do quality work at a competitive price give us a call for a free estimate. No upfront fees, BBB, Liability Insurance, WCB. Call Stan at Harding's Painting © 403-829-7993 (w) 403-254-4726.

ZANELLA AUTO REPAIR: 26 years in business 16 St. West DeWinton. A family owned and operated business, with before/after hours pick up. Most makes/models worked on. Free estimates. MC Visa American Express and Debit. Schedule your appointment today. Licensed out of province inspection facility. Do business where you live. Call 409-938-7937.

jacque DESIGN	Graphic Design
	Web Design
	Photography
	Portfolio: www.jacquedesign.ca Email: jacque@jacquedesign.ca Phone: 403.461.2426

the Gutter Doctor	
Gutter clean & fix Fascia Soffit	
info@gutterdoctor.ca	
(403)714-0711	

WHEN YOU'RE **CURIOUS**, YOU
FIND LOTS OF **INTERESTING**
THINGS TO DO.

- Walt Disney

COMMUNITY CLASSIFIED ADS

Deadline – 1st of each month

Contact news@great-news.ca

- Free announcements: lost/found, for sale, wanted, garage sale, etc.
- Forty word limit

For Display and Business Classified advertising contact Great News Publishing at sales@great-news.ca

WANTED: Garage or large shed for storage of household furniture and other items, in the DeWinton area. Please call Shannon at 403-813-7989.

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
Tel: 403-652-2341



Published by:

GREAT NEWS
PUBLISHING



Formerly Riverview Printing

ADVERTISE YOUR BUSINESS NOW!
REACHING OVER 255,000 HOUSEHOLDS
ACROSS 85+ CALGARY COMMUNITIES

DELIVERED BY
Canada Post

Phone: 403-263-3044 | sales@great-news.ca

IMPORTANT NUMBERS

Emergency and Crisis lines:

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
ATCO Gas - 24 HR Emergency	403 245-7222
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
Calgary Seniors' Resource Society	403 266-6200
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

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

LANDSCAPE CONSTRUCTION

Stone Patios • Retaining Walls • Sod • Trees
Flowerbeds • Fencing • Decks and much more

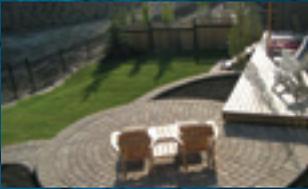
SPRING CLEAN-UPS & WEEKLY LAWN CARE

Aerate • Powerrake • Leaf clean • Fertilize
Pruning • Mowing • Beds and much more



Call Now for your **FREE ESTIMATE**
For Landscape Construction!

403.301.3300
www.calgarybestyards.com



2 yr Quality Guarantee • WCB • Insured • Licensed Bonded • References Available

Tackle our grand opening tailgate party!

Saturday, April 28, 11:00 am – 2:00 pm
ATB Walden – 151 Walden Gate SE

Come celebrate our grand opening with captain Teresa Linzmayer and the ATB Walden squad. Chow down on free BBQ, win hard-hitting prizes and enjoy football-themed fun for the whole family.



SAVING | BORROWING | INVESTING | KNOW-HOW

ATB Financial™

™ Trademarks of Alberta Treasury Branches.

**Insurance?
Home. Auto. Commercial. Life.
Call Terry or Darcy today.**

Terry
Office: 403-539-0269
Cell: 403-860-3615
terry.burton@landy.ca

Darcy
Office: 403-539-9518
Cell: 403-860-3617
darcy.burton@landy.ca

**“Remember the longer you wait to buy life insurance,
the more it costs and the harder it is to get.”**

**Lundgren & Young
INSURANCE**

Southland Registrations Ltd.

Book your road test

ONLINE



**Visit our website
www.southreg.ca
for more details**

**Monday to Friday 8:00 am - 8:00 pm
Saturday 9:00 am - 5:00 pm
Sunday 12:00 pm to 4:00 pm
(April 1 to Sept 30)**



106B, 9705 Horton Road SW
Tel 403-255-3653 Fax 403-255-4503
www.southreg.ca info@southreg.ca

**NEW
OPEN
SUNDAYS**
12:00 pm - 4:00 pm
(April 1st to Sept 30)

