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CONTENTS

**NEWS & NOTES FROM THE
DCA 7**

CULINARY FILE 10

**IN & AROUND YOUR
COMMUNITY 14**

**HAVE A FURRY MERRY
CHRISTMAS 16**

WINTER SIGHTINGS 20

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	K	403-938-6666	Edison School	PK-12	403 938-7670
Foothills School Preschool Program			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
Transportation Officer, Virginia MacLeod

Christ the Redeemer Catholic School Board

Transportation Department 403 938-2659
Transportation Officer, Bonnie Smith

CHURCHES

DeWinton United Church 403-938-4357

Trinity Mennonite Church DeWinton 403-256-7157

Christ Church Anglican Church Millarville 403-933-3620

Millarville Community Church 403-931-1618

Red Deer Lake United Church 403-256-3181

Canyon Creek Christian Fellowship 403-256-3167

Connexion Christian Fellowship 403-201-0404

COMMUNITY

DeWinton Community Hall
www.dewintonca.com 403 938-2525

Newsletter Co-ordinator
calbet-parr5@hotmail.com

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

DEWINTON COMMUNITY ASSOCIATION

Board of Directors

Board Member	Position	Phone
Dusty Dancer	President	403.938.0930
Corrie Loomes	Vice President	403.256.6056
Norman Beswick	Treasurer	403.256.2645
John Thorpe	Secretary	403.256.6743
Sherry Shoults	Director	403.995.4566
Trudt Vanglist	Director	403.938.3436
Anne Beswick	Director	403.256.2465

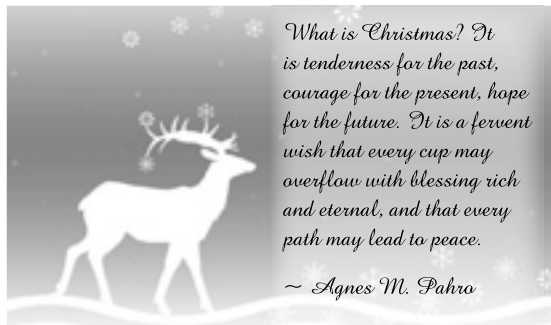
Other Important Numbers

Board Member	Position	Phone
Jacinda Jones	Pre-School Director	403.255.4720
Greg Davenport	Hall Facility Manager	403.938.2525
DeWinton Hall		403.938.2525

ONLINE

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www.knowthelimits.ca
www.healthcanada.gc.ca/dailyvalue
www.blankets4canada.ca



What is Christmas? It is tenderness for the past, courage for the present, hope for the future. It is a fervent wish that every cup may overflow with blessing rich and eternal, and that every path may lead to peace.

~ Agnes M. Pabra

Editorial Content

Deadline

news@great-news.ca



1st

of each month for
the next month's issue



Deck the Halls!

The idea of decorating homes on holidays is both world-wide and age-old. It is only natural that in addition to fire and trees, flowers and other plants would be used to deck the halls at Christmas. The poinsettia, also known as the "flower of the Holy Night", represents the flaming star of Bethlehem through its red bracts, and is named after Joel Roberts Poinsett (March 2, 1779 – December 12, 1851) who was an avid amateur botanist, a member of the United States House of Representatives, and the first United States Minister to Mexico (the U.S. did not appoint ambassadors until 1896). In 1829 he brought the plant back to his home in southern California, and the poinsettia's popularity at Christmas has grown ever since.

Encinitas, California is now known as the poinsettia capital of the world because the flower is so abundant there.

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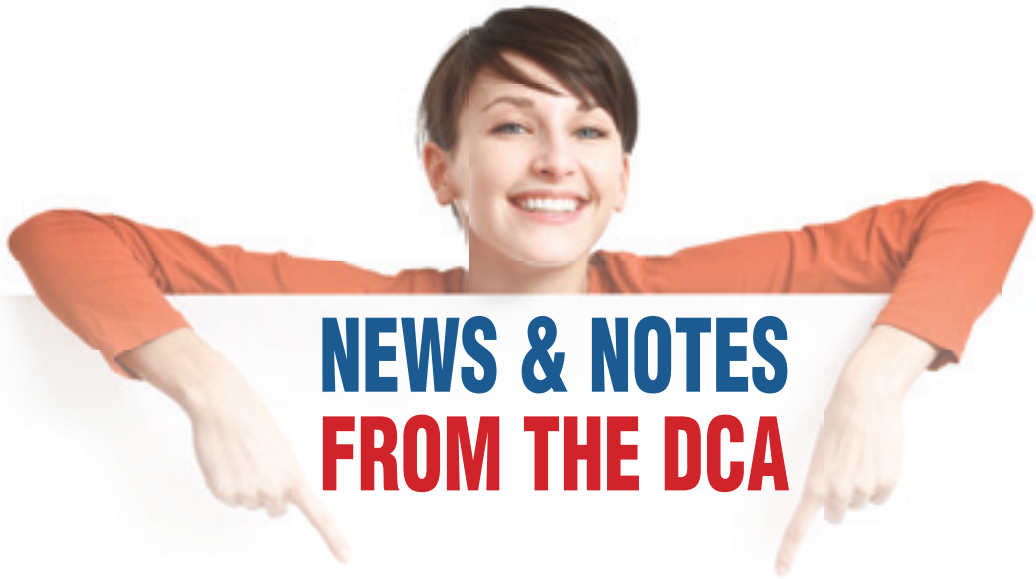
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NEWS & NOTES FROM THE DCA

De Winton Pre School

A few spots remain available in the De Winton Pre School program. Sessions are morning or afternoon for the 4 year olds, on Tuesdays and Thursdays. The 3 year-old class is Monday and Wednesday mornings. For information contact Pre School Director Jacinda Jones at 403- 255-4720.

De Winton Hall Activities

YOGA: Mon: 7:30 to 9 pm. & Thu: 9 am. to 10:30 am.
Instructor: Krystyna Dziminska krystynadziminska@hotmail.com
Cost: DCA members: \$80 for 10 sessions

BRIDGE: resumes on Tuesday evenings at 7:30p.m. They always welcome new members of all levels of bridge playing ability. I believe you will enjoy the company and laughter that goes with it. Contact Trudy Vangilst at 403-938-3436.

QUILTING: Our Dedicated Q Bee Quilting group is also a wonderful group of ladies who would also welcome anyone joining them with whatever project you have on hand; valuable suggestions and help would also be available. They assemble every Wednesday at 9:30 am. Contact Ruth Olson at 403-938-2241.

Hall Improvements

This past year has seen some significant improvements to the Community Hall and grounds.

Thanks to the generous donation of materials and labour by Countryside Landscapes and Garden Centre, we have a new patio off of the veranda with a walkway down to the parking lot. This enhances the previous season's landscaping work which saw a number of plants and trees installed throughout the property. New countertops have been installed in the kitchen and bar areas, with the washrooms and playschool counters on the schedule for replacement later this fall.

The exterior of the building has received it's first new coat of paint since the facility re-opened in 1997. This November will mark the 15th anniversary of the Grand Opening of the new Hall subsequent to the fire of 1996 which destroyed the old Hall.

Basement Restoration

After months of efforts, the basement area of the hall has been restored to usable space. The spaces are now ideal for small group meetings, or would be ideal for new club activities. New Clubs: Interest has been shown to start a Chess Club and a Book Club. If you would be interested getting involved in a once a week evening Club activity at your hall please contact Greg Davenport at 403-938-2525.

DCA Member Benefits

Members of the De Winton Community Association are eligible for special discounts of 20% off on Hall Rentals.



DEWINTON COMMUNITY ASSOCIATION

Membership Form 2012-13

Yearly Membership Fee: \$20.00

Please attach a cheque to this membership form and drop it down at the DeWinton Hall (business hours are 9-1 Mon-Fri) or mail to:

Box 111
De Winton AB, TOL OXO

Family Name: _____

Adults - First Names: _____

E-Mail Address: _____

Telephone Number: _____

Address: _____

Postal Code: _____

To help us plan community events/programs please check off which Community Programs if any, you and your families are, or would be, involved in:

Karate _____

Quilting _____

Bridge _____

Preschool _____

Other: _____



Canadian Pignettes

The variations of Christmas traditions in Canada reflect the number of different cultures that have settled in the country. They include decorating houses and yards with lights, putting up Christmas trees, giving gifts, and sending greeting cards.

The Christmas tree is a German tradition, started as early as 700 A.D. In the 1800s the tradition of the Christmas tree was widespread in Germany, and moved into England and eventually Canada. Old carols and the Nativity can be traced to France, and greeting cards to England. The ancient Gaelic custom of placing lights in windows originated in Ireland.

The origin of Santa Claus began in the 4th century with Saint Nicholas, Bishop of Myra, an area in present day Turkey. He was known for his generosity and kindness, and was particularly devoted to children.

Christmas Eve is a combination of a many traditions as well – many families open gifts, attend church, and others enjoy special dinners, like tourtiere, ham, goose, etc. During Christmas Eve services in Labrador and Newfoundland, some children receive little lighted candles that have been stood in a turnip that was saved from the harvest. It is also customary for some folks to “fish for the church” during Christmas week, bringing their catch to be sold for the local parish.

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www.pppd.ca

COOKIES

A delight to every age group, cookies are popular throughout the world in many forms and flavours. Cookies fall into five basic categories, grouped primarily by shape: drop, bar, moulded and pressed, refrigerator, and rolled. The following are a couple of my holiday favourites:

Whipped Shortbread

These buttery delights really do melt in your mouth! Plan on making a couple of batches, as they don't last very long. This recipe **does not double well**, so make separate batches.

- ½ cup icing sugar
- 1 ½ cups flour
- 1 cup butter (measured)

Beat and mix for 10 minutes – don't skimp on the time! Beat until white and fluffy.

Drop small, teaspoon size balls onto an ungreased cookie sheet. Place a piece of cherry, nut, or chocolate chip on the top of each cookie or leave them plain.

Bake at 325 degrees F for approximately 15 minutes.

Yield: 3 dozen

Ginger Crinkles

If you like ginger, these will soon become one of your favourites, too! Store in an airtight container to keep cookies semi-soft.

- | | |
|-------------------------------------|------------------------|
| ¾ cup butter | 2 cups flour |
| 1 cup brown sugar | 2 tsp. baking soda |
| 4 tablespoons fancy molasses | 1 tsp. ground cinnamon |
| 1 large egg, beaten | 1 tsp. ground ginger |
| *granulated sugar | |

Cream butter and brown sugar, then add molasses and egg.

Mix flour, baking soda, cinnamon and ginger together, and add to creamed mixture. Chill mixture for 10 minutes.

Roll into small balls (teaspoon size), and dip into *granulated sugar to coat evenly. Place on ungreased cookie sheets.

Bake at 350 degrees F for 10 minutes.

Yield: 3 – 3 ½ dozen

Merry Christmas & Peace to All!

Bly Rose

COMMUNITY READERS RECOMMEND...



Fiction

- Dear Life: Stories - Alice Munro
- The Racketeer – John Grisham
- The Headmaster's Wager – Vincent Lam
- Half-Blood Blues – Esi Edugyan
- Murder, She Wrote: Trouble at High Tide – Jessica Fletcher & Donald Bain

Non-fiction

- A Nation Worth Ranting About – Rick Mercer
- A Train in Winter – Caroline Moorehead
- Behind the Moves – Brian Burke
- Bossy Pants – Tina Fey
- Decisions – Jim Treiving

Children's

- Where's Waldo? The 25th Anniversary Edition
- Who Could That Be at This Hour? – Lemony Snicket (aka Daniel Handler)
- The Lion, The Witch and The Wardrobe – C.S. Lewis

Diamond Valley Starlight Celebration

A Family-Friendly New Year's Eve Party!

Once again, residents and neighbouring communities of the Diamond Valley are invited to ring in the New Year in Turner Valley at an early evening celebration that is **free for all to enjoy!**

Old-fashioned family fun is the hallmark of this popular event, which last year attracted more than 300 party-goers of all ages, from grandmas and grandpas to little britches.

Featured activities include skating under the stars to music, horse-drawn hayrides, gazing at the universe through the library's telescope, bonfires to stay toasty and warm, festive face painting, lots of smiles and laughter thanks to a talented children's performer and a fun balloon sculptor, and a fabulous finale of fireworks. Complimentary hot chocolate and hot dogs will be served throughout the evening at the heart of the party—the Flare 'n Derrick Community Centre.

DATE: Monday, December 31, 2012

TIME: 5:00 pm – 8:00 pm

PLACE: Turner Valley – Main Street, Flare 'n Derrick Community Centre, Outdoor Skating Rink, and Millennium Park

This annual event is presented by the Town of Turner Valley. Returning major sponsors of this family celebration are the Foothills Lions Club and Legacy Oil + Gas Inc. In addition, Tim Hortons will be providing some tasty treats to enjoy.

All members of the public are invited to attend. Just dress for the weather and bring along a smile!



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The Young Man and the Starfish

Once upon a time there was a wise man who used to go to the ocean to do his journal writing. He had a habit of walking on the beach before he began his work. One day he was walking along the shore. As he looked down the beach, he saw a human figure moving like a dancer.

As he got closer, he saw that it was a young man and the young man wasn't dancing, but instead he was reaching down to the shore, picking up something and very gently throwing it into the ocean.

As he got closer he called out, "Good morning! What are you doing?"

The young man paused, looked up and replied, "Throwing starfish in the ocean. The sun is up, and the tide is going out. And if I don't throw them in they'll die."

"But young man, don't you realize that there are miles and miles of beach, and starfish all along it. You can't possibly make a difference!"

The young man listened politely, then bent down, picked up another starfish and threw it into the sea, past the breaking waves and said, "It made a difference for that one."

There is something very special in each and every one of us. We have all been gifted with the ability to make a difference. And if we can become aware of that gift, we gain through the strength of our visions the power to shape the future. We must each find our starfish. And if we throw our stars wisely and well, the world will be blessed.

Author Unknown



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Cold Weather Safety

Alberta Health Services EMS responds to many cold weather related emergencies every winter. Simple actions such as dressing appropriately and anticipating sudden weather changes can help keep you both warm and safe this season.

Frostbite

- Frostbite is when skin becomes so cold, the skin and underlying tissue freeze completely.
- It may look white and waxy and will feel hard to the touch.
- Treatment begins with removal from the cold environment and placing the affected area in warm, not hot, water (about 41°C) until re-warmed.
- Seek further medical attention as required.

Frostnip

- Frostnip occurs when skin is extremely cold, but not frozen. It commonly affects the ears, nose, cheeks, fingers and toes.
- The skin appears red but also turns to white when pressed. It may feel numb to the touch.
- When treated promptly, frost-nipped skin will heal without complication.
- Gently re-warming the affected area in a warm environment is advised.

Hypothermia

- Hypothermia is abnormally low body temperature (less than 34°C as compared to normal body temperature of about 37°C).
- People suffering hypothermia may act inappropriately with uncharacteristic stumbling, mumbling, and fumbling, as their body temperature continues to lower.
- Early recognition and prompt medical attention is crucial. Left untreated, hypothermia may progress to coma and death.
- Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Gentle re-warming should start as quickly as possible including: removal of wet or constrictive clothing, covering with blankets or sleeping bags, and protecting the patient from further heat loss (wind, moisture and contact with cold surfaces).

Library – Kids Only

Hey Kids! Calgary Public Library has created a brand new **Kids Only** Website just for you! Here is the place you will find games, booklists of what to read next (per grade level), amazing e-books and video stories. **Tumblebooks** makes listening to and watching stories more fun. This talking picture book collection is loaded with a large assortment of stories that have sound, music and narration to make learning fun. You can read the books yourself or have mom or dad read them to you. With Tumblebooks, you can enjoy story books, read-alongs, videos, puzzles and games, language learning, and non-fiction books—all from your home computer or iPad. It really makes reading fun! Teachers love this resource too, so you know it's got to be good. Or, if you are the type of kid that likes learning about stuff, you will love **Pebble Go**. This incredibly fun resource is a great place to learn about animals, earth, space and biographies for Pre-K to Grade 3. And we have Scholastic **BookFlix** for you to enjoy classic video storybooks with related non-fiction e-books that will help you build a love of reading. Lastly, if you like playing computer games, we promise you will find something fun in our list of games. All of these amazing resources are for Kids Only, free and available always on our new website. Enjoy! www.calgarypubliclibrary.com/kids.

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				8				5
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	1	9		7		6		3

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Life Balance: Is Your Favorite Food Gravy?

Lon Hofer

Just some random Christmas memory stuff here, what are yours or your family's? Sometimes mixing things up at Christmas time as your family gets older can be fun.

Favorite Christmas movies:

Christmas Vacation, Four Christmases

Unexpected fun Christmas memory:

One year we changed from the traditional dinner and we did a cuisine theme from a different country and everyone had to cook a different dish. Great meal, good cooking experience, and not so sleepy after. It was fun - give it a try.

Favorite Christmas tag line in an ad:

Ho Ho Hold the Payments.

Unexpected recognition of the stress it can create in a city:

We did a gift exchange the first week in December (the date was only to accommodate a travel plan), one gift only. The rest of the month I unexpectedly noticed how stressed everyone was at work, in traffic, etc. It was good to make that recognition and be forgiving with people.

Favorite Christmas food:

Gravy and stuffing. There always seems to be a shortage though. Why is there never enough? Not enough fresh broth - don't you just add some stock? Is it the small pouring container? I kind of want to issue a Christmas challenge to everyone who reads this to not run out of gravy, including for leftovers. People will appreciate it.

Favorite Christmas activities:

Shovelling snow. Outdoor hockey. Outdoor evening walks or runs or bike rides. Long distance saucer passes on a lake with no snow. Eating. Especially if you got your activity in earlier.

Merry Christmas to you all including all those public services out there that don't get recognized, we take for granted, or always get frowned upon.



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HAVE A FURRY MERRY CHRISTMAS!

Christmas is coming and with it a whole bunch of dangers for my furry patients as decorations go up, presents get wrapped, and the Yule time feasting begins.

In the weeks leading up to and through the holiday season, veterinarians see a huge increase in dogs suffering from what we call "Garbage Gut Gastritis". Many dogs can develop gastro-intestinal upsets ranging from mild to potentially life-threatening if they over indulge. Practice restraint; your pet doesn't know what it is missing. Turkey bones splinter and ham is far too rich for most dogs to tolerate. Bowls of treats left out on coffee tables beg to be eaten. Chocolates, nuts, candy canes, and shortbread...Yum!

Any self-respecting dog can sniff out the wrapped box of chocolates under the tree. Dogs, and even cats, will smell the contents and if appealing enough they engage in a little petty larceny. Remember chocolate, especially dark chocolate, is toxic to dogs and can cause heart problems. Otherwise well-behaved pets may believe if it's on the floor at the tree base "it's mine and fair game".

Ribbon and tinsel fall under the veterinary category of "linear or string foreign object" if ingested by a dog or cat. They are doubly dangerous because the sharp edges

of ribbon and tinsel can cut the lining of the gut. The free ends move down the intestine and act like knives as the normal waves of motion pass through the guts. Emergency surgery may be necessary, but diagnosis of the problem can be difficult because there is no complete blockage and the ribbon does not show up on radiographs or x-rays. Decorations with wires in the middle and popcorn or candy on the outside go down the gullet easily, but don't pass through so well. What veterinarians have seen animals eat or swallow whole over the years is usually limited by your imagination!

Flickering candles, tree ornaments and all the electrical wires necessary to light our homes are as attractive to a young pet as they are to a young child. All those bright ornaments can shatter and lacerate your pet's paws or mouth. If you have a pet... stand back and look at your house with the same mindset to safety as if you were protecting an infant or young toddler from their dangerous curiosity.

Mistletoe, holly, lilies, and poinsettias are all toxic to varying degrees to pets and children. The toxic element of poinsettias has been reduced by growers and now usually causes only mild enteritis.

With the additional coming and going inherent to the holiday season, make sure your pet is wearing identification in the event they slip out the door. If parties are not to your pet's taste, confinement in a quiet isolated part of the house is preferable. Between the lights and the excitement, I find many of my epileptic patients have more seizures and many of my fragile elderly patients are more likely to become stressed and ill.

Finally, making a pet a part of your family should never be an impulse purchase. This is why many humane societies halt adoptions at Christmas time. Make sure you take a little time to think through if you have the space, time, and financial resources to support a pet. Don't buy or give a pet on a whim caught up in the fever of gift giving.

Christmas morning many furry children have their own gifts under the tree (mine do). Select a pet's gifts with the same attention to safety you would give a gift selected for a toddler. Protect the furry family member and have a very Merry Christmas.

Jennifer L. Scott, D.V.M.

www.sundanceanimalhospital.com



Why We Shrink as We Get Older

80% of people shrink in height as they age, and for some it may start as early as age 30. Your height also varies considerably each day, by up to three-quarters of an inch. The vertebral discs that are sandwiched between the vertebrae (spine bones) act as shock absorbers for the spine. They are composed of up to 88% water, which is slowly squeezed out of these discs every time the spine moves. When you lay down at night in bed and the vertical pressure is removed, the disks reabsorb the expelled water, similar to a sponge. Most people are taller in the morning than at the end of the day.

Degenerative processes can interfere with keeping the vertebral discs properly hydrated, causing them to become less pliable. Bone degeneration can also contribute to the gradual collapse of the vertebrae, particularly in the upper back causing a “dowager’s hump.”

Studies have found that men lose an average of 1.2 inches in height between the ages of 30 and 70, and 2 inches in total by age 80. By comparison, women lose 2 inches in height between age 30 and 70 and a total of 3 inches by age 80.

While genetics plays the largest role in how much you shrink as you age, lifestyle choices can make a significant difference as well. Those who smoke, are obese, have diabetes, get little aerobic exercise, drink excessive amounts of alcohol and caffeine and who do not follow a healthy diet are at greater risk of losing a significant amount of height as they age.

Losing too much over a short period of time can be an indicator of serious health conditions. It is not unusual to shrink in height by a quarter inch to a third of an inch each decade after the age of 40. Rapid loss of height in

men can be an indicator of heart disease and can suggest they are at greater risk of a fracture of the spine or hip. A study published in the *Journal of Bone and Mineral Research* found that men who lose two or more inches within two years after age 70 have a 54% greater risk of a hip fracture, and women have a 21% greater risk. Another study published in the *Archives of Internal Medicine* found that men who had shrunk 1.2 inches or more over a 20-year span had a 46% greater likelihood of heart disease and were 64% more likely to die from any cause.

Eat a balanced diet that is rich in calcium and vitamin D, get plenty of exercise (particularly weight-bearing exercises like walking and running), and get regular spinal check ups by a chiropractic doctor to help preserve your height and strengthen your spine. Special health examinations (including x-rays if necessary) should be part of your health regimen, especially if you have experienced chronic or recurrent lower back pain, neck pain or headaches. You do not need a referral to see a chiropractor, and most insurance plans have coverage for chiropractic care.

by Dr. Alma Nenshi, DC

RBC Dominion Securities Inc.

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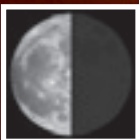


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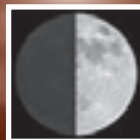
DECEMBER MOON CALENDAR



Last
 Quarter
 Dec. 6



New Moon
 Dec. 13



First
 Quarter
 Dec. 20



Full Moon
 Dec. 28



The White-Tailed Prairie Hare

Brown in colour during the fall and summer, we see them everywhere in the city and across the prairies. During the winter, their coats change to camouflage with the white of winter. Although a helpful way to become invisible to predators, it also means that they are difficult for people to see as well.

Almost every day, wildlife centres and veterinary clinics receive a call about one of these hares being injured. Hares are most commonly brought into the wildlife centre after being hit by cars or by projectiles, ranging from pellets to arrows. Additionally members of the public often notice hares with leg injuries, but it is important to note that hares can get around just as well on three legs as they can on four and are often impossible to capture to administer treatment. If the animal is immobile or able to be contained safely, it should be brought to the Calgary Wildlife Rehabilitation Society (CWRS) or to a 24-hour veterinary hospital. It is important to note that animals in distress are often fearful or aggressive and need to be handled with care.

The CWRS cared for more than 169 of these hares between April 23rd and September 16th in 2012 already. The Society receives about 1-5 calls per day in the winter about the White-Tailed Prairie Hare. It is essential to be sure that the animal is injured and in need of care, or actually orphaned, and that before CWRS can dispatch a rescue or pickup, that the animal is contained or being monitored. Very often wildlife volunteers reach the location of an injured hare, only to find that it has left the area.

If you find an injured animal, call the CWRS at 403-239-2488 or visit www.calgarywildlife.org before handling the animal. The wildlife centre can provide you with helpful advice and tips on how to contain an animal or help you decide if the animal truly needs medical or rehabilitative care.

Jacob Bogaard, Calgary Wildlife Rehabilitation Society

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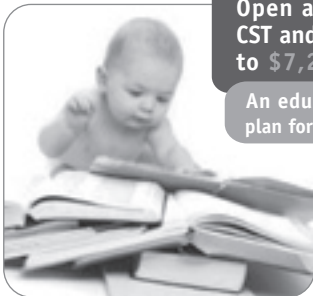
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ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
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Black Diamond Oilfields Hospital	403.933.2222
High River General Hospital	403.652.2200
Rockyview General Hospital	403.943.3000
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