

FEBRUARY 2012

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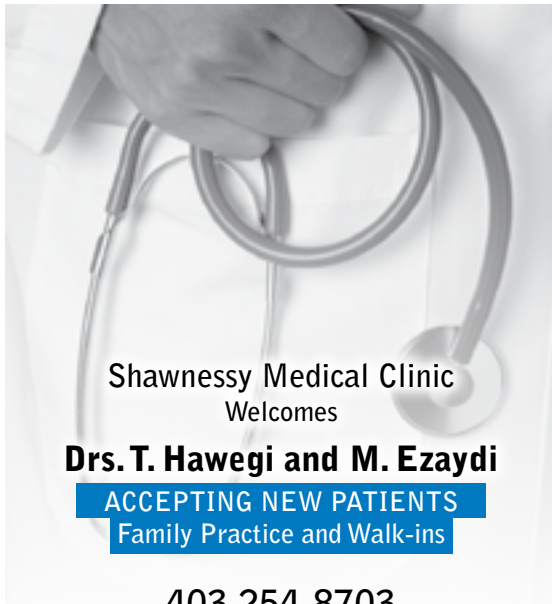
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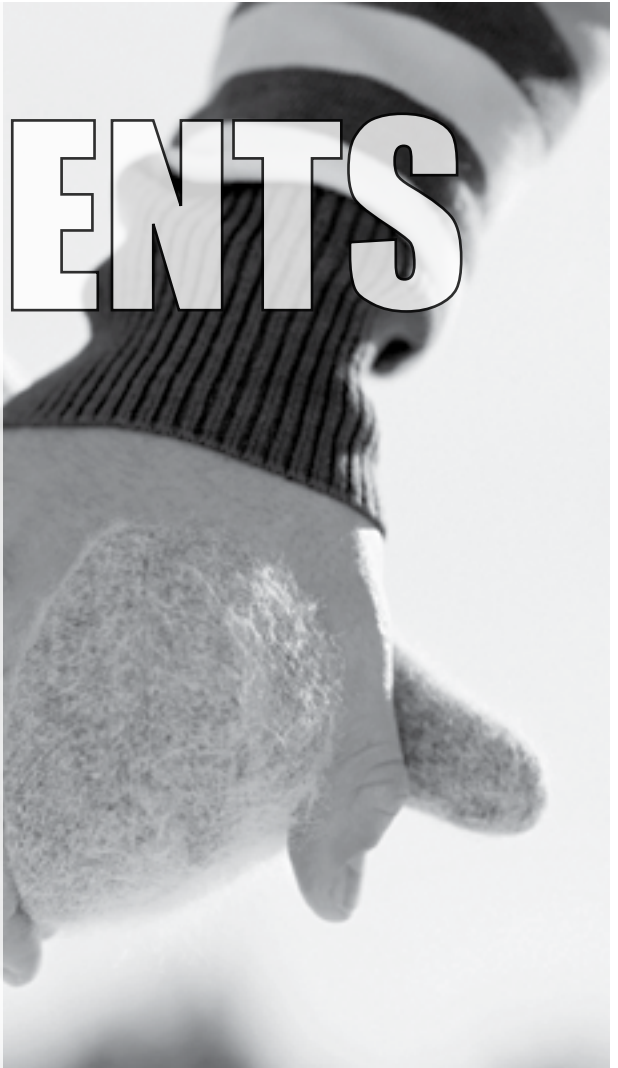
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# YOUR COMMUNITY CONNECTIONS

## SCHOOLS

*(S) denotes Separate (FR) denotes French Immersion*

Heritage Heights School	K9	403-938-1400	St. Paul's Academy Virtual School & Okotoks Homeschooling Services	1-12	403 938-4119 403 938-8046
Big Rock Elementary	K6	403-938-6666	De Winton Play Group & Play School	PS	403 938-2525
Dr. Morris Gibson School	K6	403-938-6221	Open Arms Catholic Preschool	PS - Jr. K	403 852-8273
Ecole Percy Pegler (FR)	K6	403-938-4449	Learning Experience	PS - 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

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

## CHURCHES

<b>DeWinton United Church</b> okunited@telus.net	403-938-4357	<b>Millarville Community Church</b> Hwy. #549, east of Hwy. 22 mcc@platinum.ca	403-931-1618
<b>Trinity Mennonite Church DeWinton</b> office@Trinity.MennoniteChurch.ab.ca	403-256-7157	<b>Red Deer Lake United Church</b> Hwy. 22x West (1 km west of 37th Street SW) www.rdlunitedchurch.org	403-256-3181
<b>Christ Church Anglican Church Millarville</b> Hwy. #549, 6.4 km east of Hwy. 22 www.meotaparish.ca	403-933-3620	<b>Canyon Creek Christian Fellowship</b> 333 Midpark Way SE	403-256-3167
		<b>Connexion Christian Fellowship</b> 14500 Bannister Road	403-201-0404

## HOSPITALS & WALK-IN CLINICS

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

## COMMUNITY

<b>DeWinton Community Hall</b> .....	www.dewintonca.com .....	403 938-2525
<b>The Lake at Heritage Pointe Owner's Association</b> .....	www.thelake@heritagepointe.ca .....	
<b>Dunbow Recreation Board</b> .....	www.dunbowrecreation.org .....	
<b>Shawnessy Library 333 Shawville Blcd. SE</b> .....		403 221-2072
<b>Newsletter Advertising Sales</b> .....		403 720-0762

**Editorial  
Content  
Deadline**



**1<sup>st</sup>**

**of each month  
for the next  
month's issue**

**news@great-news.ca**



## The Obstacle in our Path

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the king for not keeping the roads clear, but none did anything about getting the stone out of the way. Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the king indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many of us never understand. Every obstacle presents an opportunity to improve our condition.



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**Dr. Robert Phan**

**Dr. Justin Palmer**

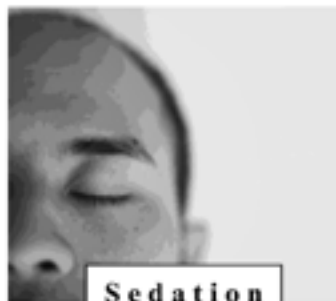
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264-6909

[southtrail@pppd.ca](mailto:southtrail@pppd.ca)

[www.pppd.ca](http://www.pppd.ca)

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

- **February 1 – March 4 26<sup>th</sup> Annual Enbridge playRites** Festival of new Canadian Plays, including Thinking of You, Drama, Ashrizin' and Good Fences presented by Alberta Theatre Projects. For more information, atplive.com / 403.294.7402
- **February 7 Spencer Wells** Trace mankind's family tree. Wells has used DNA to unlock the mystery of our earliest journeys out of the cradle of Africa and to create the first-ever map of human migration. 7:00 pm Epcor Centre for the Performing Arts. 403.294.7455 / epcorcentre.org
- **February 7-12 World Cup Bobsleigh** at Canada Olympic Park. www.winsportcanada.ca
- **February 10 – April 15 Corner Gassed 2** at Jubilations Dinner Theatre. For details 403.249.7799 or www.jubilations.ca
- **February 11 Canucks & Flames** faceoff at the Saddledome at 8:00 pm. (CBC) www.calgaryflames.nhl.com/club/schedule
- **February 12 Valdy** Canada's most beloved musician and troubadour, recently named as one of 35 Canadians to become a Member of the Order of Canada. Presented by Fish Creek Concerts at the Southwood United Church. Details, logon to www.fishcreekconcerts@shaw.ca
- **February 14 Lorraine Hartsook sings Patsy Cline** at the Deerfoot Inn & Casino. Dinner 6-7 pm. Show @8:00 pm. Tickets at hotel front desk in person, 403.236.7529 or www.deerfootinn.com
- **February 17 Rita Chiarelli** An evening of soaring three octave vocals and gifted songwriting. Part of Epcor Centre's Acoustic Blues Series. Concert begins at 8:00 pm. 403.294.9494 or visit epcorcentre.org
- **February 21 Edmonton Oilers vs Calgary Flames** at 7:00 pm at the Saddledome. SNET-W(HD) www.calgaryflames.nhl.com/club/schedule
- **February 25 The Stampeders** at Deerfoot Inn & Casino. Wristband @6:30 / Show @9:30. Phone 403.236.7529 or www.deerfootinn.com
- **February 26 Kelowna Rockets vs Calgary Hitmen** 4:00 pm at the Saddledome. www.hitmenhockey.com
- **February 26 Freestyle Skiing Halfpipe Provincial** at Canada Olympic Park. www.winsportcanada.ca

~Continued next page~

## FEBRUARY 7 SPENCER WELLS

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## FEBRUARY 11 CANUCKS & FLAMES

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**MARCH 7  
NATALIE MACMASTER**

Cape Breton's sweetheart, transforms the Jack Singer Concert Hall into a rollicking East Coast kitchen party! Part of the BD&P World Music Series – 7 pm. 403.294.9494 / epcorcentre.org



**MARCH 17 – APRIL 15  
ROPE BY PATRICK HAMILTON**

at Vertigo Mystery Theatre. No crime is perfect and this dinner party becomes a deadly trap. www.vertigotheatre.com



**MARCH 29-31  
SWAN LAKE**

presented by Alberta Ballet. Since its premiere in 1877, Swan Lake has remained one of the most enduring works in the ballet repertoire. Evening performances at 7:30, Saturday matinee at 2 pm. www.albertaballet.com



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

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- **March 9 & 10 Swingin' Sinatra** Part of Calgary Philharmonic Orchestra's Pop Series 8 pm both evenings. 403.571.0849 / cpo.live.com
- **March 12 – 18 Snowboard Freestyle Nationals** at WinSport Canada Olympic Park 403.247.5608 / www.winsportcanada.ca
- **March 13 Annie Griffiths - A Camera, Two Kids, and a Camel** part of National Geographic Live presented by Epcor Centre for the Performing Arts. Speaker begins at 7 pm Jack Singer Concert Hall. 403.294.9494 / epcorcentre.org
- **March 14 Caladh Nua** at the Irish Cultural Society 8 pm, presented by James Joyce Irish Pub. 403.282.6717 / 403.238.5313 / irishconcerts@hotmail.com
- **March 15 Johnny Cash Tribute** (Terry Lee Goffee) Dinner Show at the Deerfoot Inn & Casino. Wristband at 5 pm / Dinner 6-7 pm / Show 8 pm. 403.236.7529 or www.deerfootinn.com
- **March 17 Kootenay Ice vs Calgary Hitmen** 7:00 pm at the Saddledome. www.hitmenhockey.com
- **March 23 The Burns Sisters** at Southwood United Church – part of the Fish Creek Concerts series. 403.244.2912 / www.fishcreekconcerts.com for times and details
- **running until March 25 Shirley Valentine** by Willy Russel, directed by Roy Surette at Theatre Calgary. Life is anything but ordinary with Shirley! 403.294.7447 / www.theatrecalgary.com
- **March 27 – April 14 Mary's Wedding** by Stephen Massicotte and performed by Alberta Theatre Projects. Evenings 7:30, matinees 2 pm. 403.294.7402 / www.albertatheatreprojects.com
- **March 28 – 31 TransCanada Alberta Music Series** presented by Epcor Centre for the Performing Arts at 7:30 each evening, featuring the hottest musicians from across the province. 403.294.9494 / epcorcentre.org
- **March 30 Avalanche vs Flames** at 7:00 pm at the Saddledome. SNET-CGY (HD). www.calgaryflames.nhl.com/club/schedule
- **running until April 1 The 39 Steps** at Stage West Dinner Theatre. "Theatre at its finest...Absurdly enjoyable! This gleefully theatrical riff on Hitchcock's film is fast and frothy, performed by a cast of four that seems like a cast of thousands." –Ben Brantley, The New York Times. 403.243.6642 / www.stagewestcalgary.com





# CITY OF CALGARY

## Alberta Health Services, Emergency Medical Services

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

### What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

### Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

### Reduce your risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

## LEASE ME

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### Highlights

- End unit with magnificent view
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- Main floor showroom and office
- Large Kitchen
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- Washrooms on 2 floors
- Zoning I-G



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<b>Area Available</b>	Main floor office/showroom	1,000 sq. ft.
	Mezzanine office/storage	1,100 sq. ft.
	Warehouse	1,950 sq. ft.
<b>Total</b>		4,050 sq. ft.
<b>Bay Size</b>	Main Floor 30'x 100' less utility rooms	
<b>Mezzanine</b>	30' x 40'	
<b>Loading</b>	1 - 14'x 14' drive-in door	
<b>Ceiling height</b>	20' clear	
<b>Electrical</b>	100 amp, 208 volt, 3 phase	
<b>Possession</b>	April 1st 2012	
<b>Term</b>	5 years	
<b>Base Rent</b>	\$12.00 psf (\$4,050.00 / mo.)	
<b>Operating Cost</b>	\$3.00 psf est. 2012 (\$1,012.50 / mo.)	
<b>Utilities</b>	Tenant's responsibility	



### Contact Mike

smruss@gmail.com | 403.333.4653

# PEANUT BUTTER CUP COOKIES

*These little morsels make a perfect match, especially for chocolate and peanut butter lovers!*

- ½ cup margarine or butter
- ½ cup granulated sugar
- ½ cup packed light brown sugar
- ½ cup creamy peanut butter
- 1 large egg
- ½ teaspoon vanilla
- 1 ¼ cups all purpose flour
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- 24 miniature peanut butter cups

Beat butter, sugars and peanut butter together until smooth and creamy. Mix in the egg and vanilla, and then add the flour, soda, and salt.

Spoon 1-inch mounds into mini muffin tins, and bake for 8-10 minutes @ 350°F.

While the cookie mixture is baking, remove the wrappers from 24 mini peanut butter cups.

Remove muffin tins from oven and immediately press a peanut butter cup into the centre of the dough until only the top shows.

Cool on a wire rack until easy to handle, and carefully remove from the muffin tins.

## “Classified” Cookie Information

Cookies are classified according to how they are formed. Following are a few categories:

- *Bar cookies* consist of batter or other ingredients that are pressed into a pan and cut into cookie-sized pieces after baking.
- *Drop cookies* are made from a soft dough that is dropped by a teaspoonful onto a baking sheet. As the cookies bake, they spread and flatten out.
- *Molded cookies* are made from a stiffer dough that is usually molded into balls or various shapes by hand before baking.
- *Pressed cookies* are made from a soft dough that is extruded from a cookie press into various shapes before baking.
- *Refrigerator cookies* are made from a stiff dough that is refrigerated to become even stiffer. It is typically shaped into a cylinder or log, and then sliced into round cookies before baking.
- *Rolled cookies* are made from a very stiff dough that is rolled out and cut into shapes with a cookie cutter.

Enjoy!  
- BG Rose

# COMMUNITY READERS RECOMMEND...



## Fiction

- *Covert Warriors* – W.E.B. Griffin
- *The Cat’s Table* – Michael Ondaatje
- *Death Comes to Pemberley* – P.D. James
- *The Help* – Kathryn Stockett
- *The Night Circus* – Erin Morgenstern
- *The Sisters Brothers* – Patrick deWitt

## Non-fiction

- *Top 10 of Everything 2012 Canadian Edition* – Caroline Ash
- *Cocktail Hour Under the Tree of Forgetfulness* – Alexandra Fuller
- *Cornered* – Ron MacLean
- *Back in the Bigs* – Randy Turner
- *Unbroken* – Laura Hillenbrand
- *The Hare with Amber Eyes* – Edmund de Waal

## Classics

- *Romeo and Juliet* – William Shakespeare
- *Beloved* – Toni Morrison
- *Jane Eyre* – Charlotte Bronte

**BRAIN GAMES**

# SUDOKU

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or send us an e-mail to: [dfrose@shaw.ca](mailto:dfrose@shaw.ca)



It's when the snow and ice melt in the spring, raising the water level, that **Spirit Island** actually becomes an island in Maligne Lake, Jasper National Park. An icon of the Canadian Rockies the island floats in the midst of turquoise, glacial water.

With no road or trail access, the island is accessible only by tour boats or non-motorized watercraft.

There is a 90-minute narrated cruise that departs every hour, allowing visitors time to enjoy a short walk to the viewpoint overlooking the mountain-rimmed shores of Maligne Lake. The scenery is stunning, with breathtaking views of the mountains, glaciers, and wildlife.

Spirit Island became one of the most famous photographs in the world in the 1930s, when an amateur photographer entered it into a Kodak photography competition, winning first prize, of having the photo enlarged to billboard size and hung in Grand Central Station, New York. For years, Spirit Island was viewed by literally millions of commuters each day.

The origin of the name of the island is shrouded in ancient Indian myth which tells of two lovers from warring tribes meeting in secret every week. When the girl's father learned of the meetings, he demanded she be cast out of the tribe and her lover killed, or that she never see him again. Choosing not to see her lover from the opposing tribe anymore, legend has it that the young man continued to return to the island, hoping to meet the young woman again some day. Eventually, he died on the island, where his spirit now resides.



# SCHOOLS • SCHOOLS

## ALBERTA SCHOOL COUNCILS' ASSOCIATION

### Age of Entry and Student Success

The School Act requires that children be in school if they are six years of age by September 1st, and many enter if they turn six before December 31st. Some school districts allow to February 28th - resulting in students as young as 51/2 years old entering grade one.

Children begin school a year later, at the age of seven, in Finland - which has emerged as the top achieving country on international standardized tests.

A report from the Council of Education Ministers' for Canada, finds Finland's students aged seven to 14 attend school for approximately 5400 hours. Alberta students are in school for approximately 3000 hours more, or, by the time the international tests are taken at age 15, an additional 55% hours in school.

A good month for a child to be born is (the first) January of the year entering grade one. Birth month is indicated by student achievement on grade three Provincial Achievement Tests demonstrating a consistent decline for every month that a child is younger.

By the end of grade nine, approximately one in seven Alberta students has been retained for at least one grade. Many more struggling students have been pushed through because of social promotion practices ending up in lower stream courses in senior high. Student retentions are fairly constant for children born in January through May, but escalate to almost one in three being retained for those 51/2 years of age at the time of entry - or born in (the second) February.



South Bow River is gearing up for another great season of Softball! We hope you can come out and join the fun!

**We are currently taking registration for our upcoming pitching and skills clinics, as well as registration for the upcoming season.**

Please visit us on line at [www.southbowriversoftball.com](http://www.southbowriversoftball.com) for more information.



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# PROFESSIONAL SERVICES



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## FEBRUARY MOON CALENDAR



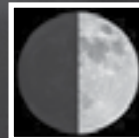
Feb. 9  
 Full Moon



Feb. 14  
 Last Quarter



Feb. 21  
 New Moon



Feb. 29  
 First Quarter

# Financial Planning Reference

Michael Martin, CFA, MBA

The following is a summary of some common financial planning-related information that you can use as a handy reference. Any values noted below are for 2012.

## RETIREMENT

Maximum CPP/QPP benefit at age 65 \$986.67 per month  
Maximum CPP/QPP benefit at age 60 \$678.83 per month (31.2% reduction)

Maximum CPP contribution —  
employer and employee \$2,306.70 each annually  
Maximum CPP contribution for self-employed \$4,613.40 annually

YMPE — Yearly Maximum Pensionable Earnings \$50,100  
Maximum OAS benefit for Q1 \$540.12 per month  
OAS clawback rate \$0.15 for every \$1 of net income above \$69,562; the full OAS is eliminated at a net income of \$112,772 or higher

CANSIM rate 2.61% (minimum rate for provinces is still 6%)

RRSP — maximum annual deduction limit \$22,450 for 2011  
\$22,970 for 2012

RRSP — withholding tax on withdrawals by a resident of Quebec/rest of Canada respectively 21%/10% for amounts up to \$5,000

26%/20% for amounts \$5,000 – \$15,000  
31%/30% for amounts over \$15,000

## EDUCATION

Maximum annual RESP contribution Unlimited annual



**FYI**  
Banff Park Museum, built in 1903, is the oldest and grandest natural history museum in Western Canada. It is home to more than 5,000 natural history specimens with exhibits and displays, and includes an extensive taxidermy collection.

up to lifetime maximum of \$50,000 per beneficiary  
Annual RESP contribution for maximum CESG 20% of first \$2,500 per beneficiary = CESG up to \$500.  
Plus 20% of next \$2,500 per beneficiary if carryforward room is available = additional CESG up to \$500.  
Maximum annual CESG = \$1,000/year/beneficiary

## TAX

EI — maximum annual premium \$839.97 (\$674.73 in Quebec due to separate maternity and parental benefits)

EI — insured earnings \$45,900

Basic personal tax exemption \$10,822

Federal tax brackets and rates based on taxable income

Taxable income Federal rate

\$0 – \$42,706 15%

\$42,707 – \$85,413 22%

\$85,414 – \$132,405 26%

\$132,406 – and over 29%

*Michael Martin is an Investment Advisor with RBC Dominion Securities Inc. Member—Canadian Investor Protection Fund. This article is for information purposes only. Please consult with a professional advisor before taking any action based on information in this article.*

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## SEEING THROUGH FACADES

Though I've lived all across North America, it is during this time of year that, no matter where I am, the restless drum beat of Carnival beckons me back home to New Orleans. This might be surprising to many of you who had no idea of the festivities presently gearing up deep down south, and/or you may be scratching your head as to why a middle aged minister might still feel drawn to such an event. Though I cannot hope to give an exhaustive description of my reasoning for something so rooted in my DNA in this short article, I feel compelled to attempt to capture at least one strand of the deep seated draw Mardi Gras has on me.

Generally speaking, carnival time is defined by a flood of delicious food, great music, and extravagant revelry. While each of these are components of the celebration, I would take this opportunity to focus on a custom that I feel is often misunderstood, and so sadly, is seldom attempted by tourists. I am writing specifically about masquerading. Doubtless, I have just lost a few of you to visions of "scary" Halloween costumes, or of the silly, or sexy (which are actually often the silliest) costumes you've seen on some TV show, but this is not what I am writing about. No, the type of costuming that I am uplifting can have a profound, and life long impact on a person when worn in the rarified atmosphere of the New Orleans French Quarter on Mardi Gras Day. An epiphany of this sort is achieved only by one allowing the anonymity of a costume to free the "you", that is normally tied to all sorts of expectations brought on by your family, friends, job title, etc., to float away. The veneer of social cues, and constructs usually subtly imposed (race, age, economic class, etc.), need to also be

lifted from your consciousness, for behind a mask no one knows whether you are young or old, rich or poor, a butcher, a baker, or a candlestick maker, thus you no longer have the need to play any role. This mindset frees you to jettison any fear of judgment, and perceive the world in a fresh and unencumbered way, choosing to simply live in the moment. Further, all others in costume are likewise put on equal footing. As a minister, I would say that when all playing fields are leveled in this manner, one tends to see that we are all equally God's Children. Or, if you prefer, for my friends of a more secular, and anthropological inclination to see that, purged of the divisive nature of our egos and the clutter of cultural pretense, we are all just animals with thumbs.

Predictably, and often entertainingly, many use this opportunity as a means to express frivolous impulses, which is fine, as it too is part of the season. But, I would argue it is not in these sophomore exhibitions that one finds the real reward of masquerading. Rather, the real reward is found in the utterly joyous exchanges afforded to those who seize the opportunity to engage others with an honesty, and reverence, not normally available. To me, this is why costuming is the heart of Mardi Gras.

Unfortunately, this year I will not be taking my annual pilgrimage to the Big Easy. But, on Mardi Gras Day (February 21st), I would invite you to keep in mind the paradoxical lesson I have tried to share, namely, that putting on a mask once a year, can make one more aware of the one we put on everyday.

If you are headed down to Mardi Gras, I would be happy to offer a native's guide of the city, and celebration.

- Danah Cox, BFA, M. Div.

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Alcohol/Drugs/Full Family Help	403 253-5250
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Calgary Health Link	403 943-5465
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Child Find	403 270-3463
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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
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Enmax - Trouble calls only	403 514-6100
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