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## 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.

Effective March 1st, GREAT NEWS PUBLISHING has relocated to:

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

All other contact information remains the same.

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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

**Foothills School Division  
Transportation Department**  
Transportation Officer, Virginia MacLeod

403 652-6547

**Christ the Redeemer Catholic School Board  
Transportation Department**  
Transportation Officer, Bonnie Smith

403 938-2659

## CHURCHES

**DeWinton United Church** 403-938-4357  
okunited@telus.net

**Trinity Mennonite Church DeWinton** 403-256-7157  
office@Trinity.MennoniteChurch.ab.ca

**Christ Church Anglican Church  
Millarville** 403-933-3620  
Hwy. #549, 6.4 km east of Hwy. 22  
www.meotaparish.ca

**Millarville Community Church** 403-931-1618  
Hwy. #549, east of Hwy. 22  
mcc@platinum.ca

**Red Deer Lake United Church** 403-256-3181  
Hwy. 22x West (1 km west of 37th Street SW)  
www.rdlunitedchurch.org

**Canyon Creek Christian Fellowship** 403-256-3167  
333 Midpark Way SE

**Connexion Christian Fellowship** 403-201-0404  
14500 Bannister Road

## HOSPITALS & WALK-IN CLINICS

**High River Hospital** 403 652-2200  
509 9 Ave W High River

**Rockyview General Hospital**  
7007 - 14 St SW Calgary Admin 403 943-3000  
Emergency 403 943-3449

**Alberta Children's Hospital**  
2888 Shaganappi Trail NW Admin 403 955-7211  
Emergency 403 955-7070

**Urgent Care Centre** 403 995-2600  
11 Cimarron Common Okotoks

**Midnapore Medical Dental** 403 256-1272  
37, 240 Midpark Way SE Calgary

**Shawnessy Medical Clinic** 403 254-8703  
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 Blcd. SE** ..... 403 221-2072

**Newsletter Advertising Sales** ..... 403 720-0762

## Editorial Content Deadline



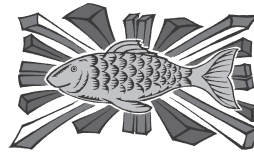
# 1st

of each month  
for the next  
month's issue

[news@great-news.ca](mailto:news@great-news.ca)

# FYI

The **Shaw Festival** in Niagara-on-the-Lake produces and presents the work of George Bernard Shaw (1856-1950) and other playwrights writing anywhere in the world during the era of Shaw's lifetime.



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



## BASIC TOMATO SAUCE

*The fresh flavour of this chunky tomato sauce can be enjoyed with a variety of pastas, fish, chicken, meat and vegetables.*

- 2 ½ lbs large, ripe tomatoes, peeled, seeded & chopped
- 2 tablespoons tomato paste
- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 1 clove garlic, finely chopped
- 1 teaspoon dried basil
- 1 teaspoon dried oregano leaves
- ¼ teaspoon dried thyme
- 1 bay leaf
- Salt & freshly ground pepper to taste

In a medium fry pan, heat oil over low heat. Add onion and cook, stirring, until soft, but not browned. Add garlic and cook an additional 30 seconds.

Add the tomatoes, tomato paste, basil, oregano, thyme, bay leaf, and salt & pepper. Cook over medium heat, stirring often, until tomatoes are soft and mixture has thickened slightly (approximately 15 – 20 minutes).

Discard bay leaf. Season to taste with additional salt and pepper if needed. Cover and refrigerate for up to 2 days, or freeze for up to 2 months. Serve hot.

## BOLOGNESE SAUCE

- 2 tablespoons olive oil
- 1 large onion, chopped
- 1 large carrot, peeled and chopped
- 2 tender celery stalks, chopped
- 1 – 2 cloves garlic, crushed
- 1 lb lean ground beef
- 2 cups beef stock
- 1 ½ cups red wine
- 2 large cans (425 ml) crushed tomatoes
- 1 teaspoon sugar
- ¼ cup freshly chopped parsley
- Salt & pepper to taste

Heat oil in a large fry pan over medium heat. Add the onion, carrot, and celery, stirring until softened. Add garlic and cook for one more minute.

Increase heat; add the ground beef and cook until well browned, stirring and breaking up any lumps with a fork as it cooks. Add beef stock, wine, undrained tomatoes, sugar and parsley

Bring this mixture to a boil, reduce heat, then simmer for 1 – 1 ½ hours, stirring occasionally.

Season to taste with salt and pepper. Cover and refrigerate for up to 2 days, or freeze for up to 2 months

Serve hot, over your favourite pasta, along with freshly grated parmesan cheese. This Bolognese sauce can also be used as one of the layers in a lasagne.

Enjoy!  
- *BQ Rose*

## COMMUNITY READERS RECOMMEND...



### Fiction

- Locked On – Tom Clancy
- The Winter Palace – Eva Stachniak
- Before I Go To Sleep – S. Watson
- The Next Always: Book One of the Inn BoonsBoro Trilogy – Nora Roberts
- Half-Blood Blues – Esi Edugyan
- Death Comes to Pemberley – P.D. James

### Non-fiction

- The Garner Files – James Garner & Jon Winokur
- The Wealthy Barber Returns – David Chilton
- Steve Jobs – Walter Isaacson
- Thinking, Fast and Slow – Daniel Kahneman
- Back in the Bigs – Randy Turner
- Arguably – Christopher Hitchens

### Classics

- Around the World in Eighty Days – Jules Verne
- Murder on the Orient Express – Agatha Christie
- A Tale of Two Cities – Charles Dickens



The **Order of Canada** is the highest civilian honour awarded in Canada. Membership is awarded to those who exemplify the order's Latin motto, taken from Hebrews 11:16 desiderantes meliorepatriam, meaning "They desire a better country".

Established in 1967, the three-tiered order was established as a fellowship that recognizes the achievement of outstanding merit or distinguished service by Canadians, through life-long contributions in every field of endeavour, and who made a major difference to Canada, as well as the efforts made by non-Canadians who have made the world better by their actions.



# DAYLIGHT SAVING TIME

**begins Sunday,  
March 11 at 2:00 am**

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**Dr. Justin Palmer**

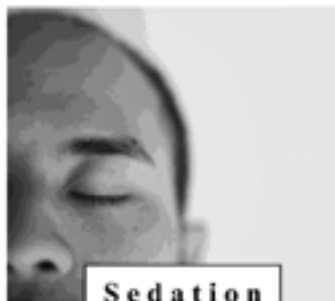
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264-6909

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

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



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

- **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.theatre Calgary.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

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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



MARCH

**APRIL 6  
CONNIE KALDOR**

presented by Fish Creek Concerts at South-wood 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.deerfoot-inn.com



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

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- **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 & Streeheart 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



## A Creed to Live By

Don't undermine your worth by comparing yourself with others,

It is because we are different that each of us is special.

Don't set your goals by what other people deem important,

Only you know what is best for you.

Don't take for granted the things closest to your heart.

Cling to that as you would your life, for without them life is meaningless.

Don't let your life slip through your fingers by living in the past or the future.

By living your life one day at a time, you live all the days of your life.

Don't give up when you still have something to give

Nothing is really over...until the moment you stop trying.

Don't be afraid to admit that you are less than perfect,

It is the fragile thread that binds us to each other.

Don't be afraid to encounter risks,

It is by taking chances that we learn how to be brave.

Don't shut love out of your life by saying it's impossible to find.

The quickest way to receive love is to give love.

The fastest way to lose love is to hold on too tightly,

And the best way to keep love is to give it wings.

Don't dismiss your dreams. To be without dreams is to be without hope.

To be without hope is to be without purpose.

Don't run through life so fast that you forget where you've been,

But also know where you're going.

Life is not a race, but a journey to be savoured every step of the way.

*Author Unknown*



The egg is the universal symbol of Easter celebrations throughout the world -- dyed, painted, adorned and embellished with superb artistry.

The most famous decorated Easter eggs were made by Peter Carl Faberge, who was commissioned by Russian Czar, Alexander, to make a special Easter gift for his wife in 1883.

The first Faberge egg was an egg within an egg. The outside shell of platinum and white enamel opened to reveal a smaller, gold egg. The smaller egg contained yet another surprise, opening to display a golden chicken and a jewelled replica of the Imperial crown.

Out with the Old  
in with the *NEW!*

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Freecycle is globally local. Each city has a fabulous team of Volunteer Moderators that maintain a unique and vibrant email community.

Whether it is baby clothing, rolls of sod or a computer, it’s probably being offered or requested right now on one of our thousands of groups worldwide.

By giving freely with no strings attached, members of Freecycle help instill generosity of spirit, as they strengthen local communities and promote environmental sustainability and reuse.

It is simply beautiful, how one can change the world, one gift at a time!



# WRITE ON HOCKEY

by Lon Hofer

## Is the Game Aligned?

Times have changed. Since the advent of the much improved professional hockey leagues, the big brute strength and power of players is now less of a necessity, though still an asset. For a modern hockey player, the **secondary** components of physical fitness are of importance as well. These components are tough to train, but have a big effect on high level performance, especially with the push for a faster, cleaner game. These secondary components being: balance, coordination, agility, reaction time, speed, power, and mental capacity. (The primary components being: cardiovascular capacity, muscular capacity, flexibility, and body composition.)

But this can lead to trouble as well. A player who is trained top to bottom with full body vertical explosiveness and power is dangerous, as it is promoting just that. Full kinetic vertical explosion. Especially when the game is trying to lower itself away from the head.

Check out a certain Detroit hockey player. He is agile and strong *laterally*. I feel that professional leagues need to re-think how these players are built (including equipment) and re-align the players with the game they are trying to build. Build a prototype, and suggest training regiments that sync with the direction the game wants to go, especially if it actually gives you competitive advantage as a player.

Align fitness with the players, align the players with the game, align the game with the rink.

In this case it might be locking the vertical power into the lower body, while developing upper body lateral agility, softening the equipment that is most commonly hitting the head, and getting rid of seamless glass. Maybe even a little less of the linesmen in the scrums too. That might help develop some on-ice accountability.



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# MARCH MADNESS TIME FOR RENEWAL

Busy moments with the kids, long days at the office, weekends crammed with activity; March can be a crazy month! Hopefully in all the chaos you're staying consistent with your health and fitness goals. As a personal trainer, I care about what I put into my body and how I treat it. While I eat my share of greasy, sugary foods from time to time and allow for rest days, I know that I feel and live better when I'm fueling for health and moving more, especially during busy seasons! But what about caring for my mind?

Thoughts on renewal recently flooded my head while I was on a long run. Sure, I take time to renew my body and feed it well, but what am I feeding my mind? I was reminded in those quiet minutes with myself and the road that being fit and healthy is so much more than what the scale says, than how often you workout and than what you eat. We are whole people; body, mind and spirit, and we should take care to renew our whole self!

When the days are full it's easy to let priorities slip - whether that's exercise, clean eating or fighting laziness. To help get myself on track with renewing my mind, I instituted a no TV challenge for a week. While my husband and I don't watch much TV, we noticed that when we sit down to watch a show, it easily turns into two programs and we find ourselves much more sluggish than we would like to be in the evenings. Furthermore, the atmosphere of the room and the feeling of the evening changes. By taking away the TV, we were reading more, finishing more chores and connecting with more people. I felt renewed in this process and was reminded that what goes into our minds is just as important as what goes into our bodies, especially when we're busy, tired, cranky or burnt-out.

This month, remember that health encompasses more than just our physical bodies. Nourish your body but don't neglect to nourish your mind. Take my no TV challenge or find another way to renew your mind and in doing so, help to renew your body too.

*Bonnie Lang is a mobile Can-Fit Pro personal trainer in Calgary, TRX Suspension Trainer & Nutrition/Wellness Consultant.*

## CROSSWORD

FIND YOUR SOLUTIONS ONLINE AT [WWW.GREAT-NEWS.CA](http://WWW.GREAT-NEWS.CA)

Created by  
B.G.Rose



### DOWN

1. Nova Scotia was originally called this
2. 1950's dance style
3. Fear of water
4. A small land mass
5. Baked pasta
8. Ballroom Dance (2 words)
10. Sundown
13. A gentle wind
14. Egyptian beetle
15. Pumpkin pie spice
16. A group of chickens

### ACROSS

6. Edible seaweed
7. Guitar run
9. Wine area in BC
11. Animated film
12. A popular condiment
14. Hockey trophy
17. A sewn edge
18. A fish seller
19. Fish eggs

# BEGGIN' POOLS.... OR YOUR PET'S EYES



We all know in reality the most effective weapon your pet has against you is not teeth or claws. It is that unblinking stare from those luminous eyes telling you they are starving. Starving for dinner, an ear scratch, pet, walk, car ride, or whatever that is you are currently snacking on. We need to keep those two manipulative tools healthy. Virtually every eye problem warrants at least a physical examination, and many ocular conditions, a veterinarian cannot diagnose over the phone, are emergencies. Eyes are fragile, and serious conditions can occur quickly, one problem leads to another, and complications even with appropriate treatment are common.

Some eye problems are more common in certain breeds. Pugs and Persian cats develop skin conditions in the deep grooves of the skin below their eyes. The ducts which normally drain tears from their eyes don't operate effectively and this constant wetting of the skin can cause nasty infections. Keep your pet's face clean around the eyes, eye wipes are now available not unlike baby wipes. Chows and Sharpeis often need surgery to correct turned in eyelids where the hair along the lids contacts the cornea or clear part of the eye. This is called entropion and can be very painful. These breeds need 'face lifts' to correct the problem and pull the eyelids out. Ectropion or turned out loose lids like we see in Bassets and Bloodhounds is the reverse condition and if severe may also need correction. Irritation of the cornea by hairs may be limited to several eyelashes misplaced and growing inward to contact the corneas. This may be corrected with permanent removal of these hairs.

Damage to the cornea or window of the eye is considered an emergency if an ulcer has formed or the cornea has been lacerated. Self medicating the eye with ointments or solutions containing steroids can cause permanent

damage to the eye or may even cause the globe to rupture. Hairs, trauma, chemical irritants, bacterial infection, and foreign objects all can damage the cornea. A Shih Tzu sleeping with his eyes partially open because they bulge slightly could dry the center of the cornea causing an ulcer.

All dogs can develop glaucoma or an increase in the pressure inside the eye. This condition is an emergency and prompt treatment is necessary to avoid permanent blindness. Glaucoma tends to be very painful with the white part of the eye or sclera becoming very bloodshot and the cornea becoming a grayish color as fluids build up. Several breeds of dogs are very prone to glaucoma. Dogs will often paw at their face or run their face along the carpet to try to alleviate the pain.

Cataracts, dry eye, retinal atrophy, cancer, infection, viruses.... The list goes on. Most veterinarians can examine your pet's eyes and treat many conditions successfully. That examination should include an examination of the entire pet to make sure the eye problem is not secondary to a systemic problem. Calgary has a few veterinary ophthalmologists. These specialists are very generous sharing their knowledge with your veterinarian to treat patients successfully and are available for referral for more difficult cases. These doctors surgically remove cataracts, and do virtually anything you would expect of your own ophthalmologist. After all without healthy eyes how else will we know that pet is desperate for love as they turn those beggin' pools of light on us.

Jennifer L. Scott, D.V.M.  
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## *Herbs in the Kitchen*

A few weeks ago the Calgary Horticultural Society offered a presentation on starting seeds and the use of culinary herbs. What is an herb? Simply put, it is a “useful plant”. Since my personal experience is limited to some mint, ever-hardy chives, and basil in a good year, I had a lot to learn.

**Mint** is the easiest herb to grow in our gardens, and its refreshing flavour is useful in the kitchen in many ways, including teas, salads and side dishes. Think of thinly sliced mint with buttered new baby potatoes, fresh peas, and fresh fruit (maybe not all at once though). Mint can be mixed with yogurt and paired with chocolate (you already knew that from Girl Guide cookies, didn't you?). Of course lamb and mint sauce are traditional. Remember that mint is very hardy and vigorous and will crowd out its neighbours in the garden, so we recommend it be planted in a large pot in a sunny spot near the kitchen door where you can trim off leaves all summer long. Put in different kinds and enjoy the variety.

There are two types of **Tarragon** – French and Russian. You want to grow only the French type known as the “King of Herbs” (buy a plant from the nursery), and put it in savory dishes such as chicken, eggs, fish and vegetables. Harvest the leaves all summer long. This is one of the herbs that makes an interesting vinegar.

**Common Fennel** is grown for its flowers, leaves and seeds. If you like licorice, you will love fennel. **Florence fennel** is grown for its swollen stem base which becomes bulb-like later in the summer. Best used fresh, fennel flowers and leaves can be frozen the same as you would dill. Try some fresh fennel and orange sections in a green salad. Common fennel seed can be sown directly in the garden; you will need to buy Florence fennel as a small plant.

**Dill** is another easy one and seeds can be sown every 2-3 weeks from May to July to provide fresh young leaves all summer. Popular for making pickles, fresh dill is wonderful in soups and sauces and marvelous with sour cream on the first little potatoes. Of course, dill goes with fish and appetizer dips. Dill and fennel are related and look similar in the garden.

In the kitchen, we use different herbs for short and long cooking times. Use basil, chervil, mint, chives, dill, fennel, parsley and tarragon fresh or at the last minute before serving. Oregano, marjoram, parsley and lovage (tastes like celery) go in when the dish is nearly finished, as too much heat for too long is not kind to these herbs. Bay leaves, sage, rosemary, savory, and thyme are best simmered for long times for maximum depth of flavor. All of these herbs can be grown in your garden and there is still time to start some of them from seed, or buy small plants at the nursery if seed starting isn't your thing. When fall approaches and you want to harvest the leaves for drying, follow these tips: pick mid-morning after the dew has dried. Wash, spin, pull off the leaves and let dry on paper towels for a week or two stirring occasionally, then store in glass jars, or freeze in plastic bags.

We are only a couple of months from our annual Queensland Garden Club Spring Plant Share. Now is the time to take cuttings and start seedlings for sharing. By the time May arrives, you can get into the garden and dig up the perennials that need splitting and giving away. Time flies and spring is on the horizon.

*Barbara Shorrock has been gardening in Calgary since 1976.*



## KEYBOARD SHORTCUTS

**Apply an Underline:**

CTRL + U

**Underline words but not spaces:**

CTRL+ SHIFT+W



# The Specter, and Spectrum, of a BLACK & WHITE MINDSET

We've all heard the old adage "politics and religion should never be raised as topics of discussion in polite social circles". Sadly, the mindset that tends to keep this from becoming an outdated cliché is found in the fact that, as any cotillion coordinator would attest, it still only takes one, vehemently one sided person in a discussion to turn any gathering that was once a "polite social circle", into something more akin to a pointy stick! Consequently, as long as there are those amongst us who insist on always seeing everything in "black or white" terms, and framing their opinions in absolutes, the interchange of ideas on important concerns that we collectively face, are destined to perpetually generate more heat, than light. And therein lies the rub, because we do collectively face such serious problems, this binary, "black or white" mindset is a serious problem that needs to be challenged. But, how do we learn to disagree, without being so disagreeable?

About now, being a minister, you may reasonably suspect I'm about to espouse the virtues of seeing in shades of gray, in an attempt to uplift the nuanced nature of complex issues to those who persist in seeing in only black and white terms. But to what end? As those who are already lulled into the false certainty a strictly two tone ideology affords, this subtle metaphor of degrees is lost, with gray becoming perceived merely as the muddled colour of that unthinkable sin; compromise.

So instead, being also a painter, I would invite us to consider the folly holding a staunchly "black or white" doctrine presents, by reflecting on the paradoxical contradiction of the "black or white" metaphor itself. For, as we perceive colour via the reflection of lightwaves off an object, pure white is a reflection of all colours, (think prism) and black a reflection of none, (think darkroom). However, black is also the densest colour, achieved by combining a myriad of complementing colours, whereas white is the total absence of colour (think not, what colours would you mix to make it?) Ergo, black and white are both, simultaneously, all colours, and no colour at all. Therefore, to my friends who cling to creeds, and claims of their truth unequivocally holding the high ground, I submit they consider how slippery is that slope, when even black and white, cannot be seen in black and white terms.

- Dana Cox, BFA, M.Div.

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## CITY OF CALGARY

### NEW PROGRAM FOR SENIORS!

Animal & Bylaw Services is proud to announce the launch of our **“Seniors for Seniors”** program: a new cat and dog adoption program aimed at connecting mature cats and dogs with people age 60 and over. This program offers seniors a 60% discount on adoption fees when adopting a “senior” cat or dog (8 years or older).

Through the **“Seniors for Seniors”** program, our goal is to help enrich the lives of both pets and people by sharing the benefits of adopting an older companion animal. Not only does adoption give a deserving animal a much needed home, the adopter can benefit from increased opportunities for exercise, socialization and companionship. The love of a pet has also been linked to health benefits such as lowering blood pressure, triglyceride levels and cholesterol. A furry companion can also help to combat loneliness.

When well taken care of, senior cats and dogs can be a source of love and companionship for many years to come. Older pets are great for first-time pet owners or people who do not have the time or energy to deal with frisky puppies or kittens. Most senior animals are house-trained and likely have already received obedience training. In addition, when you adopt a senior cat or dog, there are no surprises when it comes to his size or personality, making it easier to know if the pet will be a good fit in your home and for your lifestyle.

The 60% discount offered through the **“Seniors for Seniors”** program results in a cost of \$60 to adopt a senior cat and \$80 to adopt a senior dog. The adoption fee includes a vet check, vaccinations, spay or neuter surgery, a microchip, a six-month City of Calgary licence and a bag of food.

Help us to connect the wonderful senior cats and dogs at the Animal Services Centre with loving and caring forever homes! For more information about the **“Seniors for Seniors”** program call 3-1-1 or visit [calgary.ca/animalservices](http://calgary.ca/animalservices) to view all of our adoptable cats and dogs.

## HOW TO CHOOSE A VETERINARIAN

by Tammy Mazubert, Department Head of Animal Health for the Calgary Humane Society

Establishing a relationship with your veterinarian is crucial to the health and well being of your pet.

Many people associate a trip to the vet as something that is only required when a pet is ill, however regular veterinary appointments are essential to your pets' health. Scheduling routine appointments to get services such as vaccinations, wellness exams, parasite treatment and prevention, heartworm prevention and dental care is important as these services help to avoid health problems in the future.

As our pets age more quickly than we do, they become middle aged in a few short years. Because of this, their health issues can also develop and progress much faster. Missing appointments means missed opportunities to discuss medical concerns with your veterinarian. There is now a risk to your family member as you are not able to work with your vet to identify and address potentially serious health issues.

It is easier and more economical to prevent a health problem than to treat it. Your pet's life may depend on it.

It can be intimidating to find just the right veterinarian for your pet. It is a lot like choosing a doctor for yourself. You want to have someone with a great “table-side” manner, good animal handling skills and someone who you like and trust with your pet. Your pet is a member of your family and you want to have complete confidence in the veterinarian you choose.

Choosing a clinic to take your pet to can be based on many different reasons. You may like the location, a friend or family member highly recommends it, or you may find the prices for services reasonable. Determine what your needs and wants are in a vet and a veterinary hospital and this will help to build a better client – veterinarian relationship.

Here are a few items you will want to consider to help make your decision:

- Hours the practice is operational, availability of after-hour services, and whether 24 hour emergency care is provided.



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# CITY OF CALGARY CONT'D

- What services are offered, from routine physical exams to surgeries to boarding capabilities and inquire about the fees associated with each.
- Make sure you are comfortable with the support staff as well. A friendly, attentive staff reassures you that your pet will get the best possible care.

Whatever the reason you base your decision on, make sure you feel comfortable with the clinic, the staff and most important, the veterinarian you will be working closely with.

The Calgary Humane Society understands the vitally important role that veterinarians and preventative care play in keeping pets healthy. As part of the adoption package, new owners receive a complimentary vet visit that allows an appointment within the first ten days of adoption. We understand that you took the time to select just the right pet for you and your family. We want to provide pet owners the opportunity to continue to work with veterinarians to ensure their pets' well being.

CHS provides this free exam as a stepping-stone to a life-long client – veterinary relationship that is necessary for the health of your pet. It is the responsibility of an owner to continue to provide medical care and to treat our pets as a member of the family.

## BURNS AND SCALDS

Every month Alberta Health Services EMS responds to emergencies where a young child has sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking simple preventative measures.

### Degrees of burn

- **1:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- **2:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- **3:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

# CITY OF CALGARY CONT'D

## First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean, non-fluffy material to protect from infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention from your doctor as required.

## Prevention of burns

- Check the temperature of your hot water tank. Many homes keep hot water temperatures as high as 60°C / 140°F. This temperature will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.

- Ensure electrical outlets are made secure by installing commercially available safety devices that prohibit access.

If you require immediate medical attention for a burn, **call 9-1-1**.

## FREE FAMILY EVENT AT FISH CREEK STAR NIGHT

Saturday March 31, 2012 - 7:00pm to 10:00pm. Come view the night sky with telescopes, take part in night walks and warm up indoors as you learn about local night creatures with interactive displays and presentations. Fish Creek Environmental Learning Centre – 13931 Woodpath Rd. SW.

## CELEBRATE SWIMMING!

Recreation continues its year long 100th anniversary celebration with water activities for the whole family. Various locations, all ages, throughout March. Check out [www.calgary.ca/rec100](http://www.calgary.ca/rec100) for more information.

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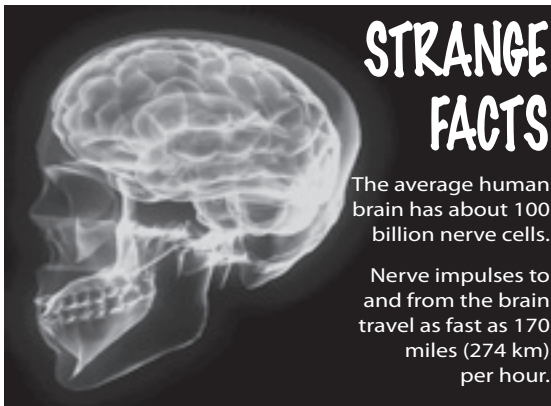
### ST. MARY'S UNIVERSITY COLLEGE

#### 17th Annual President's Dinner

The 17th Annual President's Dinner, featuring guest speaker Larry Day, will be held March 22. Larry's presentation, entitled 10,000 Interviews, will recount his experiences over 35 years as a journalist and filmmaker. From child soldiers in Sierra Leone to prime ministers and presidents, Larry has conducted more than 10,000 interviews—world leaders, actors, writers, directors, musicians, activists, homicide detectives and murderers. Larry will talk about the art of the interview and what it has taught him about life, teaching, communication, sales and achieving success.

#### Drama Production

Drama students at St. Mary's University College present their production of Museum, a comedy by Tina Howe. Museum takes place on the final day of a group show of three fictitious contemporary American artists being exhibited in a major museum of modern art. In the course of the day some forty people walk through the show: art lovers, skeptics, foreigners, students, lost souls, fellow artists, and of course, museum guards. The play is about the movement and yearning of these people. The production takes place on Friday, March 30 at 7:30 pm and Saturday March 31 at 2:30 and 7:30 pm.



## STRANGE FACTS

The average human brain has about 100 billion nerve cells.

Nerve impulses to and from the brain travel as fast as 170 miles (274 km) per hour.



## KNOW THE SIGNS OF CHILD ARTHRITIS

Juvenile arthritis (JA) is one of the most common chronic diseases among Canadian children and adolescents under the age of 16. It significantly impacts a child's quality of life and, if left untreated, may result in irreversible joint damage and disability. But identifying JA can be tricky; sometimes even very experienced physicians miss it. Arthritis in children can take numerous forms and its symptoms vary widely. Children with arthritis don't always complain of joint pain, which is why the disease can be hard to detect. According to The Arthritis Society, if your child experiences any of the following warning signs for JA over a few weeks, you should consult your family doctor:

- Pain and stiffness in the joints (for example: knees, elbows, fingers)
- Warmth of joints
- Stiffness in the morning or after waking from naps
- Limping or difficulty using an arm or leg
- Fatigue or loss of interest in recreational activities

JA is defined as continuous inflammation of one or more joints lasting at least six weeks for which no other cause can be found. Experts tell us that an early diagnosis and aggressive treatment plan can control the pain of arthritis and prevent damage to the joints. Once diagnosed with arthritis, the child's treatment plan—including medication and rehabilitation therapy—will be determined by a doctor.

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- Thomas Carlyle



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# BOOK of KELLS

The **Book of Kells**, one of Ireland's most precious artefacts, is likely the most famous example of medieval illumination and calligraphy in existence. This beautiful manuscript containing the Four Gospels is on permanent display at Trinity College, Dublin, Ireland. It is probable that illumination began in the late 8th century at an Irish monastery on the Scottish island of Iona and after a Viking raid, the book was taken to the monastery of Kells in County Meath, where it may have been completed in the early 9th century by several calligraphers, not just one artist. Workmanship is so fine, that some details can only be clearly seen with a magnifying glass.

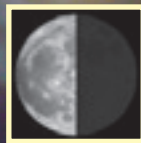
## MARCH MOON CALENDAR



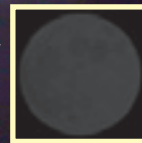
**First Quarter**  
March 1



**Full Moon**  
March 8



**Last Quarter**  
March 14



**New Moon**  
March 22

### March 1, First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

### March 8, Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

### March 14, Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

### March 22, New Moon (Waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



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[www.great-news.ca](http://www.great-news.ca)

# COMMUNITY CLASSIFIED ADS

**Deadline – 1<sup>st</sup> of each month**

**Contact [news@great-news.ca](mailto: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](mailto:sales@great-news.ca)**

## 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](mailto:lspilak@telus.net)  
Municipal Manager, Harry Riva Cambrin  
Tel: 403-652-2341



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## 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

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