

MAY 2012

DELIVERED TO 2,250 HOUSEHOLDS

your

DEWINTON

PUDDLE HOPPER

BRINGING DEWINTON RESIDENTS TOGETHER





SPRING WORKSHOPS

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



Moss Hanging Baskets:

April 28th, 10-12 am

Custom Container Planting:

April 28th, 1-4 pm

Terrariums: May 5th, 10-12 am or

May 5th, 1-3 pm

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

Garden Centre Open House

April 21st, 1-5 pm.

Garden Centre Opens April 16th

403.938.1835
www.csgcl.com

12th Annual FUNNYFEST

Calgary Comedy Festival

May 31 to JUNE 10

2 for 1 Tix

* 11 nights * 20 Shows *



11,000 Belly Laughs with Comedians in Family Funny to uncensored over - the - top shows

"The Olympics of Laughter"

* **GREAT HEADLINERS** *

(403) 228 7888

tix \$15

www.FunnyFest.com

SPRING SALE

Paints on Sale Now

45% OFF
BLINDS

Plus Extra discounts for whole house orders

15% OFF

Special Order Wallpaper
May 1st - 31st

35% OFF

Eco-Spec zero V.O.C. paint

Design Services
and
Colour
Consultations
Available!

Benjamin Moore

Carla's Windows & Walls

For all your decorating needs



Okotoks 220 North Railway St. 403-995-1200

Carla's Draperies High River 403-652-1788

www.benjaminmooreokotoks.com

CONTENTS

AT A GLANCE 7-8

**DEWINTON COMMUNITY
WESTERN DANCE 9**

A BIRD'S EYE VIEW 10

**COMMUNITY READERS
RECOMMEND 13**

**IN & AROUND YOUR
COMMUNITY 15-17**

**DOGS KNEES DON'T BEND
THAT WAY EITHER 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			Edison School	PK-12	403 938-7670
Foothills School Preschool Program	K	403-938-6666	Strathcona-Tweedsmuir School	1-12	403 938-4431
Big Rock Elementary School			Green Learning Academy	PS-9	403 873-1966
Holy Trinity Academy (FR) (S)	9-12	403 938-2477			
Good Shepherd School (S)	ECS-6	403 938-4318			
John Paul II Collegiate (FR) (S)	7-9	403 938-4600			

SCHOOL BUS INFORMATION

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

CHURCHES

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

HOSPITALS & WALK-IN CLINICS

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

COMMUNITY

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

INSIGHTINSIGHTINSIGHT



JUST ONE

One song can spark a moment,
 One flower can wake the dream
 One tree can start a forest,
 One bird can herald spring.

One smile begins a friendship,
 One handclasp lifts a soul.
 One star can guide a ship at sea,
 One word can frame the goal

One vote can change a nation,
 One sunbeam lights a room
 One candle wipes out darkness,
 One laugh will conquer gloom.

One step must start each journey.
 One word must start each prayer.
 One hope will raise our spirits,
 One touch can show you care.

One voice can speak with wisdom,
 One heart can know what's true,
 One life can make a difference,
 You see, it's up to you!

~Unknown

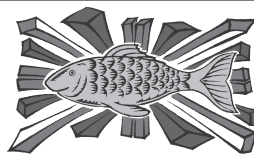
ASCCA Nature Safari Day Camps

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



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

Visit: www.crossconservation.org



THE
**BRITISH
 CHIPPY**
 LTD

Serving Traditional Fish and Chips

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

Organic Potatoes

Hand Cut Fish

British Style Mushy Peas

Traditional Meat Pies

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

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

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

Editorial Content

Deadline

news@great-news.ca



1st

of each month for
 the next month's issue

OSBORNE'S RESIDENTIAL LANDSCAPING & DESIGN LTD.

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

Free Estimates
Insured & Bonded
Book Early!

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



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

Call today to book your appointment!

403-726-1113

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



SILHOUETTE
Window Shadings



There's no substitution for true beauty.

Hunter Douglas is your first choice for style and innovation. Don't settle for anything less than our truly distinctive designs.

From May 1st to August 31st, 2012, ask us how you can receive a Hunter Douglas Manufacturer's Rebate.

Manufacturer's
Rebate

HunterDouglas



Katie O'Dwyer
403-452-5352

www.decdens.com/odwyer



Custom Window Treatments | Furniture | Lighting | Floor Coverings | Accessories



Canada's most famous castle, **Casa Loma**, is located in the heart of Toronto. Originally the residence of financier, industrialist and military man, Sir Henry Mill Pellatt, Casa Loma, is now a museum, and one of Toronto's most popular tourist attractions. It was designed by architect E.J. Lennox, who was responsible for this Gothic Revival design as well as several other city landmarks. The 98 room house cost approximately \$3.5 million at the time, and took a team of 300 workers to build over a three year period, from 1911 – 1914, construction being interrupted due to the start of World War 1.

Notable amenities included an elevator, two vertical passages for pipe organs, central vacuum, two secret passages in Sir Henry's ground floor office and three bowling alleys that were never completed. An underground tunnel connects Casa Loma to the Hunting Lodge and the Stables located on Walmer Road.

Most of the third floor was left unfinished, and today serves as the Regimental Museum for the The Queen's Own Rifles of Canada. Pellatt had joined the Regiment as a Rifleman and rose through the ranks, eventually becoming the Commanding Officer. He was knighted for his dedication to the Regiment.

Casa Loma offers five acres of breathtaking, specialty gardens spreading over an escarpment (Davenport Hill) that overlooks downtown Toronto. The dazzling displays of rare annuals and perennials, fountains and sculptures provide a quiet, relaxing retreat from the bustling city, and inspiration for your own garden. The gardens are open May through October and are included with castle admission. Guided garden tours for groups are available as well.

Casa Loma, the "house on the hill" is located on Austin Terrace, at the north end of Spadina Road on an escarpment above Davenport Road.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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

e. & o.e.

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

MAY 4 & 5 CALGARY INTERNATIONAL BEERFEST

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



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

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



MAY 27 THE 23RD ANNUAL 4TH STREET LILAC FESTIVAL

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



MAY

**JUNE 2 – 9
CARIFEST CALGARY**

showcases the arts and culture of the Caribbean along with food, dancing, parades, and reggae. www.carifestcalgary.com



**JUNE 9
FOCUSED AT THE CALGARY ZOO**

A ticketed event for photographers of all skill levels to photograph animals and gardens between 7-9 am. Participants must be 18 years or older. www.calgaryzoo.org



**JUNE 22, 23 & 24
GREEK FESTIVAL**

Celebrate Hellenic culture and enjoy music, dance, wine and food. "Efharisto" (Thank you) for sharing with us! Held at the Hellenic Community Centre. <http://calgaryhellenic.com/greek-festival/>



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

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

June 2 & 3 Calgary Ukrainian Festival Vitaemo! (Welcome!) Enjoy food, dance, and shows at the 3rd annual Festival, held at the Acadia Recreation Complex. www.calgaryukrainianfestival.ca

until June 3 Ring of Fire at The Military Museums features the stories of three Victoria Cross recipients. 403.974.2850 / www.themilitarymuseums.ca

June 3 Roald Dahl's Snow White & the Seven Dwarfs Symphony Sundays for Kids presented by the Calgary Philharmonic Orchestra combines puppets, actors and musical storytelling that will have your children laughing and learning. 403.571.0849 / cpo-live.com

June 6 – 10 The National opens the Summer Series of world class show-jumping at Spruce Meadows. www.sprucemeadows.com/tournaments

June 7 Beatles Forever Tribute (Dinner Show) at Deerfoot Inn & Casino. Wristband 5 pm. Dinner 6-7 pm. Show at 8 pm. 403.236.7529 / www.deerfootinn.com

until June 10 Summer In The City plays at Stage West Dinner Theatre. A pop music explosion of some of the greatest songs and artists from the 60s and early 70s.

June 14 – August 19 The Marvelous Wonderettes A non-stop pop musical at Stage West Dinner Theatre. 403.243.6642 / www.stagewestccalgary.com

June 15 Calgary Stampeders vs Edmonton Eskimos in their first preseason game. 7:00 pm at McMahon Stadium. Broadcast live on AM 770 CHQR and TSN www.stampeders.com/schedule

until June 24 Jump For Glee at Jubilations Dinner Theatre. All the high school drama, romance and great music made popular on the hit TV show. 403.249. 7799. www.jubilations.ca

June 27 – August 11 Shakespeare in the Park - A Midsummer Night's Dream performed by Mount Royal University and Theatre Calgary at Prince's Island Park. Weather permitting, showtimes are 7 pm Wednesdays – Sundays with added weekend matinees at 2 pm. www.theatrecalgary.com

June 28 – July 1 Canada One is one of the finest outdoor tournaments at Spruce Meadows featuring riders from across North America. www.sprucemeadows.com/tournaments

e. & o.e.



DEWINTON COMMUNITY WESTERN DANCE

We are happy to announce the continuation of the DCA Western Dance. Dust off your cowboy hats, shine up your boots and get ready for a stomping good time at De Winton Hall on **June 2nd**.

Tickets are available for pre-purchase at the DeWinton Community Hall by contacting Facility Manager Greg Davenport (403-938-2525), and are \$25/person for Members, and \$35/person for non-members. Based on last year's attendance, we do anticipate that we will sell out.

Doors open at 6:30 pm with a buffet dinner at 7:30 pm. This year's live band is Casino, who will be playing from 9 pm – 1 am.

Hosts for the Western Dance, back by popular demand, are Kathy and Randy Evans.



Write on Balance

Lon Hofer

Fitting Your Bike

It's the time of year when the mornings feel brighter, the evenings feel warmer, and the sun brings us all more energy. Maybe this summer you've got big plans to get away, camp more, or stay away from the computer. Or maybe you are going to pick up a new hobby that will help you in all aspects of life, like getting exercise and staying active by riding your bike.

If just getting started, one of the most important things is ensuring your bike fits.

Here are a couple of keys in brief form. Search 'fitting your bike' online for additional points including crank length and others. Please consult medical professional advice to ensure these are accurate for your body type and medical history, and hit your local bike store for bike specific help. These are mostly tips for comfort and safety, and not necessarily performance.

Seat tilt:

You should be sitting on the seat, and not sliding forward and forcing yourself into your handlebars. You actually should be sitting using your Ischial Tuberosity (sit bones) which will keep any discomfort from materializing. The front of your seat should actually be a bit higher than the rear.

Seat height:

At the bottom of your leg stroke when riding, your leg should have a little bend in the knee with your foot parallel to the ground and pedaling with the balls of your feet.

Frame size:

This is one of the more important points. Straddle the main top tube of your bike and note the clearance between the tube and your body. Your biking type (road vs. mountain) and personal preference may define the necessary clearance, but a good place to start is 1½ inches of clearance.

Handlebars:

Experiment with your handlebar position to achieve the proper position. Hands should be approximately shoulder width apart. The height of the bars should minimize any back strain.

Happy trails.



A Bird's Eye View

B.G. Rose

A harbinger of spring, the **American Robin** is a welcome sight to many. Robins are popular birds, and easily recognized for their warm orange breast and cheery, musical voice. Familiar sights in cities and towns, they are also at home in wilderness areas, including mountains and plains.

Robins act as potters, smoothing mud over twigs, paper, and feathers and then line their nest with fine grasses. Nests are often hidden on a horizontal limb of a shrub or tree just below a dense layer of leaves. They will also nest in gutters, eaves, on outdoor light fixtures and other building structures.

The time of day determines the type of food a robin looks for. Watch for them stalking earthworms in your yard in the morning, and foraging in the fruit trees later in the day.

Some say the robins' beautiful blue egg colour keeps them hidden from colour-blind predators. At birth, babies are helpless, and basically naked, except for a spare whitish coloured down.



PROGRESSIVE DENTAL

General Dentists

Dr. Brian Palmer

Dr. Robert Phan

Dr. Justin Palmer

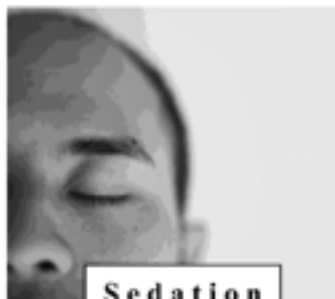
Dr. Hans Meyer



Veneers



Family



Sedation



Power Whitening



Invisible Braces

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

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

Sundance

(behind Centennial High School)

47 Sunpark Dr Se

256-6666

sunpark@pppd.ca

McKenzie Towne

(in front of the Keg)

618-4600 130th Ave Se

264-6909

southtrail@pppd.ca

www.pppd.ca

ASPARAGUS

Although we have year-round access to a wide variety of fruits and vegetables, peak availability is still the best time to enjoy them. Fresh asparagus is at its peak throughout the months of May, June and July.

Choose bright green spears that are brittle and have tightly closed purplish-green tips, and stalks that are at least two thirds green. Store them in the refrigerator upright, with stem ends in water, or wrap the cut ends in wet paper towels and enclose in a plastic bag.

To prepare, break asparagus spears by hand where they snap easily. If the stalks are thick, use a knife or vegetable peeler to remove the tough outer peel at the stem end. Leave whole, or cut diagonally into pieces.

Asparagus can be boiled, steamed, sautéed or roasted, and can be used many different ways. Serve it chilled as a salad with mayonnaise, vinaigrette, or other salad dressing; serve hot, dressed with butter, oil or Hollandaise Sauce. The tips make a great garnish for salads, soup, rice and pasta dishes; for omelette and quiche fillings; and for stir-fries.

SAUTEED ASPARAGUS

- 2 lbs. asparagus (approx. 30 stalks)
- 1 tablespoon butter
- 1 teaspoon olive oil
- 1 tablespoon chili sauce
- Coarsely ground sea salt
- Freshly ground black pepper

Break the ends of the stalks and slice diagonally into 3-4 inch pieces.

Warm the butter and olive oil in a large sauté pan over medium heat, and then add the asparagus pieces. Season with salt and pepper to taste. Cook over medium-high heat for approximately 10 minutes, tossing occasionally, until tender, but still crisp – not limp. Add the chili sauce and toss to coat the pieces evenly, cooking for an additional minute or so. This adds a nice glossy finish to the vegetable pieces, and just a hint of heat to keep it interesting!

Sprinkle with additional finishing salt if desired, and serve hot.

Variation:

Omit the chili sauce and sprinkle with freshly grated Parmesan cheese. Serve with lemon wedges.

Sauteing has become my favourite way of preparing asparagus. Enjoy!

BG Rose

COMMUNITY READERS

RECOMMEND...



Fiction

- Rules of Civility – Amor Towles
- The Beggar's Opera – Peggy Blair
- Death Comes to Pemberley – P.D. James
- Half-Blood Blues – Esi Edugyan
- Lone Wolf – Jodi Picoult
- The Language of Flowers – Vanessa Diffenbaugh

Non-fiction

- The End of Illness – David B. Agus, MD
- The Vow – Kim Carpenter, John Perry
- Cornered – Ron MacLean
- Persuasion – Arlene Dickinson
- Thinking, Fast and Slow – Daniel Kahneman
- Edible Plants for Prairie Gardens – June Flanagan

Classics

- The Great Gatsby – F. Scott Fitzgerald
- A Passage to India – E.M. Forster
- The Pickwick Papers – Charles Dickens

Richness is:

The home WE MADE



Own a home, not a mortgage.

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

scotiabank.com/mortgagefreefaster

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

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

You're richer
than you think.®



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



CROSSWORD

DOWN

- Another term used for residence
- Tools used by children to create pictures
- Some tires and resorts are referred to this way
- Another name for a penny
- Northern lights (2 words)
- A meat-filled pasta
- Oldest walled city north of Mexico (2 words)
- Lawn game
- Home for beavers
- 1670s term for shoes
- Country name & Canadian bay

ACROSS

- A method of preserving food
- Flower holder & amphibian
- Provincial bird of BC (2 words)
- Canada's national summer sport
- Garden tool
- An ocean that borders Canada
- The last hole in a round of golf
- Hand made fishing lure
- Golf tournament that launches the new season

BRAIN GAMES

WWW.GREAT-NEWS.CA

Down: 1.domocile 3.crayons 4.all season 5.copper 8.aurora borealis 9.tortellini 10.Quebec City 12.bocce 13.lodge 14.straight 15.Portugal Across: 2.pickle 6.frog 7.Stellar's Jay 11.lacrosse 16.cultivator 17.Arctic 18.eighthenth 19.figger 20.Masters



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

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

FEATURED HOMES



120 Heritage Isle

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



175 Heritage Lake Drive

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



76 Heritage Cove

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

For more information, please visit our website
www.daverose.ca
 or send us an e-mail to: dfrose@shaw.ca



TERRIFIC WINDOW TREATMENT TIPS!

by Katie O'Dwyer

Strictly speaking, windows, along with walls, floors and ceilings, form the "shell" of any room. Your windows may be treated to blend unobtrusively into the background, or take center stage in your room's design. However you chose to treat your windows, they are really a decorating opportunity to help you set your room's mood and style.

Before you look into the wide range of possibilities, analyze your window needs and determine just what you want your window beauty treatment to do. Here are some terrific window treatment tips to help you along in the process!

Want to hide an unattractive view without shutting out sunlight? Why not try framing your windows with beautiful printed or textured sheer side panels?

Add some splash! Try accenting your window treatments with tiebacks, fringe or beads. It's not only a clever way to get an even more custom look, but will add a splash of the unexpected to your design.

Add some drama! Decorative rods, brackets and finials have expanded dramatically and beautifully in today's marketplace. From wood, to metal, to unusual materials, today's rod choices are varied, unlimited and gorgeous!

Large Room? Small Windows? By extending your window treatment side panels and top treatments beyond the edges of small windows, your room will actually appear just a bit larger and more expansive.

Small Room? Small Windows? Try to keep your window treatment design, and color simpler in style. You'll definitely find that your room will tend to appear larger.

Scrumptious Side Panels! Consider framing the beauty of your windows with scrumptious side panels. From silks, to tapestries, to sheer fabrics, side panels truly add beauty, flair and excitement to any window design.

Shady Shades! Never before have Roman shades been as popular as they are today! These beauty shades provide privacy in the most decorative of ways!

in & around your | **community**

AHS - Window & Balcony Safety

Window & Balcony Safety

With the return of warmer weather, Alberta Health Services EMS would like to remind parents of an often overlooked hazard in the home – open windows.

Every year, paramedics respond to emergencies where a child has fallen from an open window in their house—often from the second floor. Falls such as these are preventable by taking time to assess your home and ensuring windows are safe.

Windows and screens

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember: screens are designed to keep bugs out, NOT to keep children in!

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb, resulting in falls over the railing.
- Consider installing a balcony guard to eliminate access between the vertical bars of a balcony or deck.

Further prevention tips

- Children aged one to four have the highest risk of falling from a window or balcony.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Consider installing safety devices which limit windows opening to a maximum of 4 inches or 10 centimeters.
- Ensure the safety device can be released quickly so the window can be used for escape in case of fire or other emergency.

AHS EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

Rumpled Quilt Skins

64 North Railway St. Okotoks
www.rumpledquiltskins.ca

403-938-6269

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



This Month's Coupon

25% Off

Fabric ~ Thread ~
Patterns ~ Books

Expires:
June 15, 2012

(see in store for details)

Husqvarna VIKING®

Learning doesn't stop just because school is out

A summer at Oxford Learning is all it takes.

Call today, or visit
oxfordlearning.com

Calgary South 403.278.1786
12445 Lake Fraser Dr S.E.,
Bay 500
Calgary, AB, T2J 7A4
scalgary@oxfordlearning.com

Since 1984
OXFORD
LEARNING



**CUSTOMER
SATISFACTION
GUARANTEED**



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

- Decks • Natural Stone
 - Fences • Retaining Walls
 - Patios • Stamped and Exposed Concrete
 - Irrigation
- No job is too small!

Free Estimates 403-256-9282
jacksonandjacksonlandscaping.ca



PLEASE HELP

support our community school

Cranston School Fundraising Society
PLAYGROUND FUNDRAISER



Golf Tournament at
Boulder Creek Golf Course
Friday June 8th 2012 at 10am



To register go to
www.cranstonschool.com

All proceeds go to Cranston School playground!

IMAGINE YOUR IMPACT

When you support Teddy for a Toonie, you make dreams come true for thousands of sick kids across Alberta.

Calgary Walden supports the Alberta Children's Hospital. Stop by today and find out how you can donate, or visit atb.com for more information.

ATB Walden – 151 Walden Gate SE



Proceeds support:



**TEDDY FOR A
TOONIE**

ATB Financial™

™ Trademarks of Alberta Treasury Branches. (70112)

in & around your community

cont'd ■■■

FRIENDS OF FISH CREEK PROVINCIAL PARK SOCIETY

World Water Day Announcement
CREEKFEST - Water Festival to be held in Fish Creek

Awaken your senses to the splendours of nature and see the Bow Valley Ranch transformed into a festival of knowledge and environmental conservation. The Friends of Fish of Creek are pleased to invite you and your family to experience CREEKFEST!

CREEKFEST

Saturday, June 23, 2012 11:00 am – 4:00 pm

FREE FOR THE WHOLE FAMILY!

Bow Valley Ranch, Fish Creek Provincial Park (south end of Bow Bottom Tr. SE)

This one-day celebration of water will feature amazing musical acts like Juno-award winning Peter Dinklage's *Whale Tales*, who performed at CREEKFEST last year. Children will learn about protecting local watersheds through interactive games and a performance by Alberta Parks' Flow Factor. Guests will enjoy a variety of presenters in the environmental field, dance and groove to local bands, take part in guided walks and water sampling demonstrations, and get in touch with many local community groups working to protect water.

The quality of the water in the creek helps support a diversity of plant life and is essential for healthy wild-life populations. Have a great time with your family and learn how you can help protect the Fish Creek watershed so future generations will enjoy this park as much as we do. CREEKFEST kicks off Phase 2 of the Friends' Watershed Public Awareness Campaign designed to spread the word in communities near the park about protecting our local waterways.

To see photos from CREEKFEST 2011 visit <http://bit.ly/CREEKFEST>

Phase 2 of this project made possible through a grant from the Alberta Real Estate Foundation. AREF supports real estate related initiatives that enhance the industry and benefit the people of Alberta. The Foundation's revenues come from the interest earned on public money deposited in real estate brokers' pooled trust accounts. Learn more at www.aref.ab.ca

CREEKFEST also sponsored in part by Total E&P Canada, Alberta Ecotrust Foundation, First Calgary Financial, Bow River Basin Council, and ALS Group.

Chris Lalonde, Communications Coordinator
403-238-3841 / chris@friendsoffishcreek.org.

in & around your community schools

St. Mary's University College

Open House May 10, 6 – 8 pm

Are you thinking about going to university in the fall? Are you a high school student ready to research post-secondary options? Stop in at St. Mary's University College's Open House on Thursday, May 10 from 6 – 8 pm. You will meet professors, tour the campus with our student ambassadors and find out all you need to know about studying at South Calgary's liberal arts university.

Free Public Lecture May 24, 7:30 pm

Martinho Isidro Correia, a former art teacher with the Calgary Catholic School District, decided in the late 1990's to broaden his skills as an artist in the grand tradition of Catholic art and architecture. His quest took him to Florence, where he studied at the Angel Academy of Art, and to Rome, where he completed a Masters in Architecture, Sacred Art and Liturgy at the European University/Pontifical Athenaeum. Correia's work now appears in the Vatican and in private collections in Italy, England, Portugal, Colombia and Canada. Join us as Correia shares his experiences with an illustrated talk: *The Resurrection in Art and Liturgy: A Renewal in Sacred Art*. St. Mary's University College Speakers Series events are free of charge and open to all. www.stmu.ca

PROFESSIONAL SERVICES



DR. JENNIFER SCOTT & ASSOCIATES
403 254-9698

35 Sunmills Drive SE Mon, Wed, Thurs, Fri 8-6
 www.sundanceanimalhospital.com Tues 8-8 Sat 9-1
 Medicine, Surgery, Dentistry, Acupuncture, and Chiropractic



The Royal Botanical Gardens located on the border of Burlington and Hamilton, Ontario are the largest botanical gardens in Canada, and hold one of the largest collections of lilacs in the world with more than 800 species and cultivars.



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



 **Mackay Sadler LLP**
 Chartered Accountants

Visit our website for tax tips
www.mmsllp.ca

Phone: 403.256.8118
Fax: 403-256-8103

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

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

For Appointments
 Please Phone

403 256-2727

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



Office Hours:

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

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

**SPRING IS WHEN LIFE'S
 ALIVE IN EVERYTHING.**

Christina Rossetti
 (1830-1894)



RAISE SOME CASH!

PLAN A BOTTLE DRIVE FOR YOUR NEXT FUNDRAISER

Bottle drives are a fun and easy way to raise money for your organization while doing something great for the environment! There are many ways to do one: a door-to-door event, setting up a central drop-off site or through year-round collection.

Visit your local Depot for a How To Guide, door hangers or to learn more.

albertadepot.ca

DEPOT
It's Worth It



Dog knees don't bend that way either!

Most of us have friends who have "blown their knees" or anterior cruciate in one type of athletic pursuit of another. Did you know dogs can suffer an almost identical injury and it is one of the most common orthopedic conditions veterinarians see in dogs?

Even with the obvious four versus two-legged difference between us, the anatomy of the knee is remarkably similar in people and pets. The stifle or knee is not a ball and socket like the shoulder or hip. The knee bends and straightens in one direction, like a door hinge. A number of ligaments hold the thigh bone or femur onto the top of the shin bone or tibia so the bones do not slip apart as we walk on the cushioned cartilage. Two ligaments medially and laterally, the joint capsule, and two ligaments crossed inside the joint capsule stabilize the knee. The ligament most commonly injured or ruptured is inside the joint and is called the anterior or cranial cruciate ligament.

Two groups of patients are commonly seen in veterinary medicine with "blown knees"; young athletic dogs that abruptly over extend the joint, or elderly overweight small dogs jumping on or off the furniture. In both cases the pet usually comes up lame suddenly. Owners come to their veterinarians with the animal hobbling on one hind leg; if a week or two has passed there may be some minor improvement as the initial inflammation settles.

Usually the diagnosis is simple. The stifle is swollen and painful, and the veterinarian is able to elicit a drawer response, or

slide the two bones on either side of the joint in an abnormal manner relative to each other. Sometimes the stifle clicks if the cartilage is torn. Some powerful stoic pets can hide the response when conscious by tensing the leg. These animals must be sedated to examine the stifle adequately. Partial ruptures of the ligament can make diagnosis much more difficult. Severe sprains with stretching of the ligaments will resolve with rest and the joint is stable when examined.

Without surgery to stabilize the joint the lameness will usually improve over weeks as scar tissue forms, but as time continues to pass and the joint slips with each step rubbing the cartilage surfaces, arthritis sets in. This arthritis can be crippling. No surgical treatment, rest, and anti-inflammatories are only considered for a very old small breed dog. Otherwise recommended treatment is surgery to stabilize the joint and stop further damage to the joint surfaces.

Most veterinarians do one of several surgeries where the ligament's job is taken over by non-absorbable nylon suture to stop the joint movement. Dogs over fifty pounds, especially young dogs, have another option available, specifically developed for four-legged patients. A surgeon will perform a procedure called a TPLO or tibial plateau leveling osteotomy where the physical forces in the dog's leg are redirected to spare the joint. Because there is no nylon suture to rupture as the ligament did, chances of re-injury are less. Recovery from all surgeries requires rehabilitation for several weeks and the patient being confined. Weight control is imperative.

Statistically dogs that rupture the ligament in one stifle are predisposed to injuring the other stifle in the same way. I would consider injuries of this nature, and our ability to successfully treat them with surgery, one of the best reasons to consider pet insurance when your dog is a puppy.

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

SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

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

Enform IRP 9 (Revised)

safetysync.com

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

BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Please Call Great News Publishing at 403 263-3044 or sales@great-news.ca

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

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

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

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

THE GUTTER DOCTOR: Eavestrough & downspout cleaning / repairs. Fascia, soffit, caulking and roof flashing. Insured and guaranteed work. Protect your home from flooding, rot, and icy sidewalks. Over 5000 happy customers! www.gutterdoctor.ca 403-714-0711.

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

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

jacque
DESIGN

Graphic Design

Web Design
Photography

Portfolio: www.jacquedesign.ca

Email: jacque@jacquedesign.ca

Phone: 403.461.2426

Find a peaceful place where you can make plans for the future.

COMMUNITY CLASSIFIED ADS

Deadline – 1st of each month
Contact news@great-news.ca

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

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

MD FOOTHILLS NO. 31

The Municipal District's administration office is located at:
 309 Macleod Trail, Box 5605,
 High River AB T1V 1M7

Division 6 Councillor, Larry Spilak
 Tel: 403-233-8577
 E-mail lspilak@telus.net
 Municipal Manager, Harry Riva Cambrin
 Tel: 403-652-2341

Published by:

GREAT NEWS
 PUBLISHING



Formerly Riverview Printing

ADVERTISE YOUR BUSINESS NOW!
 REACHING OVER 260,000 HOUSEHOLDS
 ACROSS 85+ CALGARY COMMUNITIES

DELIVERED BY
Canada Post

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

IMPORTANT NUMBERS

Emergency and Crisis lines:

ALL EMERGENCY CALLS	911
Calgary Police - Non Emergency	403 266-1234
Calgary Police - Victim's Assistance Unit	403 206-8398
Ambulance - Non Emergency	403 261-4000
Alcohol/Drugs/Full Family Help	403 253-5250
ATCO Gas - 24 HR Emergency	403 245-7222
Calgary Health Link	403 943-5465
Child Abuse Hotline	1 800 387-5437
Child Find	403 270-3463
Children's Cottage (24 hrs. Crisis Nursery)	403 233-2273
Distress Centre/Crisis Line	403 266-4357
Hospital - Rockyview	403 943-3000
Hospital - Children's	403 955-7211
Parent Resource Line	403 205-5189
Poison Centre	403 944-1414
Sexual Assault Centre	403 237-5888
Distress Centre / Crisis Line	403 266-4357
Women's Emergency Shelter	403 234-7233
Other:	
Abandoned Vehicles	403 537-7100
Alberta One Call (buried utility lines)	1 800 242-3447
Animal - Injured & Stray Pets	403 250-7722
Animal Control	311
Alberta Health Care then dial 780 427-1432	403 310-0000
Calgary Seniors' Resource Society	403 266-6200
City of Calgary	311
Enmax - Trouble calls only	403 514-6100
Gambling Help Line	1 866 332-2322
Road Conditions - Calgary Area	1 877 262-4997
Weather Information	403 299-7878

DISCLAIMER

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

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

RBC Dominion Securities Inc.

Concerned about your investment fees?

Request a complimentary portfolio review

Learn about:

- The advantages of fee-based accounts
- Making your fees tax-deductible/avoiding commissions
- Alternatives to high-fee/low-performing mutual funds

Michael Martin, CFA, MBA | Investment Advisor
403-266-2655 | michael.t.martin@rbc.com



RBC Wealth Management
Dominion Securities

Professional Wealth Management Since 1901

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered trademarks of Royal Bank of Canada. Used under licence. ©2012 Royal Bank of Canada. All rights reserved.



Locally Owned & Operated

Ready to increase your home's curb appeal?

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

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

Already have Curb?

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

Free Estimates 403-870-0737

www.kilbco.com

PROFESSIONAL APPLICATION • TOP OF THE LINE PAINT • THOROUGH PREPARATION



403-254-4726

www.hardingspainting.com



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

Ask us about our new CLEANING DIVISION



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

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

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

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

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

Lundgren & Young
INSURANCE

LANDSCAPE CONSTRUCTION

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

SPRING CLEAN-UPS & WEEKLY LAWN CARE

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




ASSINIBOINE
LIGHTS & LANDSCAPES

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

403.301.3300
www.calgarysbestyards.com

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