

DECEMBER 2014

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DeWinton Community Association

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www.dewintonca.com

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Fax: (403) 995-5490
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**GREAT NEWS PUBLISHING HAS BEEN
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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	1-12	403-938-4119
Big Rock Elementary	K6	403-938-6666	& Okotoks Homeschooling Services		403-938-8046
Dr. Morris Gibson School	K6	403-938-6221	De Winton Play Group	PS	403-938-2525
Ecole Percy Pegler <i>(FR)</i>	K6	403-938-4449	& Play School		
Ecole Okotoks Junior High <i>(FR)</i>	7-9	403-938-4426	Open Arms Catholic Preschool	PS - Jr. K	403-852-8273
Foothills Composite High School <i>(FR)</i>			Learning Experience	PS - K	403-256-1417
Alberta High School of Fine Arts	10-12	403-938-6116	Calgary French	PS - 9	403-240-1500
Foothills School Preschool Program			& International School <i>(FR)</i>		
Big Rock Elementary School	K	403-938-6666	Glenmore Christian Academy	ECS-9	403-254-9050
Holy Trinity Academy <i>(FR) (S)</i>	9-12	403-938-2477	Edison School	PK-12	403-938-7670
Good Shepherd School <i>(S)</i>	ECS-6	403-938-4318	Strathcona-Tweedsmuir School	1-12	403-938-4431
John Paul II Collegiate <i>(FR) (S)</i>	7-9	403-938-4600	Green Learning Academy	PS-9	403-873-1966
École Beausoleil (French)	K-9	403-995-1160	Trinity Christian School	K-9	403-254-6682

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
--	--------------	--	--------------

WORSHIP

DeWinton United Church	403-938-4357	Millarville Community Church	403-931-1618
Trinity Mennonite Church DeWinton	403-256-7157	Red Deer Lake United Church	403-256-3181
Christ Church Anglican Church Millarville	403-933-3620	Canyon Creek Christian Fellowship	403-256-3167
		Connexion Christian Fellowship	403-201-0404
		Campbell-Stone United Church	403-708-7729

COMMUNITY

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

Newsletter Co-ordinator
calbetparr5@hotmail.com

The Lake at Heritage Pointe Owner's Association
info@heritagepointe.ca

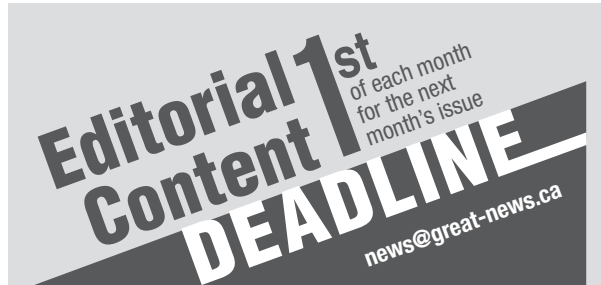
Dunbow Recreation Board
www.dunbowrecreation.org

Shawnessy Library
333 Shawville Blvd. SE
403-260-2600

DeWinton Community Association

Board of Directors 2013-2014

President	Kris Fewster	dwca@platinum.ca
Vice President	Dusty Dancer	
Secretary	John Thorpe	
Treasurer	Norman Beswick	
Director	Ann Beswick	
Director	Krystyna Dzimirski	
Director	Sue Lake	
Director	Sherry Shoults	
Director	Trudy Vangilst	
Representatives (non-voting)		
Facility Manager	Greg Davenport 938-6877, 804-0385	dwca@platinum.ca
De Winton Community Preschool	Cheryl Heap Janice Davies	DewintonCommunityPreschool@gmail.com



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Now we are booking home checks, home/pet sitting for the upcoming winter season.

Our home checks service will meet your insurance requirements for the heating months. Your home insurance provider will tell you the frequency of home checks required.

Kindly note that Christmas/New Year home services are subject to availability.

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DEWINTON COMMUNITY ASSOCIATION

The De Winton Community Association would like to offer all new residents of the De Winton area a FREE MEMBERSHIP for their first year in our Association.

Please see our website, at dewintonca.com for all of the benefits of Membership, or call the De Winton Hall at 403-938-2525.

MEMBERSHIP FORM

Yearly Membership Fee: \$21.00

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

Box 111
De Winton AB, T0L 0X0

Family Name: _____

Adults - First Names: _____

E-Mail Address: _____

Telephone Number: _____

Address: _____

Postal Code: _____

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

Bridge _____

Preschool _____

Quilting _____

Yoga _____

Zumba _____

Other: _____



NEWS & NOTES FROM THE DCA

Yoga

Mondays 7:30 to 9 pm
and Thursdays: 9:15am to 11:00 am
Instructor: Krystyna Dziminska
krystynadziminska@hotmail.com
Cost: DCA members: \$80 for 10 sessions

Bridge

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

Zumba Fitness

Selected Wednesday and Thursday evenings at 7:00 pm
Instructor: Maya Cerrutti maya.cerutti@gmail.com

De Winton Pre School

Registrations are currently being taken for the 2014 /2015 school year. The school's philosophy is for our children to learn through play and socialization. The three year old program will be held every Monday

and Wednesday with one class in the morning and one class in the afternoon. The four year old program will be held every Tuesday and Thursday also with one class in the morning and another class in the afternoon. A few spots are still available in each of the four classes. To register or if you have any questions, please contact the preschool by phone at 403-852-5990 or by email at: dewintoncommunitypreschool@gmail.com.

Quilting

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

DCA Member Benefits

Members of the De Winton Community Association are eligible for special discounts of 20% off on Hall Rentals. If you or your company would like to host a party at the De Winton Community Hall please contact Facility Manager Greg Davenport at 403-938-2525.



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Cold Weather Safety

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

Frostnip

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

Frostbite

- Frostbite occurs when skin becomes so cold, that the skin and underlying tissue freeze
- It may look white and waxy and will feel hard to the touch
- Treatment begins with removal from the cold environment and placing the affected area in warm, *not hot*, water, until re-warmed
- Seek further medical attention as required

Hypothermia

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

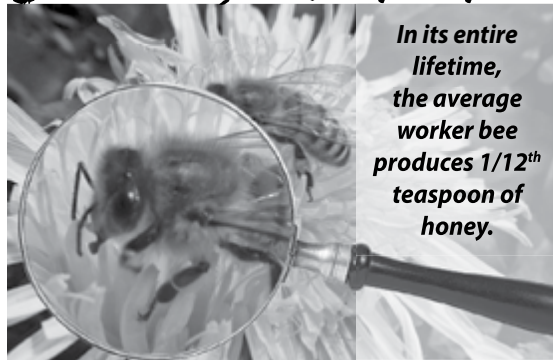
Having access to a survival/first-aid kit within your vehicle is also advised.

We are delighted to announce that the next well deserving recipients of the Walter Turnbull award are Corry and Larry Loomes. We thank them for their many years of community involvement, with both of them having served on the Community board. For many years one could always see Larry and Corry lending a helping hand to make so many activities at the Centre run smoothly and effectively. We look forward to their help and assistance for many more years.

The community is happy to see that the Old Macleod Trail Sign #18 is now sitting in Pine Creek thanks to the physical installation done by Jim Shutiak and his helper Steve. This ongoing piece of history has now entered the City limits; we look forward to the celebration of this site and also look forward to eventually seeing a couple of more signs set up further in the city. A big thank-you goes out again to Bill Dunn of Cayley for being the 'one man band' to get this project moved northward where more interested community members have helped the project move along.

The St. Andrew's United Church in DeWinton welcomes interested community members to join them for regular services each Sunday morning at 9 a.m. They also are planning their annual Christmas Candlelight Service for Sunday, December 21 at 7 p.m. with Rev. Julia Kimmetts leading this service of contemplation and carols.

Insect Trivia



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JANUARY 23 & 24 – BEETHOVEN AND MAHLER WITH STEPHEN HOUGH:

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YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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- **January 1 – Salute to Vienna New Year's Concert:** Celebrate the start of the New Year with an all-star cast of European singers, dancers and full orchestra. 403.571.0849 / www.cpo-live.com
 - **January 2 – Calgary Flames vs New York Islanders** at the Saddledome 7:00 pm. www.calgaryflames.com
 - **January 8 – 14 – West Side Story:** The world's greatest love story takes to the streets in this landmark Broadway musical that is one of the theatre's finest accomplishments. 403.220.5313 / www.scpa.ucalgary.ca
 - **January 9 – Calgary Flames & Florida Panthers** face off at 7:00 pm at the Saddledome. www.calgaryflames.com
 - **January 14 – Calgary Hitmen vs Red Deer Rebels** at 7:00 pm at the Saddledome. www.hitmenhockey.com
 - **January 16 – Bryan Adams: Reckless 30th Anniversary Tour.** 8:00 pm at the Saddledome. www.bryanadams.com
 - **January 16 & 17 – Les Ballets Trockadero de Monte Carlo:** This all-male group of professional ballet dancers performs a full range of dance repertoire. 403.245.4549 / www.albertaballet.com
 - **January 17 – February 15 – Bloodshot:** A pulse-racing crime thriller hot off London's west end. 403.221.3708 / www.vertigotheatre.com
 - **January 23 – Bob Dylan's Blood on the Tracks Reimagined and Revisited:** Bob Dylan's 1974 beloved album will be reassembled and reimagined. 403.244.2912 www.fishcreekconcerts.com
 - **January 24 – Buckcherry:** Wristband 6.30pm - show @ 9:00 pm. 403.236.7529 / www.deerfootinn.com
 - **January 27 – February 22 – The Philadelphia Story:** This classic comedy, turned Oscar-nominated film, takes a glorious and witty look at love, money and marriage. 403.294.7447 / www.theatrecalgary.com
 - **January 28 – Symphonic Pink Floyd:** The Wall and Dark Side of the Moon. Experience the progressive and psychedelic genius of Dark Side of the Moon along with selections from their groundbreaking The Wall. 403.571.0849 / www.cpo-live.com
 - **January 30 – Nikki Yanofsky:** Kaboom Pow - The Little Secret Tour. 8:00 pm. 403.294.9494 / www.epcorcentre.org
- e. & o. e.

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Dr. Robert Phan

Dr. Justin Palmer

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DEWINTON COMMUNITY CENTRE

UPCOMING EVENTS

2014-15 De Winton Community Association Membership Renewal

Please find enclosed our 2014-15 Membership Form. Our Membership year is October 1 to September 30, so we encourage all current members to renew as soon as possible, and please let your friends know. We are excited to keep growing the Membership. A family Membership is only \$21, and helps the Community Association to meet ongoing costs of maintaining the facility and user programs.

And remember, as members of the De Winton Community Association you are eligible for special discounts of 20% off on Hall Rentals. We are now booking the November and December time period for seasonal parties, so if you or your company would like to host a party at the De Winton Community Hall please contact Facility Manager Greg Davenport at 403-938-2525.

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De Winton Community Association Casino Program Volunteers Needed



A significant part of the funding for operation of the De Winton Community Centre is provided by the proceeds our casino night, which is scheduled for December 11-12.

As a registered Society under the Societies Act, we are entitled to host a casino event at the Century (formerly Silver Dollar) Casino. We are provided this opportunity about every 36 months. It involves providing approximately 36 volunteers to work six 8-hour shifts in the casino over 2 days.

We are now recruiting volunteers to meet our allotment – please consider lending a hand. The shifts are 11 am – 7 pm, 6:30 pm – 2 am, and a count room shift that is generally 10 pm to 2:30 am. No experience, knowledge or ability is required – you just show up and follow directions.

Your assistance with this project is greatly appreciated; please contact Facility Manager Greg Davenport at 403-938-2525 or dwca@platinum to volunteer.



Why do people clink their glasses before drinking a toast?

It used to be common for someone to try to kill an enemy by offering him a poisoned drink. To prove to a guest that a drink was safe, it became customary for a guest to pour a small amount of his drink into the glass of the host. Both men would drink it simultaneously. When a guest trusted his host, he would only touch or clink the host's glass with his own.



The Black-Capped Chickadee (*Poecile atricapillus*) is one of three types of chickadees common to Alberta. They have slightly different but overlapping habitats so it can sometimes be tricky to figure out which type you are hearing or even seeing. All chickadees are known for the part of their song that gave this bird its name – “chick-a-dee-dee-dee”. The Black-Capped Chickadee is a small, non-migratory, North American songbird that shares the coniferous forest with the other two types of chickadees, but they are found in their greatest numbers year round in deciduous, aspen forests and willow thickets. You’ll see them in pairs in the spring and summer (times for breeding and raising of young) and in small flocks (usually up to 12 individuals) in the fall and winter. These birds can be quite bold around humans.

The Black-capped Chickadee has a black cap and bib with white sides to the face. Its under parts are white with rusty brown on the flanks. Its back is gray and the tail is normally slate-gray. This bird has a short dark bill, short rounded wings, and a long tail. It is 12–15 cm long, wingspan is 16–21 cm and it weighs only 9–14 g. Both sexes look alike, but males are slightly larger and longer than females. Their bodies rise and fall slightly during flight and they have rapid wing beats; flight speed is about 20 km/h and they can live for 6 to 12 years.

The Black-Capped Chickadee has the skills and a special ability that makes it uniquely adapted to Alberta winters. It knows how to find good roosting spots to shelter from the cold winter nights (in holes in trees, dense evergreens or thick bushes). To keep warm the chickadee stands up its soft, thick feathers to trap warm air close to its body to serve as good insulation against the cold. But more notable is its ability to drop its body temperature at night by 6 to 10° C below its daytime body temperature, allowing it to conserve energy (although it does take a while to

Black-Capped Chickadee

Adapted to Alberta Winters

Article by J. Turner

Photo by Melanie Seneviratne

warm up and get going in the morning). Working to find food to eat and store is of great benefit to the chickadee, as food not needed for immediate activity is stored as body fat. This fat provides energy that the chickadee needs to survive while sleeping and fasting through the long, cold Alberta winter nights. The foods (such as sunflower seeds, peanuts, suet) offered at feeding stations in winter really help this little bird survive the cold.

If you find an injured or orphaned chickadee or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society for further instructions.

BRAIN GAMES SUDOKU

						7	3	8
	5	4		7		6		2
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					9	5	6	
	8	5				2	7	
	9	6	3					
	4	8						
6		3		8		4	5	
1	2	9						

FIND SOLUTION ON PAGE 17



What's wrong with this Christmas picture?

Many of us have an ideal picture in our head of the perfect glowing Christmas tree in front of the hearth with flowers and candles throughout the room and the adorable blond cocker spaniel puppy sitting in front of the tree, ribbon in his mouth and his present between his paws. Look at the picture and see the dangers our pets face at Christmas.

At Christmas, veterinarians see a huge increase in dogs suffering from what we call "Garbage Gut Gastritis". Gastro-intestinal upsets ranging from mild to potentially life-threatening and can ruin Christmas... so practice restraint. Cooked turkey bones splinter and ham is far too rich for most pets to tolerate. Bowls of treats left out on coffee tables beg to be eaten. Chocolates, nuts, candy canes, and shortbread...Yum! Well if the goodies can be sniffed out in wrapped box under the tree at floor level, even a well-behaved pet may believe...it's mine. Remember chocolate, especially dark chocolate, is toxic to dogs and can cause heart problems.

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

Ribbon, twine, and tinsel fall under the veterinary category of "linear or string foreign object" if ingested by a pet. They are doubly dangerous because the sharp edges of ribbon and tinsel can cut the lining of the gut. The free ends move down the intestine and act like knives as the normal waves of motion pass through the guts. Diagnosis of the problem can be difficult because there is no complete blockage and the ribbon does not show up on radiographs or x-rays. Decorations with wires in the middle and popcorn or candy on the outside go down the gullet easily, but don't pass through so well. What veterinarians have seen animals eat or

swallow whole over the years is usually limited only by your imagination! Some veterinary journals have competitions inviting vets to share our most impressive radiographs of the things our patients eat!

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

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

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

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

Jennifer L. Scott, D.V.M.



DeWinton my babysitter list

Name	Age	Contact	Course
Abigail	17	705-706-4338	No
Christoph	23	587-998-6172	Yes
Henry	14	403-719-8282	Yes
Jane	49	403-467-3607	Yes
Jonahley	50	403-837-6348	Yes
Kaitlynn	14	403-874-4034	Yes
Mackenzie	14	403-805-6223	Yes
Michelle	30	403-923-5111	Yes
Nathalie	20	403-909-0933	Yes
Nia	15	403-991-8045	Yes
Olivia	14	403-873-0313	Yes
Polina	13	587-296-1650	Yes
Salma	37	403-252-5052	Yes
Sam	13	403-287-3740	Yes
Taylor	20	587-580-5665	Yes

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

If you repeatedly criticize someone for liking something you don't, they won't stop liking it. **They'll stop liking you.**

Anonymous



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Saturday 9:00 am - 4:00 pm

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

It's December and the holiday that comes with the month of December is Christmas! And with Christmas, comes all those holiday treats. You'll definitely want to have a nice selection of sweatpants to choose from for all the eating you'll be doing this month! Here are some of my favourite holiday recipes, courtesy of my mother.

SHORTBREAD COOKIES

- ½ lb butter
- ½ cup corn starch
- ½ cup icing sugar
- 1 ½ cups flour

Cream butter.

Add sifted dry ingredients.

Work dough very well by hand.

Use cookie press or roll out to ¼ inch thickness.

Cut into narrow strips or use cookie cutters.

Garnish with cherries, nuts or sprinkles.

Bake at 350° until slightly brown.

KILLER DESSERT

- 1 angel food cake
- 2 packages butterscotch instant pudding (or 1 package butterscotch, 1 package chocolate)
- ½ cup kahlua
- 1 large Cool Whip
- 6 Skor bars, frozen, broken into small pieces

Cut angel food cake into small, bite size pieces.

Prepare instant puddings as directed. Let set.

In a large bowl, put a layer of cake.

Sprinkle some kahlua over the cake.

Put a layer of pudding, a layer of cool whip then a layer of Skor bar.

Repeat the layers.

Refrigerate until ready to serve.

Enjoy!

Mary McComish

COMMUNITY READERS RECOMMEND...



Fiction

- Crank – Ellen Hopkins
- And Then There Were None – Agatha Christie
- Gray – Pete Wentz, James Montgomery
- Sparkles – Louise Bagshawe
- The Casual Vacancy – JK Rowling
- Ripper – Stefan Petrucha

Non-fiction

- Smoke Gets In Your Eyes – Caitlin Doughty
- Life After Death – Damien Echols
- I'm With The Band – Pamela Des Barres
- Perfect Youth: The Birth of Canadian Punk – Sam Sutherland
- I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban – Malala Yousafzai, Christina Lamb
- Orange Is the New Black: My Year in a Women's Prison – Piper Kerman

Children's

- A Bad Case of Stripes – David Shannon
- Love You Forever – Robert Munsch
- Junie B. Jones and the Stupid Smelly Bus – Barbara Park

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SUDOKU

9	6	1	2	4	5	7	3	8
8	5	4	1	7	3	6	9	2
7	3	2	6	9	8	1	4	5
4	1	7	8	2	9	5	6	3
3	8	5	4	1	6	2	7	9
2	9	6	3	5	7	8	1	4
5	4	8	7	3	1	9	2	6
6	7	3	9	8	2	4	5	1
1	2	9	5	6	4	3	8	7

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

VOLUNTEERING

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MD Foothills No. 31

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Division 6 Councillor, Larry Spilak
Tel: 403-233-8577
E-mail Ispilak@telus.net
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ATCO Gas – 24 Hour Emergency	403.245.7222
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Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre – Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433

HOSPITALS/URGENT CARE

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Black Diamond Oilfields Hospital	403.933.2222
High River General Hospital	403.652.2200
Rockyview General Hospital	403.943.3000
Okotoks Health & Wellness Centre	403.995.2600
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