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- Strathcona Shopping Centre
- West Hills/Signal Hill
- Chinook Centre
- Downtown core

SCHOOLS

(S) denotes Separate (FR) denotes French Immersion

School	Grade	Website
Bow Valley High School	9-12	www.rockyview.ab.ca/schools/bowvalley
Cochrane High School	9-12	www.rockyview.ab.ca/cochrane
Elizabeth Barrett Elementary (FR)	K-4	www.rockyview.ab.ca/barrett
Manachaban Middle School (FR)	5-8	www.rockyview.ab.ca/manachaban
Holy Spirit Catholic School (S)	K-9	www.cssd.ab.ca/schools/holyspirit/
St. Francis High School (S)	10-12	www.cssd.ab.ca
Rocky View Virtual School	9-12	www.rvvs.com
Elbow Valley Elementary (FR)	K-4	www.rockyview.ab.ca
Springbank Middle School (FR)	5-8	http://springbank.rockyview.ab.ca
Springbank Community High (FR)	9-12	www.rockyview.ab.ca

CHURCHES

Springbank United

250011 Range Road 33, Calgary, AB
403-288-9086

Springbank Community

32242 Twp Rd 245
Calgary AB T3Z 2N9
Tel: 403.242.3431
Fax: 403.246.0419
info@springbankchurch.com

Mountainview Lutheran

244191 Range Rd 31, Calgary • www.mountviewchurch.org

Valley View Presbyterian

7655 – 26 Avenue SW • 403-249-6006
www.valleyviewpc.net

First Lutheran

7102 14 Ave SW, Calgary, Alberta, T3H 4G7
Tel 403-242-4544
<http://www.first-lutheran-calgary.org/web2/index.html>

COMMUNITY

Elbow Valley Visitor Information	403.949.4261
Springbank Park Recreation Centre	403.242.2223
Signal Hill Library	403.260.2600
Newsletter Advertising Sales	403.720.0762

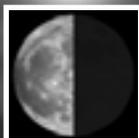
AUGUST MOON CALENDAR



August 6
First Quarter



August 13
Full Moon



August 21
Last Quarter



August 28
New Moon



THE INDOOR GARDENER

by Cindy DeJager

My great-grandmother brought back Ostrich fern from her first trip to British Columbia more than 100 years ago. Today the ferns still grow in her yard, abundant and lush.

It is unfortunate, but with the house soon to be sold I needed to come up with an idea to save some of those ferns for myself - so I decided to take some and start them in a large container on my balcony. I dug them out while they were still very small (just fiddleheads) and transplanted them into a large container.

I am still not sure whether they will be successful longer than just this growing season, but I'll keep you posted on their progress.

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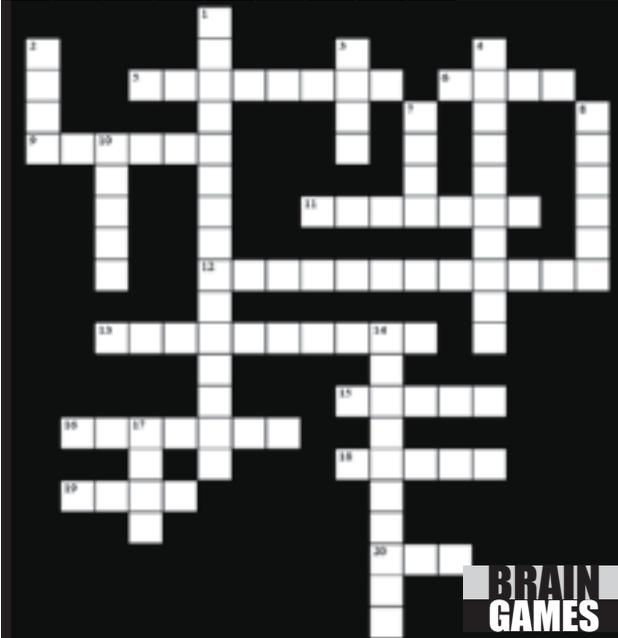
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Created by
B.G.Rose



DOWN

1. Cdn. singer-songwriter of folk & folk-rock music (2 words)
2. A bird's home
3. Often used when grocery shopping
4. Hill in Ottawa
7. Golfer's warning to others
8. Cymbals crafted in Meductic, NB
10. Run away to marry
14. Hockey trophy (2 words)
17. A mountain range animal

ACROSS

5. Emergency kit (2 words)
6. Old MacDonald's property
9. Nickname for Sault Ste. Marie (2 words)
11. Provincial bird of PEI
12. Famous Canadian landscape painters (3 words)
13. Yukon capital
15. Type of drum played while sitting on it
16. BC Provincial flower
18. Found on a fish and a dinner table
19. Moby Dick Captain
20. National television network



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YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **August 1 – 11 In Passing Exhibition** by Artist in Residence, Tyler Los-Jones at Epcor Centre's Ledge Gallery (+15 level of Centre Court). The work is based on 24 animal species in Alberta currently classified as endangered. 403.294.9494 or epcorcentre.org
- **August 5 – 7 Annual Millarville Rodeo** featuring bull riding, steer wrestling, saddle and bareback bronc riding, calf roping, barrel racing. www.millarvilletrack.com / 403.931.2404
- **August 7 Marda Gras** New Orleans themed and family friendly. Good food and great entertainment in Marda Loop from 10am – 5pm. www.mardaloopbrz.ca
- August 8 – 14 Afrikadey!** A festival all about Africa held at various city locations. 403.234.9110 / www.afrikadey.com
- August 11 – 14 Taste of Calgary Food & Drink Festival** returns to the Festival Plaza at Eau Claire. www.tasteofcalgary.com / 403.293.2888
- August 12 – CFL Calgary Stampeders & Saskatchewan Rough Riders** play at 7:00 pm. Game is broadcast live on AM 770 CHQR and TSN
- August 13 Chinatown Street Festival** Experience the best of China – merchant and food tents, live music, children's activities, cultural displays, performances in downtown Chinatown. www.chinatowncalgary.com
- August 18 & 19 Toast 'n Jam Youth Music Festival** at the New Black Centre for Music & Art. www.calgary.ca/toastnjam
- August 18 – 20 International ReggaeFest** at Shaw Millennium Park from 11am – 11pm. Fun, music and dance. www.reggaefest.ca
- August 19 – 27 GlobalFest 2011** at Elliston Park SE. One World Festival and International Fireworks Festival. www.globalfest.ca
- August 26 – 28 Expo Latino** A fun-filled event featuring music and dance at Prince's Island Park. 403.271.2744 / www.hispanic.com
- running until September 4 – Mugs and Molls Rock & Roll Cabaret** at Jubilations Dinner Theatre. A hilarious send up of the old mobster movies combined with great music from the 50's for the whole family to enjoy. 403.249.7799 / www.jubilations.ca

AUGUST 6 & 7 DRAGON BOAT FESTIVAL & RACE

at the North Glenmore Reservoir. dragonboat@chinatowncalgary.com



RUNNING UNTIL AUGUST 28 – DON'T HUG ME

at Stage West. An award winning musical comedy with over the top songs and crazy characters, set in a colourful, rustic north woods bar in "Bunyan Bay", Minnesota. 403.2443.6642 / www.stagewestcalgary.com/shows.html



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at Glenbow Museum, one of only four venues on the Canadian National Tour. The largest tomb complex in China includes full-sized terracotta figures. Nearly a third of the artifacts on display have never before travelled outside of China. www.glenbow.org



AUGUST

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**SEPTEMBER 13 – OCTOBER 2
THE TOSCA CAFÉ**

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

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- **September 3 The Calgary Highland Games** take place at Springbank Park for All Seasons. Bagpipes, bands, dancers, caber toss, children's games, and ceilidh. Fun for everyone. www.calgaryhighlandgames.org
- **September 7 – 11 Spruce Meadows Masters** Watch the world's top show jumping athletes at this tournament. Enjoy family entertainment, shopping and different foods from various countries. www.sprucemeadows.com/tournaments
- **September 9 CFL – Calgary at Edmonton** 7:00 pm. www.stampeders.com/schedule
- **September 9 – 17 Artcity Festival** 20th annual celebration of visual art, architecture and design. Events at various locations throughout the city. Free to the public. www.artcityfestival.com
- **September 10 & 11 Calgary Produce Marketing Association Harvest Sale** takes place at Heritage Park Historical Village. Fresh fruits and vegetables in an old-fashioned setting and matching prices. Monies raised support local charities. 403.268.8500 / www.heritagepark.ca
- **September 15 Hank Williams "Live" 1952 starring Joe Matheson (Dinner Show)** at the Deerfoot Inn and Casino. 403.236.7529 www.deerfootinn.com
- **September 17 CFL Calgary Stampeders vs BC Lions** 5:00 pm at McMahon Stadium. www.stampeders.com/schedule
- **September 17 & 18 Calgary Artwalk** with over 30 galleries showcasing artists at various galleries and studios in and around the city. Demonstrations, artist talks and other events, 403.263.6500 or www.calgaryartwalk.com
- **September 23 – October 2 Calgary International Film Festival** Over 200 films from around the world. Screenings at various theatres in Calgary. www.calgaryfilm.com
- **September 24 & 25 Railway Days** at Heritage Park. Model railway displays and a train pull competition, demonstrations and tours. 403.268.8500 / www.heritagepark.ca
- **until September 25 Burnt Toast Studio** exhibit at the Epcor Centre Window Galleries across from Max Bell Theatre. Five artists explore and present screen printing, relief printing, mixed media, papermaking, painting and sculpture. epcorcentre.org
- **September 30 – October 2 Multicultural Impressions: Art and Literary Exhibition** at the Calgary Chinese Cultural Centre. View the artistic interpretations and impressions of Calgary's cultural diversity, including a gala evening and public art workshops. www.calgarymulti.com

ask about DESIGN

by Glen Richardson

D. K. of Bridlewood asks: Due to a change in family circumstances, I find that my home is not being maintained as well as it once was. I'm so overwhelmed - I don't even know where to start! Please help!

Maintaining a home can seem like a big job but it doesn't have to be. You just need to break it down into smaller jobs. I find that the easiest way to get a handle on things is to write them down in a list. This way you can see at a glance all the things that need doing. Then you just have to decide which ones to do first by order of importance.

If water is leaking ANYWHERE - I'd rank that at the top of things to do. Water is relentless and you'll need to stop any more deterioration as soon as possible, then repair any damage. Maintenance is less expensive than repair so tackle little jobs before they get out of control.

Once you you have the critical jobs done you can return to the regular method of home maintenance and repair - start at the front curb and work your way to the back of the property.

A few things to remember when you are reviewing your list are to group small jobs together to get a better value from your trades and don't go overboard. It adds up quickly and the most expensive words seem to be "while we're at it".



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Great Grilled BURGERS

Summer is the season for backyard barbecues, and who doesn't enjoy a nice juicy burger hot off the grill!

Whether you use ground beef, pork, chicken or turkey to make your burgers, always handle, grill and store burgers safely. Following are a few tried and true tips for great grilled burgers:

- Avoid cross contamination and use different platters and utensils for raw and grilled burgers
- Clean and oil the grates to prevent burgers from sticking. This also helps make those great grilled marks on the patties
- Bring the grill up to the appropriate temperature – medium heat is ideal
- Keep the lid closed while cooking; it helps to keep the burgers moist
- For beef burgers, use meat that is no leaner than 85% -- the fat keeps burgers moist and flavourful. For chicken and turkey burgers, add a little olive oil to the mixture
- Salt extracts moisture from meat, so save it until just before placing on the grill
- Don't over mix meat and seasonings, as burgers will become dense and heavy
- Form patties to approximately ¾" thick for best grilling results (using a patty press keeps size consistent)
- Resist the temptation to flatten patties; it squeezes out flavourful juices
- Ground beef or pork should be cooked to an internal temperature of 160° F; ground chicken or turkey to an internal temperature of 175° F
- To test the doneness of a burger, insert a meat thermometer sideways into the centre of the patty. Allow the thermometer reading to stabilize, about 30 seconds
- Refrigerate leftover burgers in a shallow container to ensure quick cooling

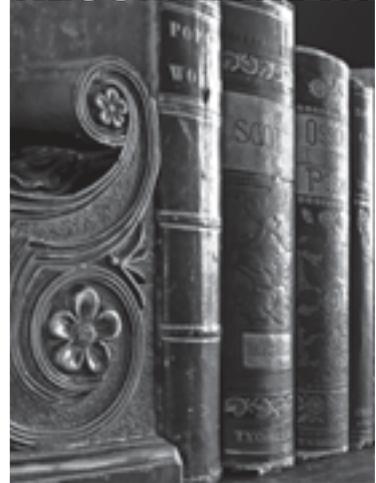
A classic burger calls for a bun, but other choices include pita bread, naan, tortillas or your favourite type of bread.

Traditional toppings such as cheddar cheese, pickles, onions, tomatoes and lettuce taste great, but other choices include Swiss, feta, chevre, blue cheese, Monterey Jack, or Havarti cheese; asparagus spears, avocado slices, chili peppers, bacon, sautéed mushrooms, a pineapple slice, baby spinach leaves and coleslaw.

Condiments are king! Don't limit yourself to mustard, relish and ketchup – try salsa, tzatziki, pesto, mayonnaise, horseradish sauce, or chili sauce...just a few ideas!

-EG Row

COMMUNITY READERS RECOMMEND...



Fiction

- Pearl of China – Anchee Min
- Chasing Fire – Nora Roberts
- 44 Charles Street – Danielle Steel
- The Fifth Witness – Michael Connelly
- Better Quality of Murder – Ann Granger
- Elizabeth I – Margaret George

Non-fiction

- 56: Joe Dimaggio and The Last Magic Number in Sports – Kostya Kennedy
- Willie Mays The Life the Legend – James Hirsch
- Everything Root Cellaring Book – Catherine Abbot
- Bossypants – Tina Fey
- Every Day in Tuscany – Frances Mayes
- The Dressmaker of Khair Khana Intl. – Gayle T. Lemmon

Classics

- Treasure Island – Robert Louis Stevenson
- The Jungle Book – Rudyard Kipling
- Crime and Punishment – Feodor Dostoevsky



Veterinary emergency medicine has changed dramatically over time. When I was an assistant and student, thirty years ago, dogs hit by cars with fractured legs and lacerations were almost daily admissions. Every veterinary clinic had pins, screws, and plates to put those legs back together. Now with leash laws, off-leash parks, and lots of obedience trainers, veterinary hospitals see far fewer of these types of injuries. But with the arrival of summer weather, my clinic has seen several dogs struck by cars in the last few weeks. Young dogs and puppies are quick, accidents happen no matter how attentive owners are, but some hints to protect you and your pet might help.

Pick your word. Mine is "HERE"! My "Come" is reserved for competitive obedience. Don't use their name, it gets lost in daily situations. This word will mean; get to me now, nothing else matters. My puppy wears a soft line in the house about six feet long. It can run around chair legs and baseboards, if it gets soiled I throw it out. I say "Puppy, here". If the command is not obeyed, I silently lead the puppy to the area it was when I called. I return to where I called from and repeat the command. The command is followed immediately with small uncomfortable jerks until the puppy reaches me... then the sun comes out. He's wonderful, brilliant, petted and made much of, and favorite treats are sometimes used. I repeat this until the pup is flying towards me, before I finish saying the word. This is a game now not training.

This scenario is followed in my backyard, the park, my driveway, by a schoolyard, parking lot, etc. What changes is the length of the line, sometimes I use a flexi, I prefer long cords, and I use treats inconsistently. I get neighborhood kids to set him up by calling his name from across the street, and I correct with me calling him. We are playing the game. I use cats, birds, squirrels, and

cars with loud idling. We travel to new places, to explore, build confidence, and practice "here". My puppy will be corrected with small jerks on the line, but the payoff is always at my feet. "Aren't you wonderful when you're here!?!". Eventually I reach a point when I never get to correct, he's already there!

The hard part is never letting that puppy or young dog off the line until the command is solid. A moment of freedom and now you have to reteach. Use squeaky toys if that is your dog's first love. Never punish at your feet, only make him uncomfortable if he is slow on the way to you. Clicker trained dogs will get the signal that they are doing the correct behavior on the way to their owners and that the payoff is coming, but this is too sophisticated for many people.

Some emergency hints. If your dog is heading for the street, off leash, and focused on quarry in the distance... try "SIT". Some dogs with weak retrieves have strong sits. It is the first command most people train and tends to involve treats, so it tends to be pretty automatic for some dogs and will divert them. Throw something at their flanks... not to injure, but to bring the focus back to you long enough to stop the progress towards the street if a car is coming. Then return to the basics above.

Never consider a dog trained to come in the backyard safe elsewhere, you need to deliberately bomb proof the command for every situation. Use your imagination and make it a game. Also teach your dog to never jump out of the back of your SUV, car, or crate until leashed and commanded to exit. Be safe.

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

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SAFE AND CONSIDERATE FIRE PIT USAGE

THE CITY OF CALGARY ANIMAL & BYLAW SERVICES

An evening around a fire pit is a favourite pastime for many Calgarians. The City of Calgary Animal & Bylaw Services partners with citizens to help ensure high standards of public health and safety: this includes the regulation of fire pits as outlined in the Community Standards Bylaw.

Animal & Bylaw Services receives many complaints related to excessive smoke from fire pits. This is often a result of burning improper materials. Only clean dry firewood is permitted to be burned in fire pits. You cannot burn treated or painted lumber, wet or unseasoned wood, lumber containing glue or resin, yard waste such as leaves or grass, garbage, rubber, plastic or any animal parts. It is also important to check the wind conditions prior to lighting a fire. High wind speed can pose a fire hazard and similarly, if the wind speed is low, the air quality is poor and fire pit smoke will not dissipate.

For the safety of Calgarians and their neighbours, fire pits must be located at least two metres from houses, fences, trees and any other combustible structures. Fire pits must be constructed of non-combustible materials and we suggest having a metal grill or screen to prevent sparks or embers from escaping. Fires must be supervised at all times and owners must have a way, such as a hose, present and readily available to extinguish the fire.

The “Fire on Premises” section of the Community Standards Bylaw includes the following fire pit regulations:

- Burn only clean, dry firewood.
- Fire pit must be situated at least two metres from a building, structure or any combustible material and can't be located under trees or branches. If a fire pit is found to be in contravention of the bylaw, the property owner will be required to remove or modify it.
- An open flame can't exceed one metre at its widest point.
- Owners must have a way to extinguish the fire.
- All fires must be supervised at all times.
- Fires are not allowed between 1 a.m. and 10 a.m.
- Fire pits can't be used during a fire ban. Failing to abide by this rule can result in a \$1000 penalty.

If you would like to learn more about the “Fire on Premises” section of the Community Standards bylaw visit calgary.ca and search “fire pits” or call 3-1-1 and request to have Animal & Bylaw Services mail you a Fire pit usage within Calgary leaflet.

When fire pits are used safely and properly, they can provide many hours of enjoyment and neighbours can continue to live in harmony with one another. Let's work together to make sure our nights spent by the fire are safe and fun for all Calgarians.

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Email: aim@rockyview.ca

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Phone: 403.520.6378

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General Comments or Questions:

comments@rockyview.ca



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- Forty word limit

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Mountain Pine Beetle Report a poacher	310-bugs (2847) 800-642-3800
Alberta One Call	800-242-3447
Calgary Rocky View Child & Family Services	310-0000 then 912-4758
Children's Hospital	403-955-7211
Hospital Rockyview	403-943-3000
Child Abuse Hot Line	800-387-5437
Cochrane Ecological Institute (wildlife emergencies)	403-932-5632
Crime Stoppers	800-222-8477
Elbow Park Rangers Station	403-949-3754
Environmental Complaint Emergencies	800-222-6514
Poison Centre	403-670-1414
RCMP	403-949-7729
Rocky View County	403-230-1401
Telus Mobility	#3800
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Wildlife Help Line	888-924-2444

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