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Bernard Callebaut®*

cococo



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- Chinook Centre
- Downtown core

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(S) denotes Separate (FR) denotes French Immersion

School

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Cochrane High School

Elizabeth Barrett Elementary (FR)

Manachaban Middle School (FR)

Holy Spirit Catholic School (S)

St. Francis High School (S)

Rocky View Virtual School

Elbow Valley Elementary (FR)

Springbank Middle School (FR)

Springbank Community High (FR)

Grade

9-12

9-12

K-4

5-8

K-9

10-12

9-12

K-4

5-8

9-12

www.rockyview.ab.ca/schools/bowvalley

www.rockyview.ab.ca/cochrane

www.rockyview.ab.ca/barrett

www.rockyview.ab.ca/manachaban

www.cssd.ab.ca/schools/holyspirit/

www.cssd.ab.ca

www.rvvs.com

www.rockyview.ab.ca

<http://springbank.rockyview.ab.ca>

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Springbank Community

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Calgary AB T3Z 2N9

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Fax: 403.246.0419

info@springbankchurch.com

Mountainview Lutheran

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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

Grand adventures await those who are willing to turn the corner.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **December 1 – 24 A Christmas Carol** by Charles Dickens, adapted and directed by Dennis Garnhum, starring Stephen Hair, presented by Theatre Calgary. Evening performances at 7:00 pm and matinees at 2:00 pm. Call 403.294.7447 or logon to www.theatreclgary.com for detailed information.
- **December 3 Lunch at Allen's** featuring Murray McLaughlan, Ian Thomas, Marc Jordan and Cindy Church at the Deerfoot Inn & Casino. Show starts at 9:30 pm. 403.287.2299
- **December 7, 8 & 10 A Traditional Christmas** presented by Calgary Philharmonic Orchestra at Grace Presbyterian Church. Wednesday and Thursday performances at 7:00 pm and Saturday matinee at 2:00 pm. 403.571.0849 or cpo-live.com
- **running until December 11 Blithe Spirit** A ghostly comedy! Vertigo Theatre. Evening performances at 7:30, matinees at 2:00 pm. 403.221.3708 or www.vertigotheatre.com
- **December 9 & 10 Handel's Messiah** performed by Calgary Philharmonic Orchestra. Performances at 7:30 each evening. 403.571.0849 or cpo-live.com
- **December 10 Calgary Flames vs Edmonton Oilers** 8:00 pm at the Saddledome. CBC www.calgaryflames.nhl.com/club/schedule.htm
- **December 15 Christmas with John McDermott** 8:00 pm. Part of Calgary Philharmonic's Specials. 403.571.0849 or cpo-live.com
- **December 16 Calgary Hitmen vs Regina Pats** at the Saddledome 7:00 pm. www.hitmenhockey.com
- **December 20 George Canyon's Country Christmas** part of Calgary Philharmonic's Special Shows at 8:00 pm. 403.571.0849 or cpo-live.com
- **December 22 Detroit Red Wings & Calgary Flames** face off at 7:30 pm at the Saddledome. TSN www.calgaryflames.nhl.com/club/schedule.htm
- **December 23 Flames vs Canucks** 8:00 pm SNET-W(HD) www.calgaryflames.nhl.com/club/schedule.htm
- **December 31 Champaign Celebrations** Deane House Murder Mystery 7:00 pm. 403.269.7747 or logon to www.fortcalgary.com for detailed information

DECEMBER 2 DAVID GOGO

Part of Epcor Centre's Acoustic Blues Series. Enjoy blistering guitar licks and soulful vocals. Concert begins at 8:00 pm. For further information call 403.294.9494 or visit epcorcentre.org



DECEMBER 3 & 4, 10 & 11, 17 & 18 ONCE UPON A CHRISTMAS

at Heritage Park 9:30 am – 4:00 pm. www.heritagepark.ca



DECEMBER 16 – 24 THE NUTCRACKER

A classic holiday favourite performed by Alberta Ballet. Phone 403.245.4549 or logon to www.albertaballet.com for details



DECEMBER

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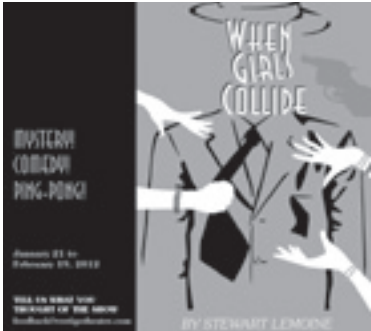
**JANUARY 17
BRIAN SKERRY**

an award-winning underwater photographer, celebrated for his intimate and stunning portraits of our planet's ocean realm. 7:00 pm at Epcor Centre for the Performing Arts. 403.294.7455 / epcorcentre.org



**JANUARY 21 - FEBRUARY 19
WHEN GIRLS COLLIDE**

Mystery, comedy, and ping-pong presented by Vertigo Theatre. Evening performances at 7:30, matinees at 2:00 pm. 403.221.3708 or www.vertigotheatre.com



**JANUARY 26 - APRIL 1
THE 39 STEPS**

at Stage West Dinner Theatre. 403.243.6642 or visit www.stagewestcalgary.com



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

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- **January 12 Ducks & Flames** faceoff at 7:30 pm at the Saddledome. SNET-W(HD) www.calgaryflames.nhl.com/club/schedule.htm
- **January 13 & 14 Movie Masterpieces: The Classics of John Williams** performed by the Calgary Philharmonic Orchestra – 8:00 pm both evenings. 403.571.0849 or cpo-live.com
- **January 14 Flames vs Kings** at 8 o'clock at the Saddledome. CBC www.calgaryflames.nhl.com/club/schedule.htm
- **January 22 World Snow Day** at Winsport's Canada Olympic Park. www.winsportcanada.ca
- **January 27 House of Doc** presented by Fish Creek Concerts and performed at Southwood United Church. For details logon to vishcreedconcerts@shaw.ca
- **January 27 The Music of Pink Floyd** performed by the Calgary Philharmonic Orchestra 8:00 pm. 403.571.0849 / cpo-live.com
- **January 28 Calgary Hitmen & Medicine Hat Tigers** face off at the Saddledome at 7:30 pm. www.hitmenhockey.com
- **January 28 Moby Dick** starring internationally acclaimed Canadian tenor, Ben Heppner as Captain Ahab. 8:00 pm. 403.262.7286 or visit www.calgaryopera.com
- **January 28 Hanson** at Deerfoot Inn & Casino Wristband @ 6:30 / Show @ 9:30 pm. Tickets at hotel front desk in person or phone 403.236.7529
- **January 31 - February 19 Enron** The Canadian premiere by Lucy Prebble, directed by Antoni Cimolino presented by Theatre Calgary. 403.294.7447 / www.theatrecalgary.com
- **January 31 Calgary Flames** face off in Detroit against the Red Wings. 7:00 pm SNET-W(HD)
- **Running until February 5th The Last Concert: Buddy Holly & Friends** at Jubilations Dinner Theatre. For detailed information 403.249.7799 or www.jubilations.ca



POINSETTIA CARE

- DO place your plant in indirect sunlight for at least six hours per day
- DO provide room temperatures between 68-70 degrees F / 20-21 degrees Celsius
- DO water when the soil feels dry to the touch
- DO use a large, paper sleeve to protect your poinsettia when transporting it
- DO fertilize after the blooming season with a balanced, all-purpose fertilizer
- DON'T place plants near cold drafts or excessive heat sources
- DON'T expose plants to temperatures below 50 degrees F / 10 degrees Celsius – poinsettias are very sensitive to cold and wind
- DON'T over water your plant or allow it to sit in standing water – always remove the plant from any decorative container before watering, and allow water to drain completely
- DON'T fertilize your plant when it is in bloom

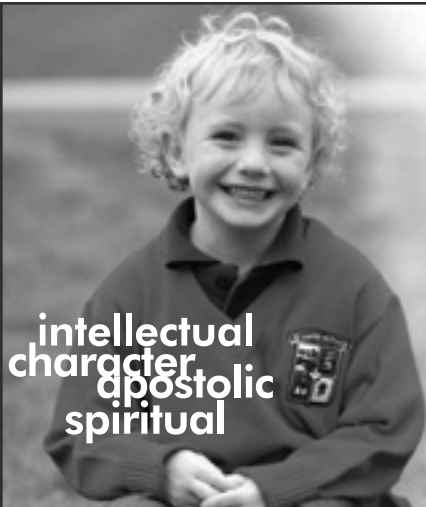
BRAIN GAMES

SUDOKU

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from Great News Publishing



May the joy and peace of the holiday season fill your hearts and homes throughout the New Year.

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Mrs. Lara Melashenko is a science teacher passionate about mentoring and empowering young people to set high personal goals and strive to reach those goals. Through her energetic and enthusiastic approach to teaching, she encourages students to love learning and develop an optimistic perspective towards the world around them. Mrs. Melashenko possesses 12 years of training and experience in science education, research and school administration. She comes from Bears paw Christian School, where she served as science teacher and secondary vice-principal. Through her teaching career Mrs. Melashenko has taught high school Biology, Chemistry and Physics. She has sponsored numerous student clubs such as community outreach and awareness, student council, and graduation planning. She has also coached high school volleyball and floor hockey.

Mrs. Melashenko holds three degrees: Bachelor of Science in Biology (major) and Chemistry (minor) (CUC, 1995), Bachelor of Secondary Education (UBC, 1999) and Master of Science in Biophysics & Physiology (UofC, 2004). To enhance her science education, Mrs. Melashenko has participated in a number of Alberta Education initiatives including: Senior High School Resource Review Team, Grade 12 Provincial Diploma Exam Marker and Alberta Heritage Foundation for Medical Research for Science Teachers.

For more information on Webber Academy please attend our upcoming Information Evening:

> Thursday, January 12, 2012 at 7:00 pm

For more details, visit:
www.webberacademy.ca



WEBBER ACADEMY

SLOW COOKER STUFFING

There never seems to be enough stuffing to accompany the turkey at Christmas dinner, and this recipe provides the perfect solution! I use a mixture of breads: French, whole wheat, multi-grain, etc. to add variety in colour, taste and texture.

Ingredients

- 8 cups dried bread, torn into pieces
- 2 teaspoons poultry seasoning
- 1/2 teaspoon each salt & pepper
- 2 tablespoons butter
- 2 tablespoons olive oil
- few dashes of Worcestershire sauce
- additional 1/3 cup butter, melted
- turkey liver, chopped
- 4 stalks celery, chopped coarsely
- 1 medium onion, chopped coarsely

Turkey neck, heart, and approximately 3 cups of water

Method:

Lightly spray slow cooker with cooking oil, add dried bread, and toss with poultry seasoning, salt and pepper.

Saute chopped celery, onion and turkey liver in butter and olive oil; then mix in with the bread. Add a couple of tablespoons of water into the sauté pan; scrape up all the browned bits from the pan and add to the stuffing mix, along with the additional 1/3 cup melted butter. Toss well.

Simmer the turkey neck and heart in 3 cups of water; add Worcestershire sauce and a pinch each of salt and pepper. After simmering for about an hour, remove the neck and heart from the broth and discard. Add 2 cups of this broth to the stuffing and mix well.

About 2 hours before the turkey is completely cooked, turn the slow cooker to the low setting to cook the stuffing mixture. When basting the turkey, add some basting drippings to the stuffing and continue to do so until the turkey is done. *Amount varies, depending on how moist you like your stuffing.

Turn slow cooker setting to "warm" and serve stuffing directly from it, or spoon into a serving bowl to pass at the table.

Enjoy!
- BG Rose

COMMUNITY READERS RECOMMEND...



Fiction

- The Cat's Table – Michael Ondaatje
- The Lady of the Rivers – Philippa Gregory
- The Help – Kathryn Stockett
- Half-Blood Blues – Esi Edugya
- The Scottish Prisoner – Diana Gabaldon
- 11/22/63: A Novel – Stephen King

Non-fiction

- Cornered – Ron MacLean
- Speak Out Louder – Jack Layton
- Steve Jobs – Walter Isaacson
- Rin Tin Tin – Susan Orlean
- Provenance – Laney Salisbury & Aly Sujo
- Onstage Offstage: The Official Illustrated Memoir – Michael Buble

Classics

- A Christmas Carol – Charles Dickens
- Swiss Family Robinson – Johann Wyss
- The Prince and the Pauper – Mark Twain



The Case For Equity Income Investing

Michael Martin, CFA, MBA

The current low-interest-rate environment has caused many investors to look beyond traditional fixed-income instruments, necessitating a disciplined approach to selecting equities within an income-producing portfolio. In addition, for a broader range of investors, there are several reasons why dividend-paying stocks might play an integral role in every portfolio.

Yield replacement: A replacement for lower-yielding fixed-income instruments for investors willing to accept the risks related to owning an equity investment.

Diversification: Equity and fixed-income instruments do not always move in the same direction. As such, investors stand to reap the benefits of diversification through lower correlation and volatility.

Potential for capital appreciation: Investors have the opportunity to participate in the longer-term capital appreciation potential of the equity market, although accepting potentially greater volatility over shorter horizons.

Inflation hedge: While rising inflation and interest rates will reduce the value of most income-oriented assets, owning dividend-paying stocks that have an ability to grow revenues and profits in such an environment may help sustain higher portfolio valuations.

Tax benefit: Dividends paid from eligible Canadian corporations are taxed at a lower rate compared to interest received from bonds.

Superior returns potential over time: Although lower quality, non-dividend-paying stocks dominated the recent dramatic market rally, over longer time horizons, dividend-paying stocks have tended to outperform non dividend payers. Upon closer inspection, amongst the dividend-paying stocks, those that grow their dividends have performed the best, while companies that cut their dividends have significantly underperformed. One likely explanation is that a proven ability to pay and grow dividends through thick and thin is often indicative of a company with a better-than-average business model and an above-average management team able to balance the trade-off between ensuring long-term earnings growth and meeting shareholder demands for income.

Strategy: If properly constructed and managed, an Equity Income Portfolio can provide participants with an above-average, consistent cash-flow stream by investing in a diversified portfolio of higher-yielding Canadian securities such as common stocks, Real Estate Investment Trusts (REITs), income trusts and similar investments. It should be actively managed on roughly a quarterly basis to enhance income and long-term returns while managing the risks inherent in a higher income yielding strategy.

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

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THE INDOOR GARDENER

by Cindy DeJager

EASY PLANTS FOR THE OFFICE

The short, dark days of winter don't have to be dreary – now is the time to celebrate the 'indoor season' with some easy and favourite plants. Not all offices have ideal light, but some plants can do very well under fluorescent lighting. These popular houseplants will transform your office from stark white to instantly appealing and comfortable. Each does well in low light or under fluorescent lighting, but keep in mind that all plants need some natural light to stay healthy and beautiful.

HANGING

Golden Pothos (*Epipremnum aureum*)

One of the best plants for removing formaldehyde released from carpet and other materials in our homes and offices. It likes bright indirect light; preferably a northern exposure. This plant is perfect for the office because it does very well under fluorescent lights.

Heartleaf Philodendron (*Philodendron scandens*) also known as the Sweetheart Plant.

There are two kinds of philodendron, the upright and the trailing. For the office I recommend the trailing variety. They don't mind being kept in a small pot and they are very lovely hanging in a north facing window or sitting on a bookshelf.

Spider plant (*Chlorophytum comosum*)

I have mine hanging over the hutch on my desk. It is quite full and lush and has really cool spiderettes hanging down. They prefer natural but not direct sunlight.

UPRIGHT

Peace Lily (*Spathiphyllum wallisii*)

This elegant plant is at the top of the list for removal of toxins such as formaldehyde, ammonia and carbon monoxide from indoor air. The foliage is attractive with long dark-green, deeply veined leaves. It grows up to three feet tall and will do well in medium to low light.

Cindy DeJager is an avid indoor gardener.



THE ROAD NOT TAKEN

by Robert Frost (1874 – 1963)

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

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Dec. 2
First Quarter



Dec. 10
Full Moon



Dec. 18
Last Quarter



Dec. 24
New Moon

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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
Weather Information	403-299-7878
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CSRS SeniorConnect	403 266-6200

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Michael Martin, CFA, MBA
Investment Advisor
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www.martinwealth.ca

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