

JANUARY 2011

YOUR COMMUNITY NEWSLETTER

your ELBOW VALLEY
VIEW

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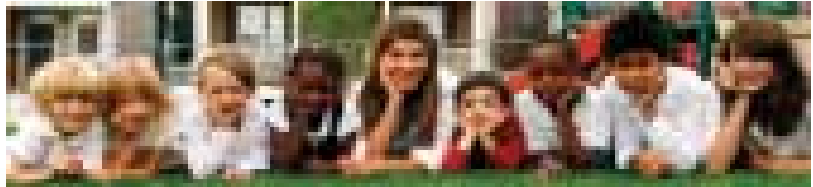
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Elbow Valley is minutes away from:

- Strathcona Shopping Centre
- West Hills/Signal Hill

- Chinook Centre
- Downtown core

SCHOOLS

(S) denotes Separate (FR) denotes French Immersion

School	Grade	Website
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	5-8	www.rockyview.ab.ca
Springbank Community High	9-12	www.rockyview.ab.ca

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Fax: 403.246.0419
info@springbankchurch.com

Mountainview Lutheran

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Valley View Presbyterian

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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>

FAMILY LITERACY DAY

is recognized annually on January 27.

It is a day to encourage children and adults to enjoy a learning activity together. This year, Canadians will *Play for*

Literacy playing and learning together through word games, card games, board games etc.



Editorial Content Deadline

1st

of each month
for the next
month's issue

news@riverview-printing.com



AVOCADOS

by Tammy Bradley



Avocados have a special place in the raw vegan's heart. As our main source of fat, they contain all the healthy fats including Omega 3 and 6, and contain no cholesterol. Avocados are the most pleasant, easily digestible, multi-purpose, readily available and delicious of the raw plant fat sources. They are also rich in other nutrients, vitamins and minerals including B-Complex and protein, containing all 18 of the amino acids our body needs.

If you don't think you like avocados, you may just never have tasted a properly ripe one. A perfect avocado it is like eating butter and spreads like butter too. Spread on celery, jicama, or flax crackers. Or just cut the avocado in half, remove the pit, sprinkle with a little sea salt, and eat with a spoon. Slice or chop into pieces for use in salads, wraps, soups, or any salty dish. Avocado is even delicious in fruit salads!

Velvet Chocolate Pudding

This is also a great topping for ice cream or a dip for fresh fruit.

- 1 ripe avocado
- 6 tblsp. cacao or carob powder
- 6 dates soaked in ½ cup fresh orange juice
- ½ tsp vanilla
- Pinch of cinnamon

Place all ingredients in a blender; process until smooth. Add more orange juice or water if needed.

Tammy is a sports coach, certified raw food chef, nutritional educator and personal trainer.



FYI

Hoodooos in the Drumheller Valley are a distinct symbol of the Canadian Badlands. These eerie sandstone pillars topped with protective capstones, have taken millions of years to form, and are deceptively fragile.

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THE COMPLETE RENOVATOR
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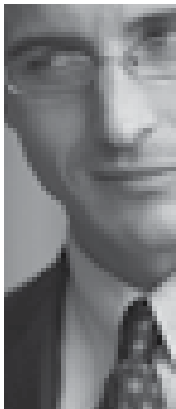
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Preschool Education • Toddler Program

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or call 403.242.1414



IT CAN'T BE DONE

The ones who miss out on the fun
 Are those who say, 'It can't be done.'
 In solemn praise they stand aloof
 And greet each venture with reproof.
 Had they the power they'd efface
 The history of the human race.
 We'd have no radio or motor cars,
 No streets lit by electric stars;
 No telegraph or telephone,
 We'd linger in the age of stone.
 The world would sleep if things were run
 By those who say, 'It can't be done.'

Anonymous

INSIGHT
INSIGHT

The Suite Life

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THE INDOOR GARDENER

WITH 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.



by Judy Curran

Two months ago I took on the job of going through my Great-Aunt & Uncles' house to get it cleaned out and ready for sale. The home is 80 years old and they have lived in it from the day it was built in 1930.

They kept everything! I had a big job of going through every nook and cranny in that house, and deciding what was valuable or not. I took a few days to go to antique stores to get an idea of what I should be looking for so that I didn't throw something away that may be valuable.

Be careful what you toss into landfill or take to recycling. There are collectors out there looking for these items. One afternoon, while talking with the man at the metal recycling yard, I was shown a solid brass spice grinder that someone brought in for recycling. He paid the person \$1.50. After a little research he discovered he could sell it for \$165.

The estate of our loved ones is often a daunting task left to family, and with a little bit of research or a visit to an antique store you may reveal a hidden treasure in your midst.

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 IN HEIGHT
 for what it lacks
 IN LENGTH.**

~ Robert Frost, American poet
 1874-1963

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photos by Henry Georgi

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Snow Shovelling Safety

Before you start:

- Dress properly for the weather before heading outdoors. Unprotected exposure to low temperatures and wind chill can result in hypothermia or frostbite.
- Dress in layers starting with a warm insulating inner layer; ending with wind and water proof outer layers. If you become too warm as you shovel, you can always remove outer layers as required.
- Wear proper footwear with a solid tread and adequate ankle support. Don't forget to wear a toque or hat to prevent heat loss from your head.
- Stay well hydrated by drinking plenty of water before and after you shovel. Avoid caffeinated beverages and alcoholic beverages as well as smoking. These all act as stimulants that can put a strain on your heart by constricting blood vessels and increasing heart rate. Caffeine can also promote dehydration – another important reason to avoid it. Alcoholic beverages do not act as a stimulant, but they also promote dehydration, impair your judgment, and make you more susceptible to the effects of the cold weather.
- Reduce the chance of injury by warming up your muscles with light exercise and stretching before you shovel. Warm muscles use energy more efficiently.

How to shovel:

- Choose the correct size of shovel for you. A smaller shovel will require you to lift less snow at a time and reduce the strain on your body.
- Protect your back by lifting properly: keep the shovel close to the body, stay balanced by standing with feet about hip-width apart, bend your knees, squatting with a straight back. As you lift the snow use your legs to provide the lift, tighten your stomach muscles to support your back, keep your back straight. Do not bend your back.
- When possible, push snow, don't lift it. Always orient your body in the same direction you are pushing the snow. If you need to move the snow to one side, reposition your entire body to continue facing the direction you are pushing.
- Do not throw snow over your shoulder or to the side. Most back injuries occur when you are in a twisted position. The injury can be made worse when you are bearing the weight of heavy snow as you twist.
- Don't extend your arms when maneuvering a full shovel of heavy snow as this puts excess strain on your back muscles and too much weight on your spine. Attempt to keep the weight of the shovel close to your body.
- Pace yourself and take a break, especially if there's been a heavy snowfall; don't try to clear it away all at once.

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YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **January 6 – February 6 Nevermore** by Catalyst Theatre. Co-presented by Vertigo Mystery Theatre. An adult musical based on the life and work of Edgar Allan Poe. For information and tickets call 403.221.3708
- **January 11 Film Night** at River Park Church Auditorium, 3818-14A Street SW www.justicefilmfestival.ca
- **January 11-29 Smash Cut Freeze** by One Yellow Rabbit. For information 403.294.7411
- **January 14 Songwriters Night** with four songwriters presented by Fish Creek Concerts www.fishcreekconcerts.com
- **January 15 Snowblower** at Olympic Plaza. This free event includes glowing trees, hot chocolate, performers, electronic artists and more. For information 403.294.7411
- **January 15 Morgan Davis** country and contemporary blues presented by Epcor Centre's Carma Acoustic Blues Series 403.294.9494 or epcorcentre.org
- **January 16 Calgary Hitmen vs Lethbridge Hurricanes** at the Saddledome 2:00 pm www.hitmenhockey.com
- **January 22 Calgary Flames at Vancouver Canucks** 8:00 CBC www.flames.nhl.com
- **January 28 The Breakmen** presented by Fish Creek Concerts at The Pumphouse Theatre, 2140 Pumhouse Avenue SW. 403.263.0079 or www.fishcreekconcerts.com
- **January 28 Calgary Hitmen vs Brandon Wheat Kings** 7:00 pm at the Saddledome www.hitmenhockey.com
- **January 28 A Tribute to Clapton, Hendrix & Friends** Calgary Philharmonic Orchestra 403.571.0849 or www.cpo-live.com
- **January 29 Wine Stage** Calgary's 12th annual wine and food event. Call 403.294.7411 for additional information
- **January 29 India Calling** Savour flavours of the world with Epcor Centre's BD&P World Music Series 403.294.9494 or epcorcentre.org
- **January 30 Calgary Hitmen vs Prince Albert Raiders** 5:00 pm at the Saddledome. www.hitmenhockey.com

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January 7 CALGARY FLAMES AND DETROIT RED WINGS

face off at the Saddledome 7:00 pm
www.flames.nhl.com



January 18-22 BILLY BISHOP GOES TO WAR

by Soulpepper Theatre Company and co-presented by Theatre Calgary starring Eric Peterson & John Gray. A Canadian classic. Tickets 403.294.9494 or information 403.294.7411



January 29 THE INVENTOR

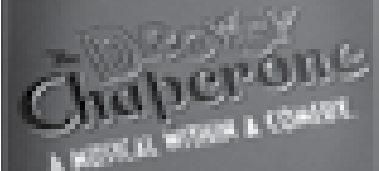
by Bramwell Tovey and John Murrell, presented by Calgary Opera 8:00 pm at the Jubilee Auditorium www.calgaryopera.com



JANUARY

**February 8 – March 6
THE DROWSY CHAPERONE**

presented by Theatre Calgary in co-production with the Manitoba Theatre Centre. Fast and funny 1920s musical – the toast of the 2066 Tony Awards. www.theatre Calgary.com



**February 18
APRIL VERCH**

a dynamic Canadian fiddler, singer and stepdancer presented by Fish Creek Concerts. For information 403.244.2912, www.fishcreekconcerts.com or fishcreekconcerts@shaw.ca.



**February 20
the 2011 Heritage Classic –
CALGARY FLAMES AND
MONTREAL CANADIENS**

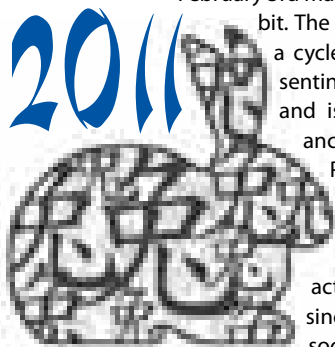
face off at McMahon Stadium 4 pm MST. Broadcast on CBC, RDS, and VERSUS



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

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- **February 2 – March 6 The Romeo Initiative** part of Alberta Theatre Projects' 25th Annual Enbridge playRites Festival of New Canadian Plays. atplive.com or 403.294.7402
- **February 3 – April 10 Move Over Mrs. Markham** at Stage West. Check www.stagewestcalgary.com/shows.html for detailed information
- **February 5 Ian Tyson** at 8 pm with Calgary Philharmonic Orchestra. Logon to cpo-live.com or phone 403.571.0849 for information
- **February 10-12 Four Seasons & Cantata** presented by Alberta Ballet. Visit albertaballet.com or phone 403.245.4549
- **February 11 – April 10 Tom Jones & The Temple of Doom** at Jubilations Dinner Theatre. Phone 403.249.7799 or www.jubilations.ca/jubilations/cal_schedules.html
- **February 12 Calgary Hitmen vs Prince George Cougars** 7 pm at the Saddledome. www.hitmenhockey.com
- **February 18 & 19 Summertime – George Gershwin in Song** presented by Calgary Philharmonic Orchestra at 8 pm both evenings. Phone 403.571.0849 or cpo-live.com
- **February 20 Orchestra From Planet X** featured as part of the Symphony Sundays for Kids at 2:30 pm. Logon to cop-live.com or 403.571.0849
- **February 22 Calgary Flames vs Boston Bruins** 7 pm at the Saddledome. www.flames.nhl.com
- **February 26 Calgary Hitmen and Kelowna Rockets** face off at the Saddledome 7 pm. www.hitmenhockey.com
- **February 26 Brother Yusef** presented by Epcor Centre's CARMA Acoustic Blues Series. Blues delivered with traditional finger picking and slide guitar. Go online at epcorcentre.org or 403.294.9494



February 3rd marks the Year of the Rabbit. The Rabbit is the fourth in a cycle of 12 animals representing Chinese New Year, and is a symbol of endurance.

People born in the Year of the Rabbit bear the elemental sign of wood. Their characteristics: trustworthy, sincere, sensitive, modest, sociable, kind.

According to Chinese tradition, the festival celebrations carry on for 15 days, ending with the Lantern Festival on the 15th day.

To many, the highlight of the lantern festival is the dragon dance. The dragon may stretch as long as 100 feet, and is typically made of silk, paper and bamboo.

2011 YEAR OF THE RABBIT

WOULD YOU LIKE TO KNOW THE TRUTH?

The truth is that most investment portfolios have struggled with the recent market volatility and most portfolios are still exposed to too much risk.

We have assisted many investors with an honest, no obligation, free assessment of their current portfolio.

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BRAIN GAMES

SUDOKU

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	3	7			9			
9		2		4		3	7	

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Managing your food budget and making home cooked meals can be easy and convenient with a well stocked pantry (fridge and freezer included), not to mention saving time and trips to the grocery store! Purchase basic food items that you use often in bulk quantities or buy multiples when they're on sale; portion pack bulk items into smaller quantities if necessary.

Use the following list as a **general guide** to keep your pantry well stocked with the staples required to prepare a quick or last minute meal. Most pantry items are shelf-stable; some require refrigeration after opening. You needn't buy everything at once – buy only what you think you'll use fairly often, and build up your pantry gradually.

Baking

Flour: all purpose, whole wheat, cake
 Sugar: white, brown, icing
 Raisins
 Semi-sweet chocolate chips
 Baker's chocolate squares, unsweetened
 Cocoa powder
 Cornstarch
 Yeast (dry, active)

Dry Goods / Fresh

Long grain rice: white and brown
 Arborio, Basmati, Jasmine rice
 Pasta: spaghetti, rotini, penne
 Barley, lentils
 Dried bread crumbs
 Crackers, cereal
 Quick cooking oatmeal
 Nuts: almonds, walnuts, pecans
 Beans: red kidney, lima, split pea
 Potatoes
 Onions, garlic

Canned Goods

Chicken broth, low sodium
 Beef broth, low sodium
 Tomatoes: diced or whole
 Tomato paste, sauce
 Salmon, tuna
 Beans: red kidney, black, white
 Evaporated milk
 Applesauce
 Pumpkin puree
 Cherry pie filling
 Mandarin orange segments
 Peanut butter
 Honey: creamed, liquid
 Fruit preserves: jam, jelly
 Gelatin, unflavoured
 Cooking spray

Beverages

Coffee: beans, ground, instant
 Tea: variety of black, green, herbal

Herbs / Spices / Extracts

Salt & Pepper
 Cinnamon
 Chili powder, cayenne
 Dried basil
 Dill, paprika, oregano
 Garlic & onion powder
 Pure vanilla extract
 Almond extract

Oil / Vinegar

Oil: olive, vegetable
 Vinegar: white, balsamic
 Salad dressing – a favourite or two

Condiments

Soy sauce, Teriyaki sauce
 Worcestershire sauce
 Ketchup, hot sauce
 Mustards: Dijon, French's

Refrigerator

Large eggs
 Milk, ½ & ½
 Juice: orange, apple
 Butter, margarine
 Mayonnaise
 Cheese: cheddar, mozzarella
 Plain yogurt
 Carrots, celery
 Apples, lemon, lime

Freezer

Fruit: strawberries, cranberries
 Grated Parmesan cheese
 Bread
 Niblets corn
 Peas, spinach
 Lean ground beef
 Chicken breasts
 Pork tenderloin

COMMUNITY READERS RECOMMEND...



Fiction

- Cool Water -- Dianne Warren, 2010 Governor General's Literary Award winner
- Water for Elephants – Sara Gruen
- The Confession – John Grisham
- Minding Frankie – Maeve Binchy
- Sarah's Key – Tatiana De Rosnay
- In the Company of Others – Jan Karon

Non-fiction

- Lakeland: Journeys into the Soul of Canada – Allan Casey, 2010 Governor General's Literary Award winner
- Cleopatra: A Life – Stacy Schiff
- Secretariat – William Nack
- Unbroken – Laura Hillenbrand
- The Glass Castle – Jeannette Walls
- Freakonomics – Steven D. Levitt

Classics

- Black Beauty – Anna Sewell
- Gulliver's Travels – Jonathan Swift
- Sunshine Sketches of a Little Town – Stephen Leacock

BUSINESS CLASSIFIEDS

NEPTUNE PLUMBING & HEATING LTD. Qualified journeymen plumbers/gasfitters, very experienced in Elbow Valley. 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."

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Fax: 403.277.3066

Email: aim@rockyview.ca

Road-related Maintenance concerns:

Road Maintenance Call Centre

Phone: 403.520.6378

Available 24 hours/day, 7 days/week

General Comments or Questions:

comments@rockyview.ca



COMMUNITY CLASSIFIED ADS

Deadline – 1st of each month

Contact news@riverview-printing.com

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

For Display and Business Classified advertising contact Riverview Printing at sales@riverview-printing.com

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IMPORTANT NUMBERS

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Alberta Fish & Wildlife	
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Alberta One Call	800-242-3447
Calgary Rocky View Child & Family Services	310-0000 then 912-4758
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Cochrane Ecological Institute (wildlife emergencies)	403-932-5632
Crime Stoppers	800-222-8477
Elbow Valley Visitor Info	403-949-4261
Elbow Park Rangers Station	403-949-3754
Environmental Complaint Emergencies	800-222-6514
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RCMP	403-949-7729
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WEBBER ACADEMY APPOINTS A NEW HEAD OF SCHOOL



The Webber Academy Board of Directors is pleased to announce the appointment of Mrs. Susan Blair as Head of School at Webber Academy.

Mrs. Blair received a Bachelor of Arts and a Bachelor of Education from the University of Toronto with a focus on business and finance. She has long been a devoted educator, the founder of Elgin Place, the parent of staff at Webber Academy, when she was a teacher and administrator for several years, a Webber Academy as a mother-teacher when she was asked for help of creating a sense of reading and life-long learning. Subsequently, Mrs. Blair was appointed Head of Elementary School. This opportunity allowed her to strengthen her relationship with Webber students, staff and parents. In August 2010 she was appointed the new Head of School at Webber Academy. As she sets off on a continued journey of enriched experiences that allow every Webber Academy student the opportunity to achieve their highest potential.

Mrs. Blair and her husband Paul have three children, currently attending university. In her free time she enjoys reading, cooking and exploring the mountains with her family.

For more information on Webber Academy please attend one of our upcoming information evenings:

- Thursday, January 24, 2013
- Wednesday, February 13, 2013
- Thursday, April 18, 2013

For information during every step of the process, visit www.webberacademy.ca for more details.



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