

JULY 2011

YOUR COMMUNITY NEWSLETTER

your

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VIEW

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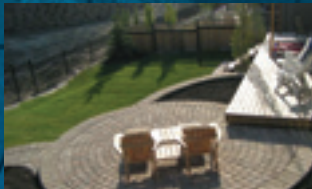
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Elbow Valley is minutes away from:

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

SCHOOLS

(S) denotes Separate (FR) denotes French Immersion

School

Bow Valley High School

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>

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

Katrina Alm

403.720.0762

JULY MOON CALENDAR



July 1
New Moon



July 8
First Quarter



July 15
Full Moon



July 22
Last Quarter



THE INDOOR GARDENER

by Cindy DeJager

My balcony faces north and is sheltered by three tall fir trees. Though protected by the northerly winds, snow, and the rain, it is dark and gets no sunlight. So what flowers will grow on my balcony? Well let's look at some annuals that tolerate shade, but first let's define 'shade'.

- Light shade: shaded but bright with several hours of sunlight a day.
- Partial/medium: an area blocked from sunlight for most of the day - shaded by trees or structures.
- Full shade: lasts all day - little or no sun reaches this area.

Annuals - Flowers suited to shade

1. **Impatiens** - light, medium, or full shade.
2. **Lobelia** - light to medium shade.
3. **Pansy** - light to medium shade.
4. **Wax begonia** - light, medium or full shade.
5. **Wishbone flower** - light to medium shade.

I have decided that I am going to plant Begonia and Lobelia this year. The Begonia have thick waxy flowers in vibrant pinks, reds, and yellows; and the Lobelia 'neon blue' flowers will spill down over the railing, like water. There is a tranquility and calmness about a shade garden - the color of the flowers against a dark canvas of shade soothes and calms me, and it becomes the perfect quiet retreat for sitting in my lawn chair with my book or laptop.



Springbank Cheese Co.

MARDA LOOP

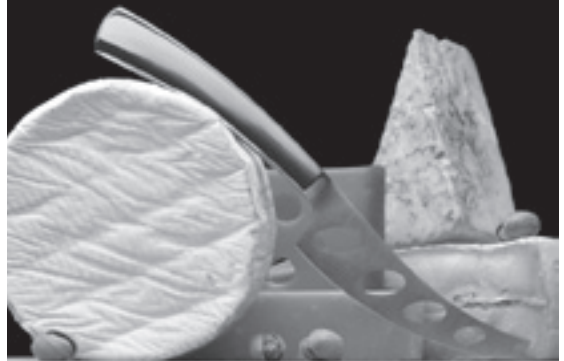
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(across from Starbucks)

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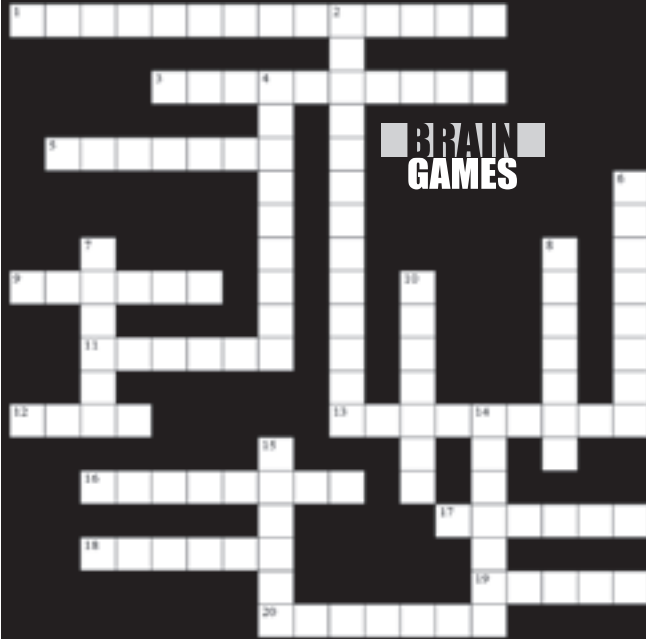
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your purchase at this location only!

Offer expires October 31st, 2011

CROSSWORD

FIND YOUR SOLUTIONS ONLINE AT WWW.GREAT-NEWS.CA

Created by
B.G.Rose



DOWN

- 2. Name of a prairie frog (2 words)
- 4. Celebrated on July 1st
- 6. Cool, summertime treat
- 7. Capital of Canada
- 8. Canadian automobile city
- 10. Region in Italy & neighbourhood in Calgary
- 14. No _____ attached
- 15. Summertime meal eaten outdoors

ACROSS

- 1. One of world's largest freshwater lakes with 14,000+ islands
- 3. Section of an orchestra
- 5. Birthplace of renowned prairie writer, W.O. Mitchell
- 9. Club used on the green
- 11. Place where bees are kept
- 12. Festival Theatre in Niagara-on-the-Lake
- 13. A medium for carving
- 16. Ontario's provincial flower
- 17. Door hardware
- 18. Corn & Apple Festival held in this Manitoba town
- 19. Part of a mushroom and a fish
- 20. Common garden vegetable

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timemusicstudios@telus.net



West Springs Location
West Springs Village
3013, 873, 85th Street SW
Phone (403) 246-3234
timusic@telus.net

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **July 1 Canada Day Celebrations** at Heritage Park, Fort Calgary, Olympic Plaza, Prince's Island Park. Enjoy the day's activities at any one of these locations
- **July 6 - 10 Spruce Meadows North American** 18011 Spruce Meadows Way SW www.sprucemeadows.com/tournaments/
- **July 8 - 17 Calgary Exhibition & Stampede** The Greatest Outdoor Show on Earth. www.calgarystampede.com
- **July 10 & 11 Calgary Turkish Festival** takes place at the Eau Claire Festival Market. Have some fun! Entrance to the site and stage performance is free. 403.401.3636 www.calgaryturkishfestival.com
- **July 14 CFL - Stampeders at Winnipeg** at 6pm www.stampeders.com/schedule/
- **July 16 John Michael Montgomery** at Deerfoot Inn and Casino. Wristband at 4pm – Show at 9:30pm. 403.236.7529 www.deerfootinn.com
- **July 23 Strawberry Festival** Pick, taste, and enjoy strawberries at Kayben Farms, just three kilometres north of Okotoks. www.kayben.com 403.938.2857
- **July 23 CFL - Calgary Stampeders vs Edmonton Eskimos** at McMahon Stadium 5 pm. www.stampeders.com/schedule/
- **July 24 Kensington Sun & Salsa Festival** gives Calgarians and visitors the chance to taste a variety of salsas. The streets are filled with bands, vendors, dancers and more. Enjoy the sunshine with family and friends and experience a delicious variety of salsas! 403.968.4472 www.visitkensington.com/sun-and-salsa
- **July 29 – August 6 Calgary Fringe Festival** 17th Avenue SW. Enjoy local, national and international theatrical productions, street performers, musicians, film and outdoor stage events. www.calgaryfringe.ca 403.451.9726
- **July 30 Inglewood SunFest** A three-block street festival with music, outdoor entertainment, face painting, food and vendors. 403.829.9175 www.inglewoodsunfest.com
- **July 30 CFL - Calgary at Saskatchewan** 7:30 pm. www.stampeders.com/schedule/

JULY 9 NAZARETH

at Deerfoot Inn and Casino.
Wristband at 4pm – Show at 9:30pm.
403.236.7529
www.deerfootinn.com



JULY 21 – 24 CALGARY FOLK MUSIC FESTIVAL

held at Prince's Island Park. Single-day tickets and four-day passes available. Stay for the day – bring a blanket and enjoy the main stage concerts, children's play area, crafts market and food. www.calgaryfolkfest.com



JULY 23 & 24 FIESTAVAL LATIN FESTIVAL

Free, family-oriented multicultural arts and entertainment festival at Calgary Olympic Plaza. www.fiestaval.ca



JULY

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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



ONGOING UNTIL NOVEMBER 20 – THE WARRIOR EMPEROR AND CHINA'S TERRACOTTA ARMY

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



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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• **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.reggaeifest.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

THE CITY OF CALGARY ANIMAL & BYLAW SERVICES



CITY OF CALGARY:

The Official Mobile App of The City of Calgary Animal & Bylaw Services

Are you looking for your lost cat or dog? Are you interested in adopting an animal from the Animal Services Centre? Do you want easier access to information about the services provided by The City of Calgary Animal & Bylaw Services? Well, there's an app for that!

City of Calgary Pets is the official mobile app for Animal & Bylaw Services. This free app is available for iPhone, BlackBerry and Android users. The app connects Calgarians to a real time view of the photos and descriptive information regarding the adoptable and impounded cats and dogs sheltered at the Animal Services Centre at 2201 Portland Street S.E. Knowing pets are safe and waiting at the Animal Services Centre to be reunited with their owners provides peace of mind for pet owners who have lost their cat or dog. Having information available at their fingertips is also important for Calgarians anxiously watching the status of cats or dogs and waiting for a specific pet to become available for adoption at the Animal Services Centre.

City of Calgary Pets provides pet owners on the go with essential, timely information, such as:

- when and how to license a pet
- steps to follow if a pet is lost
- complete listing of the 60 participating I Heart My Pet vendors who offer licensed pet owners discounts on merchandise and services
- contact numbers for Calgary's 24 Hour Emergency Vet Clinics
- how to report an aggressive animal incident

For information on how to download City of Calgary Pets, visit calgary.ca/mobileapps.

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by Jennifer L. Scott, D.V.M.

Raining dogs and cats

Lots of people get new puppies and kittens in the spring and summer, thus my staff has asked me to trot out some advice on mixing the two species, and perhaps others as well. Some pet owners are strictly one species people, but most of us who have pets love animals and live with several types of pets at once.

Let's first deal with the predator-prey relationship. If you have a cat and a bird or rodent, don't for one second think Fluffy, the civilized cat that has never hunted in its life, doesn't know how. I once saw a six month old kitten leap on and dispatch a pet rat in the time you can blink. The kitten did it with a single bite to the heart. Never say never; but any bond that develops between a predatory pet with one considered prey, is a testimonial to the efforts of the human partner and comes from a lot of work or special circumstances.

Each pet should have their own bowls, bed, and especially toys; with each pet respecting the other's boundaries. Make sure the current pet gets lots of attention and treats whenever it is in the presence of the new pet.



Deadline – 1st of each month

Contact news@great-news.ca

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

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sales@great-news.ca**

Let each pet associate the presence of the opposite pet with the most positive stimuli you can find. Do not push interactions, let things progress at a speed set by the pets themselves.

I have always had cats and dogs, and most cats and dogs can easily be trained to tolerate each other and even be friends. Many cats are solitary creatures, avoiding their own species by choice. They actually would prefer to live with a dog over another cat. Cats are creatures of habit and do not like change.

Introduce dogs slowly and insist that neither pet at the beginning pounces on or intimidates the other. Puppies should be on leash until they learn not to use the cat as a squeaky toy. Firm corrections to stay down should be enforced until the cat is comfortable with the dog's presence. This can happen quickly or with older cats it may take weeks. I was once hired to retrain a dog that would kill any cat it saw. It had been rescued from an owner that actively trained it to hunt and kill cats. I successfully trained the dog to live with cats in peace, but would never recommend leaving that dog unsupervised with cats for the rest of its life.

If the introduction of your cat and dog is not going well, veterinarians have a number of anti-anxiety medications and herbal remedies to assist in the process. We also have products that release cat or dog pheromones into the air to make the pet more relaxed. These products can be plugged into electrical outlets or sprayed into the environment. The intention would be to use these medications short-term.

Dogs are pack animals. They are happy to make the cat a part of their pack. They do need to bond and be given space to work out their own hierarchy, but puppies need to be taken away for daily training sessions with only their people so they can bond and learn their place in the human-animal relationship as well.

If you have multiple pets and are adding a new pet to your castle, remember your first responsibility is to the pets you have. Puppies and kittens should have their first vaccinations and be tested and treated for parasites. Kittens should be tested for some viruses for which we have no effective vaccinations and that can be life-threatening to the cats you already have. As with anything educate yourself before adding the new additions to your menagerie and use common sense.



Dignity for Life

protect your assets and your quality of life

by Michael Martin

A recent survey, conducted by Market Probe Canada, shows that more Canadians are concerned about the unexpected costs of care and protecting their assets.

57% worry paying for care

67% fear deteriorating health

90% feel that preparing for your own long-term care needs is the responsible thing to do

One way to protect your savings, estate and quality of life is to be prepared for long-term care costs.

What is long-term care?

Long-term care helps people who develop disabilities or chronic care needs maintain a level of functioning. For example, patients with arthritis, cancer, heart disease, or Alzheimer's receive help with walking, getting dressed, eating or bathing.

Who will pay for long-term care?

Many people believe that the government will take care of all the costs and care services when they can no longer care for themselves. In order to maintain a dignified quality of life, many people pay for long-term care services out of their own pocket – costs that can significantly impact your quality of life, savings and estate.

How much will it cost?

The average Canadian cost for "lighter care" needs such as nursing assistance or homemaking is approximately \$42,000, and \$58,000 for a live-in caregiver. On the other hand the average accommodation cost to a private care nursing home in Canada is \$60,000 and \$30,000 for a government long-term care facility.

So what are the options for preparing for long-term care costs?

Relying on your own resources to pay for care

Most people want to avoid dipping into their hard-earned assets and savings. So it may be an attractive decision to put a plan in place that helps cover the costs

of long-term care and avoid asset erosion.

Long-term care insurance

A relatively new insurance product in Canada, it provides a regular source of funds to pay for long-term care. In a recent survey, the main reasons people purchase long-term care insurance include:

82% do not want to be a burden on family

80% want the option of choosing where to receive care

76% want control over decisions about care

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.

Plants with Benefits



These common plants repel mosquitoes, and they can easily be grown in a pot on your balcony or patio.

- Rosemary
- Catnip
- Marigolds
- Mosquito Plant

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 Rose

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

BUSINESS CLASSIFIEDS

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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.

PERFECT CHOICE PAINTERS LTD: Offers 25 years' experience in interior and exterior painting and one of the best warranties in the field. WCB & fully insured. Call Steve anytime day or evening at 403-975-5459 for a free estimate.

RIGHTWAY PLUMBING AND HEATING: has been happily serving the Elbow Valley area with quality work, happy clients and fair pricing, with second generation experience, there is no job we cant handle. FURNACE \$2793, WATER HEATER \$705, WATER SOFTENERS \$995, GAS LINES ALSO! INSTALLED WITH GREAT WARRANTIES. CALL 403-968-6630.

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an endless series of
TRAGEDIES
obscured by
the occasional
MIRACLE

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8:00 a.m. to 4:30 p.m.

Monday to Friday

Offices are closed on statutory holidays

For Building and Development Permits and all related information:

Planning & Community Services

Phone: 403.520.8166

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



The red brick **Eau Claire Smokestack** stretches 90-feet high – a local landmark, recalling the Transit System Garage that was once located on the old Bow River Lumber Company site from 1947-1988.

DISCLAIMER

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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.

IMPORTANT NUMBERS

Fire, Police, Ambulance	911
Alberta Fish & Wildlife	
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
Weather Information	403-299-7878
Wildlife Help Line	888-924-2444

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- Enjoy your retirement
- Create your legacy

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Michael T. Martin, CFA, MBA
Investment Advisor
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