

MAY 2011

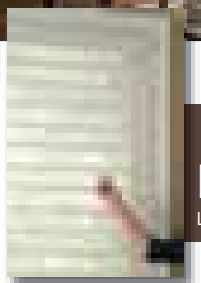
YOUR COMMUNITY NEWSLETTER

your **ELBOW VALLEY** **VIEW**

BRINGING ELBOW VALLEY RESIDENTS TOGETHER



Now your window shadings
and your wallet get a lift.



**\$275
Rebate**
Limited Time Offer!



Silhouette® with UltraGlide®

UltraGlide® is the unique retractable cord feature that never detracts from the appearance of your Silhouette® window shadings.

Visit this dealer from May 1st, 2011 until August 31st, 2011 and receive a \$275 Manufacturer's Rebate with the purchase of 4 Silhouette® with UltraGlide® and \$60 for each additional unit purchased.

HunterDouglas

EXTRAORDINARY WINDOW FASHIONS

COME VISIT OUR NEW 15,000
SQ FT DESIGN STUDIO
FREE IN HOME CONSULTATIONS
AND FINANCING PLANS AVAILABLE *OAC



DESIGNERS EDGE

6010 12th Street SE | 403.252.0201
www.designersedge.ca

THE HEARTLAND
RETIREMENT LIVING BY *revera*



Picture your life

Classical. Adventurous. Entertaining.
What's in your retirement picture?

- next to the Sheep River in beautiful Okotoks
- located close to the library, shopping & pathway system
- studio, one & two bedroom suites
- delicious meals with menu options
- diverse arts & leisure programs
- unique full amenity apartment suites

**Call today to ask
about our limited
time move-in
incentives and to
book your tour.**

Now open!

**403-938-4448
47 Riverside Gate
Okotoks
reveralliving.com**

06235 04/11

Revera: Canadian owned for 50 years with over 250 locations.

CONTENTS

READY, SET, GROW! 6

AT A GLANCE 7-8

YOUR AGING PET 10

**CREATING YOUR DESIGN
STYLE 12**

**COMMUNITY READERS
RECOMMEND 14**



ADVERTISE YOUR BUSINESS IN THIS PUBLICATION FOR AS LITTLE AS \$0.01 / HOUSEHOLD

GREAT NEWS
PUBLISHING



Formerly Riverview Printing

COMMUNITY NEWSLETTER PUBLICATIONS

Supporting Communities & Local Businesses Since 1989

The deadline for advertising is the 1st day of the month

To Advertise Call: 403-720-0762 | www.great-news.ca | sales@great-news.ca

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

Bow Valley High School

9-12

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.ccssd.ab.ca/schools/holyspirit/

St. Francis High School (S)

10-12

www.ccssd.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>



THE COMPLETE RENOVATOR

basement development - bathroom and kitchen renovations -
finish carpentry - drywall - taping - painting - texturing - decks -
fences - garage packages - plumbing - electrical - hardwood
and laminate flooring - tile - property maintenance

Owner - Darren MacFarlane

Licensed - Insured - 20 years experience

Editorial Content Deadline

1st

of each month
for the next
month's issue

news@great-news.ca

CALENDAR OF EVENTS

ANNUAL RAIN BARREL & COMPOSTER sale: Saturday May 14, 9:00-11:00AM. Locations: NW – Crowfoot LRT parking lot; SW – Anderson LRT parking lot; S Central – Ikea 11 Street SE. For more information www.greencalgary.org or call 403-230-1443 ext. 222.

AN EVENING IN PARIS: May 6, 6 to 9 pm, Willow Park Wines & Spirits (10801 Bonaventure Dr SE) a unique fundraising event benefiting two important charities: Youville Residence and Room to Read Canada. Enjoy wine, hors d'oeuvres, entertainment, live and silent auctions. www.lanidonaldsonfoundation.com

CALGARY READS BOOK SALE: May 13 (noon-9pm), May 14 (9am-6pm) and May 15 (9am-4pm) at the Calgary Curling Club, 720 – 3rd Street NW. Drop off quality used books at the Calgary Curling Club, starting April 27, weekdays from 8am-8pm and weekends from 9am-4pm, or at any RBC branch from April 11 - May 4.

REGISTER YOUR TREE: Are you unable to harvest the fruit from trees in your yard, or simply have too high a yield to be able to use all the fruit? Calgary Urban Harvest Project www.calgaryharvest.com to register your tree for harvesting.

TAKE BACK YOUR WEEKENDS: the Cerebral Palsy Association will pickup bottles or bags of used clothing. Ditch a chore, help the environment and support persons with disabilities in your community. Let us do the dirty work! Large household items such as furniture please contact us at 1-888-477-8030 or email pickup@cpalberta.com to schedule a special pickup. Visit Go Green Recycling Program to enrol www.cpalberta.com.

**THE DOORS WE OPEN
AND CLOSE EACH DAY
DECIDE THE LIVES
WE LIVE.**

~ Flora Whittermore



25th ANNIVERSARY Springbank Heritage Club OPEN HOUSE

**MAY 28
2:00-4:30 PM**

**Come and See Our Addition
244168 R.R. #33**

RBC DOMINION SECURITIES

SERVING CALGARY WITH A FULL SPECTRUM OF WEALTH MANAGEMENT SERVICES

With a comprehensive approach to wealth management, you can count on Investment Advisor Michael Martin's expertise to help you:

- Protect your lifestyle
- Enjoy your retirement
- Create your legacy

Contact Michael today to arrange an appointment.



Michael T. Martin, CFA, MBA
Investment Advisor
403-266-9655
michael.t.martin@rbc.com
www.martinwealth.ca

Professional Wealth Management Since 1901



RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated.
*Member CIPF. ®Registered trademark of Royal Bank of Canada. Used under licence. RBC Dominion Securities is a registered trademark of Royal Bank of Canada. Used under licence. ©Copyright 2010. All rights reserved.

READY, SET, GROW!



The snow is gone, and once again many of us are stepping outside only to find that yet again our grass is

looking tired and sparse. Often, in shady areas and around Spruce trees, you will find that sod deteriorates quickly. Many new homeowners are now opting for an eco-friendly grass seed called Eco-Lawn to establish a new lawn or fill those hard-to-grow areas.

Eco-Lawn is a splendid blend of seven carefully selected fescue grasses that grow in full sun to deeply shaded areas. It is an exciting new formulation of seed that once established, will require very little maintenance.

That means more time to spend relaxing on your backyard patio and less time mowing the grass!

Eco-lawn germinates quickly, yet has a very slow-growing habit that forms fine-textured, dense grass so you will only have to mow once a month! How exciting! And, because of its deep rooting system (9-10"), your fertilizing and watering time will also be kept to a minimum.

So, instead of fighting every year with those areas where grass struggles to grow, why not opt for the eco-friendly alternative. You could be part of the huge movement towards water conservation and lessening the amount of chemicals we use in our residential yard.

Happy Seeding!

Joanne Dafoe
Horticulturist, Designer

RE/MAX®
iRealty Innovations

*Our families grew up and live in Calgary
The Mandate is to secure your future with
Integrity and Quality Service*

BUY • SELL • INVEST
RESIDENTIAL AND COMMERCIAL

COST EFFECTIVE LISTINGS & SALES WITH MAXIMUM EXPOSURE



PETER V. GIUFFRE
Cell: 403.667-8511

KELLY LEECH
Cell: 403.830.8360

JOSE KIRKPATRICK
Cell: 403.689.3484

Office: 403.228.5557

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **running until May 6 Cats** presented by Theatre Calgary. Music by Andrew Lloyd Webber and based on "Old Possum's Book of Practical Cats" by T.S. Eliot. www.theatrecalgary.com
- **May 5 – 7 Sarah McLachlan World Premiere** an Alberta Ballet experience. Call 403.245.4549 or logon to albertaballet.com
- **May 5 – 8 May Classic** at Spruce Meadows. Visit www.sprucemeadows.com for detailed information
- **May 6, 8, 10, 12 Così fan tutte** presented by Calgary Opera at the Jubilee Auditorium. Evening performances at 7:30, matinee performance at 2:00 pm on May 8. www.calgaryopera.com
- **May 14 & 15 Day Out with Thomas** at Heritage Park. For information visit www.heritagepark.ca/specialevents.htm
- **May 20 Harrison Kennedy** Enjoy the gritty vocals, harmonica and guitar – part of Epcor Centre's Carma Acoustic Blues Series. Tickets and information 403.294.9494 or epcorcentre.org
- **May 20 - 21 Eagles' Greatest Hits** part of the Pops Series performed by Calgary Philharmonic Orchestra 8:00 pm both evenings
- **May 21-23 Historical Village Opening** at Heritage Park. Logon to www.heritagepark.ca/specialevents.htm for detailed information
- **May 28 Chilliwack & Prism** at Deerfoot Inn & Casino. Wristband at 4:00 pm – Show at 9:30 pm. Tickets at hotel front desk, in person or by phone at 403.236.7529
- **until the end of June Titanic:** The Artifact Exhibiton at TELUS World of Science. Experience a journey on the Titanic like never before. Visit www.calgaryscience.ca/exhibits details and information
- **until July 3 Zidane,** a 21st Century Portrait by Douglas Gordon and Philippe Parreno. A film portrait of world famous soccer player Zinedine Zidane at the Glenblow Museum. www.glenblow.org

MAY 23 CELEBRATE THE 138TH BIRTHDAY OF THE FORMATION OF THE NORTH WEST MOUNTED POLICE

(NWMP) at Fort Calgary, 750 – 9 Avenue SE from 11 am – 4 pm. Join Fort Calgary on Victoria Day in a ceremonial cake cutting at 2 pm to commemorate this important day in Canadian history. Live entertainment, crafts, games, face painting, etc. Visit www.fortcalgary.com or phone 403.290.1875



MAY 24 – 28 CALGARY INTERNATIONAL CHILDREN'S FESTIVAL 25TH ANNIVERSARY

featuring artists from Italy, Scotland, The Netherlands, Australia, the U.S.A. and Canada. Check highlights at www.calgarychildfest.org/



MAY 28 – 29 THE 16TH ANNUAL FESTIVAL OF QUILTS

is western Canada's largest outdoor quilt show on display at Heritage Park. Hundreds of handmade quilts on exhibit between 9:30 am – 5:00 pm each day. Logon to www.heritagepark.ca/specialevents.htm for detailed information



MAY

JUNE 4 – 5 THE 2ND ANNUAL CALGARY UKRAINIAN FESTIVAL

held at the Acadia Recreation Complex, 240-90 Avenue SE. Colourful dance ensembles, folk melodies, art, children's craft area, and cultural cuisine. www.ukrainianfestival.ca



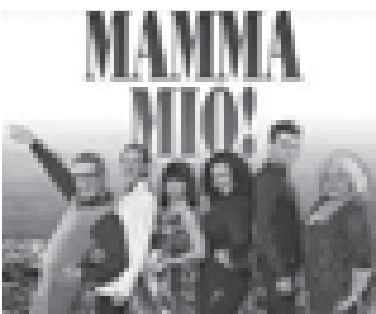
ONGOING ROYAL TYRRELL MUSEUM

Canada's largest dinosaur museum. www.tyrrellmuseum.com



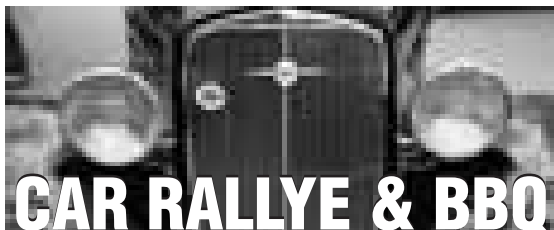
RUNNING UNTIL JUNE 26 MAMMA MIO!

Features the music of ABBA and the Bee Gees, at Jubilations Dinner Theatre. 403.249.7799



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- 1 • **June 1 Pops in the Park** Calgary Philharmonic
- 2 Orchestra at Heritage Park. Barbeque 6:30 Concert
- 3 7:30 403.571.0849
- 4 • **June 2 – 12 FunnyFest – Calgary Comedy Festival**
- 5 Each comedy event features minimum 6 to 12
- 6 performers per show Average length 90 min - 120
- 7 min. 403.228.7888 tickets@funnyfest.com
- 8 • **June 4 – 11 Carifest** at Shaw Millenium Park, 1220-
- 9 9th Avenue SW celebrating Caribbean culture with
- 10 a variety of events, food tastings, music and dance.
- 11 www.carifestcalgary.com
- 12 • **June 10 – 12 The National Tournament** at Spruce
- 13 Meadows. First tournament in the summer series,
- 14 with over 1,000 horses and riders from North and
- 15 South America. Competitions, entertainment,
- 16 educational programs and shopping throughout the
- 17 three days. www.sprucemeadows.com
- 18 • **June 18 – 26 The 6th Annual Waterton Wildflower**
- 19 **Festival** The spectacular setting of Waterton Lakes
- 20 National Park is home to more than 50 per cent
- 21 of Alberta's wildflowers. Nature is on display in a
- 22 panorama of blossoms among prairies and peaks.
- 23 www.watertonwildflowers.com
- 24 • **June 20 - 24 Spruce Meadows Continental** Watch
- 25 world-class show jumping competition and enjoy
- 26 the grounds and spectacular scenery. Admission and
- 27 parking is free. www.sprucemeadows.com
- 28 • **June 24 CFL pre-season game Calgary at**
- 29 **Edmonton** 7:00 pm. www.calgarystampeder.com/schedule/
- 30 • **June 22 – 25 Sled Island Festival** This year's festival
- will bring together over 200 artists and bands in more
- than 30 venues throughout the city. www.sledisland.com
- **June 25 Dr. Hook featuring Ray Sawyer**, at
- Deerfoot Inn & Casino. Wristband at 4:00 pm – Show
- at 9:30 pm. 403.236.7529
- **until July 4 Afghanistan: A Glimpse of War**
- at the Military Museums. Photos, video footage
- and first-hand accounts of Canada's participation
- in the war in Afghanistan. 403.974.2850 or www.themilitarymuseums.ca



Calgary Woodcreek Lions Club

8th ANNUAL FUNDRAISER

****Rain or Shine****

Limited number of entries - Registration at 9:00 AM -
First departure at 9:30 AM

Saturday, June 4, 2011

Hull Child & Family Services

2266 – Woodpark Ave SW

- \$50 per car (2 persons)
- Includes barbequed beef on a bun & cold soft drink
- \$15.00 per person for barbeque only available on site
- Children under 16 years admitted free

For entry forms or information call:

Larry Sandul	403-238-0360 or e-mail: ldsandul@shaw.ca
Sandy George	403-281-8649
Roy Freeborn	403-238-0278
Dennis Belanger	403-660-1201
Ron Kitt (Evenings)	403-281-9298

- Navigate a pre-determined course with an approximate 1 & ½ hours duration into the foothills of Alberta accompanying an observational questionnaire
- Rallye Prizes & Trophies for First 3 Places
- Draw prizes silent auction 50/50 ticket sales
- Net proceeds to various community projects



LITTLE THUNDERBIRDS OUT OF SCHOOL PROGRAM

Aboriginal Culture based program
(Metis Calgary Family Services)

Ages: 7 - 14

Mondays to Thursdays, 3:30 – 6:00 pm
Louis Riel School - 9632 Oakfield Drive SW

Cost: Free

Call 3-1-1 for more info.

ClearVu

Window Works



- ✓ **Caulking**
- ✓ **Solar Control Film**
- ✓ **Privacy Film**
- ✓ **Hardware Replacement**
- ✓ **Weather Stripping**
- ✓ **Sill Refinishing**
- NEW!** ✓ **Window Washing**

403.246.8805

clearvucanada.com

Moisture in your Windows?
Don't replace...RESTORE!

ClearVu

Thermal Pane Restoration

Proudly Servicing Calgary Since 2004





Your Aging Pet

One of the most difficult things a pet lover faces is watching our companions slowly deteriorate with the passage of time. There are some basic changes in the care of any elderly pet that will help to prolong and maintain their quality of life.

Diet is the cornerstone of any older pet's health needs. An older pet has a slower metabolism and sleeps more. Don't justify over feeding by saying "but treats are all he enjoys now". This is cruel and shortsighted. An obese pet has difficulty moving, arthritic joints have to work harder, and stress is placed on all organs including the heart, lungs, liver, and kidneys. It is easier if an animal is fit and not wheezing with exertion.

Slowly start to switch a pet to a geriatric diet around eight to ten years of age in cats and small dogs. Geriatric diets in large dogs should be introduced earlier depending on the breed and size of the animal. Specific diets have been formulated for the diseases older pets may suffer from including kidney, liver, and heart disease. Some diets include glucosamine and chondroitin for enhanced mobility with less discomfort in pets with arthritis. There is even a diet to try and slow the progress of canine cognitive dysfunction or senility in old dogs.

Unlimited water is imperative in the elderly pet. Kidneys are fragile. If your pet begins to drink and urinate excessively, consult your veterinarian. This is the first symptom of a number of serious, but often treatable, geriatric diseases.

Many people have had physiotherapy or tried alternative therapies for aches and pains. These therapies are equally beneficial to our pets. Old bodies get relief with heat packs, massage, range of motion exercises, and physiotherapy. Acupuncture, cranio-sacral therapy, chiropractic medicine, and numerous herbal and

homeopathic formulas are used successfully to treat old joints, muscles and bone. Remember five or ten minutes gentle exercise three times daily is preferable to forty minutes of intense exercise with the exhausted older pet trailing behind. Like you they stiffen up and hurt! Also older pets do not tolerate extreme temperatures changes as well.

Because they don't exercise as much, older cats and dogs tend to need their nails trimmed more often. An older arthritic pet may find it more difficult to groom himself. Cats may not be able to contort themselves to reach places on their backs and hind end. Introduce regular grooming, gently combing out accumulations of dead hair. Older pets may become crankier if sore and more easily startled if their hearing and sight is failing. Try to make allowances, especially where children are involved, don't startle or pounce on elderly pets. Remember that old dog may need help getting in and out of your SUV.

Don't dismiss slowing down as the normal aging of an older pet. This may be a sign of pain. There are many anti-inflammatory and painkillers now on the market for older dogs and cats. These products prolong quality of life. If side effects are a problem try some of the alternative therapies.

Older pets deserve a comfortable and gentle retirement, but if all of your best efforts can no longer maintain your friend in a comfortable state and there are more sick painful days than not, consult your veterinarian. Knowing when to say good-bye is the least selfish thing you will ever do for an old dog or cat family member.

Jennifer L. Scott, D.V.M.

GREEN THUMB?

Green thumbs are wanted for the 11th Annual Springbank Junior Gardener Contest.

Do you like to put your hands in the dirt?

Plant a seed and watch it grow?

This contest is open to Springbank residents between the ages of 4 and 14 years or if you attend the Elbow Valley Elementary or Springbank Middle Schools.

All who plant are winners.

Enter your flowers and vegetables into the Springbank Annual Fall Fair and Agricultural Show in September and win even more! Don't have a garden plot? No problem. The Springbank Garden Club has plenty of tips to pass along. For a small entry fee you will be given a large seed kit that includes a number of flower, vegetable and herbs to plant in your garden. Entry forms are available in the front offices of the Elbow Valley Elementary and Springbank Middle schools from April 1 until May 11th.



Locally Owned & Operated

Free Estimates
403-870-0737

SAVE
up to **\$100 OFF**

\$25.00 off	75ft-100ft
\$50.00 off	101ft-200ft
\$100.00 off	201ft & more

Not valid with any other offer

Enhance your flower bed, garden, driveway or walkway with our unique colored and stamped concrete border.

Maintenance free and practical KILBCO offers a variety of colors and stamps to suit any style or landscape.

Top quality, excellent service, and years of experience, KILBCO is the choice.

www.kilbco.com

CALGARY PLAYERS CLUB & GOLF TRAIL



GREAT GOLF VALUE:

Whether you play twice a week or just a few times a year, The Calgary Players Club membership is your connection to:

- 11 Championship Courses
- Preferred & Priority Tee Times
- Frequent player promotions and discounts
- 50% off your first green fee at most participating courses
- Organized golf/social events and tournaments
- "Members Only" value added benefits

2 Packaged Trails are available for subscription:
Calgary East Trail and Calgary West Trail.

Visit the home of Calgary Players Club at
www.calgaryplayersclub.com
for further details, registration and on-line payment.

"A great Father's Day Gift"

As a "pay-as-you-play" golfer you have the option of joining either Trail or both Trails.

Join the Calgary East or West Trail for

\$59⁹⁵

Join BOTH Trails for

\$99⁹⁵
only



Provincial Park Society

MAY SPEAKER SERIES

A Day in the Life of the Pronghorn

Thursday, May 26, 2011 – 7:00 pm – 8:00 pm

Fish Creek Environmental Learning Centre

Shannon Terrace, Fish Creek Provincial Park

TRAIL CARE

The Friends of Fish Creek will once again be working with the Calgary Mountain Bike Alliance to help maintain the single track trail network in Fish Creek Provincial Park. The Friends are in need of volunteers to help maintain and improve these trails. Get involved! Get your hands dirty! Get ready for a great summer!

PHOTOGRAPHY COURSE

Presented by the Friends of Fish Creek
Provincial Park Society

Saturday, May 14, 2011

9:00 am – 4:00 pm

Bow Valley Ranch Interpretive Centre.

WORLD WATER DAY

Water Festival to be held at Fish Creek June 4

CREEKFEST 2011 will be a one day water festival held on June 4th, located in the Glennfield area of Fish Creek Park, off Bannister Road SE, near Macleod Trail and Canyon Meadows Drive SE.

- information booths from environmental and other organizations
- speakers, musicians, artists, and children's activities
- A water truck will provide free water to drink

JOESTEAM
TRIATHLON 2011
Presented By
Scotiabank

Sunday June 19 2011

Participate as an individual or as a part of a relay team in an extraordinary day.

www.albertacancer.ca/joesteam



CREATING YOUR DESIGN STYLE TAKING THE CONFUSION OUT OF DESIGN SCHEMES

by Judy Curran

Last November and December I wrote about choosing your design style and your color scheme. These two elements are very important when you are decorating a home or room.

There are a lot of options available and many of my clients don't know where to start or how to put it all together.

When choosing the interior selections of a home I have to take into consideration all the architectural elements first, this will guide me in the direction of the colors I will choose and all the other design elements after that. The architectural elements of a home should flow from the inside to outside and vice versa. When decorating a whole home, it must be cohesive and complementary of all elements put into it. This is what is called harmony and this is what makes a good design.

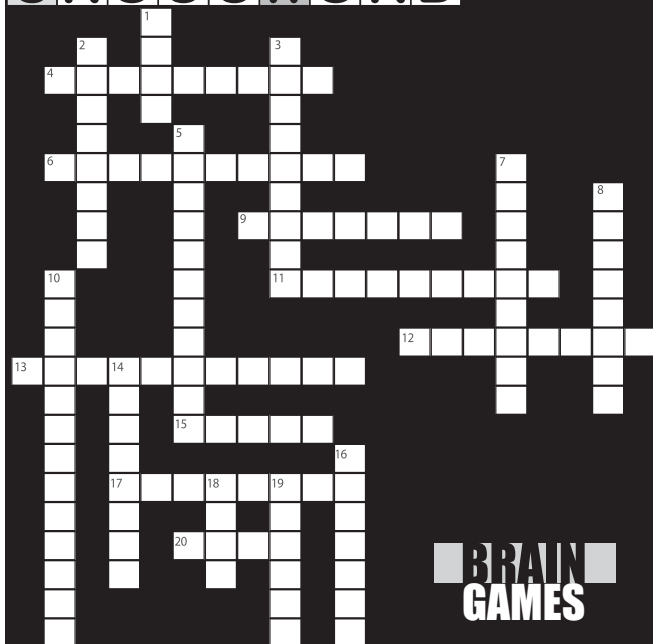
And, this is where the confusion about color selections and elements occur. I have had many clients ask me to give them my advice on their selections. As a designer I know there are a myriad of choices out there, but I don't feel comfortable giving my opinion until I know my client's wants, needs, likes and dislikes. It would be like a doctor prescribing a medicine because the doctor likes it, without taking into account what is best for the patient.

My advice - there are no wrong choices; it is what you like that has to be considered first. The designer's job is to get to know your style and help steer you in the right direction.

CROSSWORD

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

Created by
B.G.Rose



**BRAIN
GAMES**

DOWN

1. Type of whale
2. Type of vinegar
3. Name of bird sanctuary in Calgary
5. Type of chocolate
7. Queen ____ Islands
8. Indoor gardens in Calgary
10. Known as the Bard of the Yukon
14. Provincial flower of Ontario
16. ____ Island Park
18. A sport with roots in Scotland
19. A salad ingredient

ACROSS

4. Baking paper
6. Group of owls
9. A young goose
11. One of William Wordsworth's poems
12. Name of May holiday
13. Timpani are also known as ____
15. Spring festival in Ottawa
17. The best medicine
20. As happy as a ____

Setting the Standard for Over 25 Years

AWARD WINNING LANDSCAPES BY DESIGN



- CUSTOM CARPENTRY
- CREATIVE TREE WORKS
- EXQUISITE WATER FEATURES
- INTERLOCKING PAVING STONES
- SELECTIVE & FLUENT PLANTING
- ENDURING NATURAL STONEMORE
- COMPLETE DECORATIVE CONCRETE
- DISTINCTIVE OUTDOOR KITCHENS
- CUSTOM IRIG, CLEANING & MAINTENANCE
- SUSTAINABLE IRRIGATION SYSTEMS

ph: (403) 226-1948 www.yearroundlandscaping.com Licensed - Insured - Bonded

YEAR ROUND LANDSCAPING INC.

Strawberries Dressed for Dessert

This dessert tastes great, looks gourmet, and is easy to prepare. The key is to use fresh, and good quality ingredients. Serving it in martini glasses adds a definite WOW! visually.

4 cups	fresh, ripe strawberries, sliced	600 g
5 tablespoons	Grand Marnier liqueur	75 ml
2 teaspoons	sugar in the raw	10 g
1/8 teaspoon	freshly ground black pepper	.6 g
1/4 cup	bittersweet chocolate, melted (to use at serving)	60 g

Preparation:

(4 servings)

Mix the first four ingredients in a bowl; cover with a lid or plastic wrap and let stand in the refrigerator for at least one hour before serving.

To serve, spoon equal portions of the marinated strawberries into martini glasses and then drizzle melted, bitter-sweet chocolate over each portion.

Voila! Dessert that's fresh and interesting to the palate.

Variation:

Use balsamic vinegar instead of Grand Marnier, and increase the sugar to 1/4 cup / 60 ml.

Recipe for a Happy Day

Browsing through my recipe collection, I discovered this heart-warming 'recipe' from a church guild I belonged to when I lived in Mississauga, Ontario. I think you'll enjoy it!

1 cup friendly words
3 heaping cups of understanding
3 heaping teaspoons time and patience
Pinch of warm personality
Dash of humour

Measure words carefully. Add heaping cups of understanding, using generous amounts of time and patience. Cook at a low temperature. DO NOT BOIL. Add a dash of humour and a pinch of warm personality. Season to taste with spice of life. Serve in individual moulds.

- BG Row

COMMUNITY READERS RECOMMEND...



Fiction

- The Midwife of Venice – Roberta Rich
- The Paris Wife – Paula McLain
- Water For Elephants – Sara Gruen
- The Salt Road – Jane Johnson
- Lunch in Paris – Elizabeth Bard
- True Grit – Charles Portis

Non-fiction

- The King's Speech – Mark Logue & Peter Conradi
- The Canadian Illustrated Guide to Green Gardening – Trevor Cole
- Quinoa 365: The Everyday Superfood – Patricia Green & Carolyn Hemming
- How Bad Are Bananas? The Carbon Footprint of Everything – Mike Berners-Lee
- Onward: How Starbucks Fought for Its Life without Losing Its Soul – Howard Schultz
- The Golden Spruce: A True Story of Myth, Madness and Greed – John Vaillant

Classics

- The Cruel Sea – Nicholas Monsarrat
- The Lady of the Lake – Sir Walter Scott
- Alice in Wonderland – Lewis Carroll



WOODCREEK SKATEPARK 2011

(1991 Woodview Dr. S.W.)

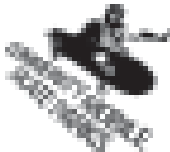
This City of Calgary skatepark is only for skateboarding and in-line skating. There is no entry fee to skate at the park. Signed waivers are required for all participants prior to using the park and a helmet must be worn by all participants.

Aug 11-25 Every day from 1pm—8pm

The Source Sunday Skate Contest

Sunday, Aug 21, 6:00-7:30 pm

For more information call 3-1-1 or visit
calgaryskateparks.com



BRAIN GAMES

SUDOKU

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

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



815 - 8TH AVENUE SW | www.TYNLounge.com

TYN LOUNGE
THE YELLOW NECTARINE

We're better... We're fresher... We're tastier!

10%

OFF ENTIRE MEAL
COUPON VALID THRU 12/31/2011

Just bring this coupon to claim your discount. Not valid with other discounts or offers. 1 coupon per visit. Coupon must be surrendered at time of purchase. Only original coupons accepted.

COMMUNITY CLEAN-UP & RECYCLING LOCATIONS

BRAESIDE

Saturday, May 14, 9 am – 2 pm

Organized by Braeside Community Association

Braeside Community Centre – 11024 Braeside Drive SW

Contact (403) 253-4232 for more information

WOODCREEK

Saturday, May 28, 9 am -2 pm

Organized by Woodcreek Community Association

Woodcreek Community Centre – 1991 Woodview Drive SW

Contact (403) 238-1611 for more information

PALLISER BAYVIEW PUMPHILL

Saturday, June 11, 9 am -2 pm

Organized by PBP Community Association

PBP Community Centre – 2323 Palliser Drive

Contact (403) 281-1908 for more information

BRAESIDE PARADE

Saturday, June 18 11:00 – 1:00 pm

Organized by Braeside Community Association

Braeside Community Centre – 11024 Braeside Drive SW

Contact (403) 253-4232 for more information or to enter

Cost: Free

A CELEBRATION OF THE WEASELHEAD

On Saturday, June 18, Calgarians of all ages are invited to attend a celebration of the Weaselhead. There will be music, treats, celebrity guests and more as we gather to appreciate one of Canada's largest and most pristine protected urban natural areas. The event, which will be held just west of the Weaselhead parking lot on 37th street and 66th Ave SW, will start at noon and run all day. Mark you calendars and keep your eyes and ears open for more information about this first ever event, sponsored by the Weaselhead / Glenmore Park Preservation Society.



Time Music Studios

An Academy of Higher Musical Learning

Here's What's New at Time Music Studios

Private Music Instruction Offered In:

Guitar Piano Drums Bass Trumpet Trombone Saxophone Clarinet
Flute Saronghoni Voice A Cappella Theory Studies RCM Exam Preparation

NOW ACCEPTING FALL LESSON REGISTRATION

REGISTER FOR PRIVATE SUMMER LESSONS

SUMMER MUSIC CAMPS

NOW OFFERING IN HOME PRIVATE LESSONS
Available To New Students Only

ROCK ENSEMBLE SUMMER CAMPS

CALL TODAY TO REGISTER

Discovery Location
Corner Boone Square
Suite 106, 18 Discovery Ridge Hill SW
Phone (403) 254-8888
timemusicstudios@telus.net

West Springs Location
West Springs Village
2015, 875, 80th Street SW
Phone (403) 248-3234
timemusic@telus.net

www.timemusicstudios.com

MD OF ROCKY VIEW

Hours of Operation

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



BRAESIDE SKATEPARK 2011

(11024 Braeside Dr. S.W.)

This City of Calgary skatepark is only for skateboarding and in-line skating. There is no entry fee to skate at the park. Signed waivers are required for all participants prior to using the park and a helmet must be worn by all participants.

June 30 – July 29 Every day from 1pm—8pm

The Source Run to the Millz Series Contest

Thursday, July 21, 5:30-7:30 pm

The Source Game of Skate

Saturday, July 23, 3-5 pm

For more information call 3-1-1 or visit calgaryskateparks.com



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."

ALL TYPES OF DRYWALL: Boarding, taping and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

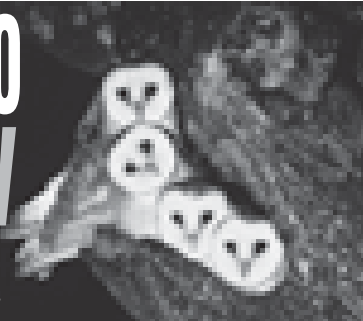
K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Eight years of experience with QuickBooks and Simply accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

THE GUTTER DOCTOR: Eavestrough & downspout cleaning / repairs, or full installations. Fascia, soffit, caulking and roof flashing. Insured and guaranteed work. Protect your home from flooding, rot, and icy sidewalks. Over 4000 happy customers! www.gutterdoctor.ca 403-714-0711.

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.

WHOOO KNEW

A group of owls is called a parliament.



COMMUNITY CLASSIFIED ADS

Deadline – 1st of each month

Contact news@great-news.ca

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

For Display and Business Classified advertising contact Great News Publishing at sales@great-news.ca

BILLET FAMILY NEEDED! 17 year old water polo athlete from Montreal is relocating to Calgary in September 2011 to train with the Senior Men's National Water Polo Team and wishes to billet/board with a local family. Colin will be attending Mt. Royal University and practicing at the Talisman Centre and the University of Calgary. If you are interested in welcoming Colin into your home, please contact Judy at 403-246-4066.

GARAGE SALE /DOWNSIZING – household items, furniture, paintings, small laboratory merchandise. 3605, 13 A Street, SW. May 6, 7 from 9 am - 4 pm. No early birds please.



You're just a click away from some interesting and informative websites. Check them out!

www.gardenguides.com
www.sunnygirl.ca
www.travelalberta.com

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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	310-bugs (2847)
Report a poacher	800-642-3800
Alberta One Call	800-242-3447
Calgary Rocky View Child & Family Services	310-0000 then 912-4758
Child Abuse Hot Line	800-387-5437
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
Poison Centre	403-670-1414
RCMP	403-949-7729
Rocky View County	403-230-1401
Springbank Park Recreation Centre	403-242-2223
Telus Mobility	#3800
Wildlife Help Line	888-924-2444

Published by:

GREAT NEWS
PUBLISHING



Formerly Riverview Printing

ADVERTISE YOUR BUSINESS NOW!
REACHING OVER 190,000 HOUSEHOLDS
ACROSS 65+ CALGARY COMMUNITIES

DELIVERED BY
Canada Post

Phone: 403-720-0762 | sales@great-news.ca

The Manor Village at Signature Park *Elegant Senior Living*

Limited Time Fantastic Spring
Move in Incentives!

Call Now
for Lunch
(on us)!



“I Love my New Home!”

- Large 1 & 2 Bedroom Suites
- Full In-Suite Kitchens
- Flexible Meal Program
- Elegant Medallion Dining Room
- Wellness Center
- Fitness Program
- Limo/Bus Transportation
- Lease or Buy-In Options

1858 Sirocco Dr. SW
Calgary, AB
www.themanorvillage.com

CALL NOW!
(403) 249-7113



THE MANOR VILLAGE

LIFE
CENTERS

The Community with Heart ♥

LANDSCAPE CONSTRUCTION

Stone Patios • Retaining Walls • Sod • Trees
Flowerbeds • Fencing • Decks and much more

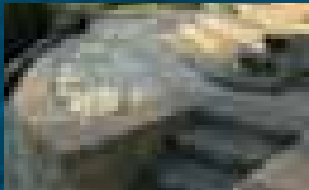
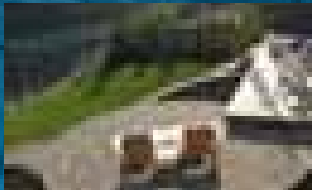
SPRING CLEAN-UPS & WEEKLY LAWN CARE

Aerate • Powerrake • Leaf clean • Fertilize
Pruning • Mowing • Beds and much more



ASSINIBOINE

LIGHTS & LANDSCAPES



Call Now for your **FREE ESTIMATE**
For Landscape Construction!

403.301.3300

www.calgarysbestyards.com

2 yr Quality Guarantee • WCB • Insured • Licensed Bonded • References Available

Insurance?

Quotes available online at www.landy.ca!

Home

Condominiums
Tenants
Recreational
Rental
Seasonal

Commercial

Small, Medium, Large
Retail / Manufacturing
Construction
Professional Services
Realty

Life

Snowbirders Travel
USA / International
Destinations
Mortgage Insurance
Financial Planning
Buy / Sell

Auto

Motorcycles
RVs
ATVs
Snowmobiles
Antiques / Classics

Landry & Young
INSURANCE

Contact one of our experienced representatives
in Calgary to find the best policy for you.

SW	Horton Road	403-253-1980
N	Edmonton Trail	403-277-1723
NE	London Towne Square	403-280-9868

Quotes available at:
www.landy.ca
quotes@landy.ca