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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

Bow Valley High School

9-12

[www.rockyview.ab.ca/schools/bowvalley](http://www.rockyview.ab.ca/schools/bowvalley)

Cochrane High School

9-12

[www.rockyview.ab.ca/cochrane](http://www.rockyview.ab.ca/cochrane)

Elizabeth Barrett Elementary (FR)

K-4

[www.rockyview.ab.ca/barrett](http://www.rockyview.ab.ca/barrett)

Manachaban Middle School (FR)

5-8

[www.rockyview.ab.ca/manachaban](http://www.rockyview.ab.ca/manachaban)

Holy Spirit Catholic School (S)

K-9

[www.cssd.ab.ca/schools/holyspirit/](http://www.cssd.ab.ca/schools/holyspirit/)

St. Francis High School (S)

10-12

[www.cssd.ab.ca](http://www.cssd.ab.ca)

Rocky View Virtual School

9-12

[www.rvvs.com](http://www.rvvs.com)

Elbow Valley Elementary (FR)

K-4

[www.rockyview.ab.ca](http://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](http://www.rockyview.ab.ca)

## CHURCHES

### Springbank United

403-288-9086

### Valley View Presbyterian

403-249-6006

### Springbank Community Church

403.242.3431

### First Lutheran

403-242-4544

### Mountainview Lutheran

[www.mountviewchurch.org](http://www.mountviewchurch.org)

## COMMUNITY

Elbow Valley Visitor Information

403.949.4261

Signal Hill Library

403.260.2600

Springbank Park Recreation Centre

403.242.2223

Newsletter Advertising Sales

403.263.3044



**ROCKY VIEW COUNTY**  
Cultivating Communities

## Rocky View County Approves Recreation Funding

Rocky View County, Alberta – At their regular meeting on July 3, 2012, Rocky View County Council approved \$795,735 to fund four distinct regional facilities, bringing the total for the district and regional funding requests for recreational amenities to \$1,444,086.

“We are happy to support the recreation requests,” says Reeve Rolly Ashdown. “We appreciate the time and effort the recreation boards spend reviewing the applications. The community organizations they support foster community spirit and participation in an active lifestyle, which is so important for the overall health of our citizens.”

In the spring of each year, community organizations apply for funding to meet a variety of operational needs. Organizations apply through their local recreation boards, and the individual boards review applications and forward their recommendations to be presented to Council. The district funding requests recommended for approval to local community organizations totals \$648,351.

The requests from each recreation board for district funding breaks down as follows:

## Recreation Board Total 2012 Operational Funds being requested:

Bearspaw-Glendale \$107,000  
Beiseker & District \$17,325  
Bow North \$90,760  
Chestermere-Conrich \$20,000  
Crossfield & District \$36,000  
Madden \$7,000  
Ranch Lands \$24,600  
Rocky View Central \$33,750  
Rocky View East \$57,300  
Rocky View West \$254,616  
Totals \$648,351

The capital, maintenance and operating funding for the four distinct regional facilities breaks down as follows:

City of Airdrie \$177,808  
Chestermere Regional Community Association \$147,490  
Spray Lake Sawmills Family sports Centre \$70,437  
Springbank Park For All Seasons \$400,000

The four large facilities, traditionally supported by the districts, were reassigned to the regional funding level in 2012.

“We are glad to partner with the dedicated volunteers and community leaders who continue to support our sport, recreation and cultural pursuits to build strong communities,” says Reeve

Ashdown.

## Editorial Content Deadline

[news@great-news.ca](mailto:news@great-news.ca)



# 1<sup>st</sup>

of each month  
for the next  
month's issue

# travel time

## DESTINATION SAINT JOHN, NB

by Caitlin Poole

Coming from a big city, a visit to Saint John New Brunswick is a nice change of pace. It offers all the modern aspects of a city but still holds onto its small town charm. The city centre, or “Uptown” as the locals call it, clearly displays the history of the city. A great place to start is King’s Square, a beautiful park on its own, but one that is surrounded by several “must-sees” for the first time visitor.

On one side of King’s Square is the Old City Market. It is essentially a vibrant farmers’ market featuring fresh food, home made goodies and crafts and even a couple of restaurants. Attracting locals and tourists alike, the atmosphere itself is worth going to the market for. The market spans a full city block from the Charlotte Street entrance down to the Germain Street entrance. From King’s Square you can also get a great view of the harbour. Walk down King Street towards the harbour

and you’ll pass by a long row of patios full of people when the sun comes out! At certain times of the year you can watch the cruise ships coming in.

While you’re in the city take a drive down to the Reversing Falls. Check out the tide schedule before hand so that you can see the Reversing Falls at its high and/or low point. The tide rises and falls roughly every 12 hours. As the tides come in and out from the Bay of Fundy they meet with the flow of the river, causing the reversing tides. Unfortunately I was unable to see the full effect of the reversing tides during my visit, but I was lucky enough to see some seals swimming back and forth while the river was calm.

These are all sights within the city limits. If you take a trip out to Saint John be sure to take advantage of the natural beauty surrounding the city as well.



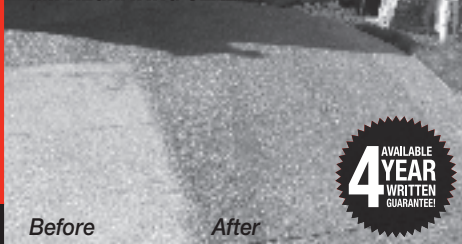
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## NOISE SNARE DEPLOYED ON CITY STREETS

On June 20, 2012, Animal & Bylaw Services officially began deploying the Noise Snare in Calgary communities based on the number of excessive vehicle noise complaints received for each area.

This mobile device is positioned in an unmarked vehicle and records video and audio of vehicles as they pass by. An on-board noise meter gives a reading of the volume level of the sounds emanating from a vehicle. If the level exceeds 96 decibels, the vehicle owner will be contacted by an officer.

There was a warning period following the deployment of the Noise Snare that ended July 31. From August 1 on, vehicle owners can be subject to a fine under the Calgary Traffic Bylaw.

Animal & Bylaw Services was directed by Council to look at the issue of vehicle noise through a Notice of Motion in 2010. Research was undertaken and Calgarians were consulted through public engagement. A summary was presented in one of several reports to Council in May, 2011. Further direction was given by Council to change the legislation regarding vehicle noise.

On July 5, 2011, an amendment was made to the **Calgary Traffic Bylaw 26M96**.

The amendment states that any vehicle noise measured at 96 decibels or more by a sound pressure level meter is "objectionable noise" and is in contravention of the bylaw.

In December, 2011, Council directed Animal & Bylaw Services to use the Noise Snare technology to address excessive vehicle noise. The Noise Snare was tested and Calgarians had the opportunity to have the decibel levels of their vehicles read at two different open houses in May, 2012.

For questions regarding the Calgary Traffic Bylaw or the Noise Snare, visit [calgary.ca](http://calgary.ca) or call 3-1-1.

**Onward/** Animal & Bylaw Services is committed to employing innovation that's responsive to citizens' needs and essential in ensuring safe and cared for communities.



Lon Hofer

Just some healthy tips to get you through this busy month.

### **Eat a Healthy Breakfast**

Aside from a workout; nothing seems to get the body going more than a morning meal. Light your metabolism, energize, and take it easy on the stimulants. This should level out your energy over the morning.

### **Drink at Least 8 Glasses of Water**

If you are struggling with energy, this point and the next one are both key. Your body will appreciate the water to eliminate toxins and aid in all your body functions. Watch your intake. You'd be surprised how hard it is to drink a lot of water consistently.

### **Take a Good Quality Multiple Vitamin/Mineral**

Consult with your physician. Based on US data, nutritional deficiencies exist in approximately 50% of the US population, and that for some selected nutrients and selected age groups, more than 80% of people consumed less than the RDA (recommended daily allowance). Consult with your physician.

### **Connect with Other People**

Humans are social animals, and unfortunately we are given the ability to cyber connect more and more which can breed isolation, and limit connecting to others through real interactions.

"No matter how well people manage the physical risk factors in areas like heart disease, connections to others is a major risk factor that is often overlooked by ourselves and our doctors."

### **Others:**

- Eat Fruits and Vegetables
- Spend at least 30 Minutes Outdoors
- Take Some Quiet Time for Yourself
- Keep Regular Sleep Hours
- Establish a Relationship with a Doctor You Can Trust

Full article: <http://www.somaacupuncture.com/healthy.html>



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## DANGEROUS PLANTS IN YOUR HOME AND GARDEN

I love plants and I love my pets. Poisonous plants are too numerous to mention so try to be able to identify plants your pet may eat so appropriate actions can be taken if necessary. Some plants can elicit mild gastrointestinal upsets or others can be fatal if ingested. Poison Control surveys usually report dog poisonings far exceed cat poisonings.

Many of my newsletter articles arise from cases in my clinic. Well recently I saw a small dog with severe respiratory and cardiac depression; it was a puppy and a breed prone to genetic neurological problems. It was almost unconscious and its condition appeared life-threatening. Potentially, some time and expense for the owner may have been saved if I quickly knew the dog had eaten a lot of marijuana. Dogs and cats love marijuana and overdoses are fairly easy to treat... if we know what it is.

Toxic Christmas plants that may hang around from the holidays include poinsettias, Christmas cacti, holly, and mistletoe. Poinsettias cause a local irritation in the mouth and may cause vomiting, loss of appetite and depression. The toxicity of poinsettias has been decreased by plant breeders. Holly is also irritating to the mouth lining. Ingesting holly causes salivation, vomiting, loss of appetite, and diarrhea. My old Labrador recently ate an entire variegated holly bush one night, prickly leaves and all, to the ground. Why? I can only say she's a Labrador? Treatment for all of these poisonings is mostly

symptomatic and aimed at decreasing gastrointestinal irritation. In more severe cases intravenous fluids may be required.

Beware the ides of March for the Irish shamrock is poisonous. Vomiting, loss of appetite and salivation are the most common clinical effects but ingesting large quantities of shamrock leaves can cause the same type of kidney damage and failure as ingesting antifreeze. Aggressive and rapid treatment to save kidney function is necessary.

Cats are extremely sensitive to lilies. Ingesting one leaf can kill a cat. Included in this group are Easter lilies, tiger lilies and day lilies. All cause kidney failure in the cat. Vomiting, loss of appetite and depression are seen in the first six hours, progressing to kidney failure over the next three days. Early aggressive therapy is required, if postponed for more than eighteen hours, kidney failure and death is imminent. Other poisonous popular garden and house plants include crocuses, daffodils, tulips, irises, and hyacinths.

The philodendron is moderately toxic to animals causing irritation to the mouth and only kidney damage if large quantities are ingested. The dumb cane or dieffenbachia also causes irritation to the mouth but with histamine release from the leaves more serious effects can occur. These effects include severe swelling of the mouth, tongue, and throat; damaging the vocal cords and possibly causing suffocation. Many species of ferns cause allergic skin reaction.

The rhododendron or azalea plant must be ingested in large quantities to cause problems. As the plant's tough leaves are not very appetizing this is unlikely, but if it were to occur, gastrointestinal upsets and cardiac problems can lead to convulsions and possibly death. Oleander shrubs are potentially fatal.

Datura or trumpet flower, foxglove, morning glory, and gladiolas are all popular poisonous plants in gardens throughout Calgary. The green parts of tomato plants can cause gastrointestinal upset and nervous signs if your pet likes to help himself to the fresh tomatoes as my dogs do. If you know which plants can cause problems you will be able to seek appropriate therapy sooner.

Jennifer L. Scott, D.V.M.

# GREAT GRILLED BURGERS

Barbecue and summer are two words everyone likes to hear in the same sentence. After all, who doesn't enjoy a nice juicy burger hot off the grill under a sunny sky!

Whether you use ground beef, chicken or turkey to make your burgers, always handle, grill and store burgers safely.

Some tried and true tips for the best tasting burgers:

- Use different platters and utensils for raw and grilled meat to avoid cross contamination
- Clean and oil grates to prevent burgers from sticking. This also helps define those great grill marks on the patties
- Medium heat is ideal, and keep lid closed while cooking
- Meat with a higher fat content may be juicier, but shrinks more during cooking. For beef burgers, use meat no leaner than 85% as the fat will keep burgers moist and flavourful
- For chicken and turkey burgers, add a little olive oil to the mixture to keep the burgers moist
- Save the salt! Salt extracts moisture from meat, so wait until just before placing the burgers on the grill to sprinkle with a bit of salt
- Don't over mix meat and seasonings, as burgers will become dense and heavy
- Form patties to approximately  $\frac{3}{4}$ " thick for best grilling results. Using a patty press keeps size consistent
- Allow the seasonings to mingle with the (covered) meat mixture/formed patties in the refrigerator before grilling
- Resist the temptation to flatten patties – it squeezes out flavourful juices. Turn only once while grilling
- Ground beef should be cooked to an internal temperature of 160; ground chicken or turkey to an internal temperature of 175
- 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 – so many to choose from! Other options 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 so do Swiss, Gorgonzola, Stilton, Monterey Jack, Feta, Havarti, or goat cheese, as well as asparagus spears, avocado slices, chili peppers, and baby spinach leaves.

And condiments are king! Don't limit yourself to mustard, relish and ketchup. Try barbecue sauce, salsa, tzatziki, pesto, mayonnaise, horseradish sauce, or hot pepper sauce – just a few ideas.

Enjoy!  
*BQ Ross*

## COMMUNITY READERS RECOMMEND...



### Fiction

- Londoners – Craig Taylor
- Half-Blood Blues – Esi Edugyan
- The Wind Through the Keyhole – Stephen King
- Calico Joe – John Grisham
- The House of Velvet and Glass – Katherine Howe
- The Headmaster's Wager – Vincent Lam

### Non-fiction

- Out of My League – Dirk Hayhurst
- Rather Outspoken: My Life in the News – Dan Rather
- Quiet: The Power of Introverts in a World That Can't Stop Talking – Susan Cain
- Thinking, Fast and Slow – Daniel Kahneman
- Let's Pretend This Never Happened – Jenny Lawson
- My Year of the Racehorse: Falling in Love with The Sport of Kings – Kevin Chong

### Children's

- The Invention of Hugo Cabret – Brian Selznick
- Charlie and the Chocolate Factory – Roald Dahl
- Where the Wild Things Are – Maurice Sendak

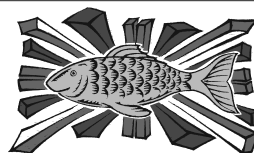
# in & around your community

## FOSTERING SAFE COMMUNITIES...

Under the Responsible Pet Ownership Bylaw (23M2006), pet owners are permitted to leave pets inside their vehicles. However, it becomes unlawful to do so if weather conditions jeopardize an animal's safety.

It can get unbearably hot inside a car on a sunny day, even if the temperature outside isn't extreme. For example, when it's 22°C outside, the temperature inside a car can soar to 47°C within an hour. If animals are unable to cool down, they may develop heatstroke, which can be fatal.

Ultimately, it's best that you never leave your dog or cat alone in a car. If you want to take your pet with you on a car ride, make sure that your destination is pet-friendly so you can enjoy the trip together!



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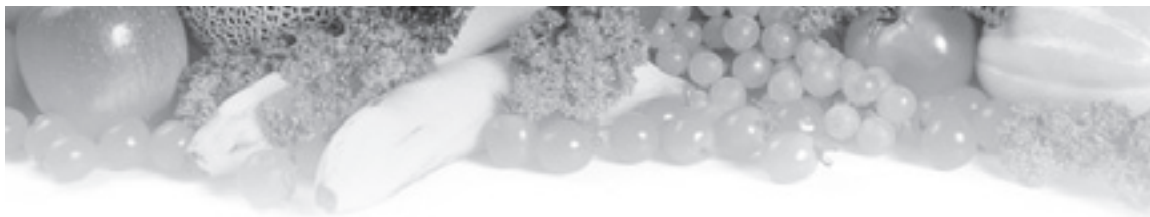
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Low cost spay/neuter program for your pets.
- **Trap Neuter Return (TNR)**  
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**SNAP:** Apply at [meowfoundation.com](http://meowfoundation.com) > Programs > Apply for Spay Neuter Assistance

**TNR:** Email [TNR@meowfoundation.com](mailto:TNR@meowfoundation.com) or 403.230.6033 (Line 4)



# FARMERS' MARKETS

## Airdrie Farmers' Market

Royal Canadian Legion  
508-3<sup>rd</sup> Avenue, Airdrie  
Wednesdays 3:30-7pm  
[www.airdriefarmersmarket.com](http://www.airdriefarmersmarket.com)

## Calgary Farmers' Market

(open year round)  
510 – 77<sup>th</sup> Avenue SE  
Thursdays-Sundays 9am-5pm  
403.240.9113  
[www.calgaryfarmersmarket.ca](http://www.calgaryfarmersmarket.ca)

## Calgary Swap Meet Farmers' Market

5600 – 11 Street SE  
Saturdays 8am-5pm  
Sundays 10am-4pm  
403.829.6660  
[www.blackfootmarket.ca](http://www.blackfootmarket.ca)

## Calgary West Country Market

TransCanada Hwy., next to Calaway Pk.  
Saturdays, until October 27<sup>th</sup>  
8:30am-1pm  
[www.calgarywestcountrymarket.ca](http://www.calgarywestcountrymarket.ca)

## Crossfield Ag Society Farmers' Market

Pete Knight Memorial Centre  
902 Mountain Avenue  
Thursdays 6:30-8:30pm  
403.804.6114  
[www.crossfieldalberta.com](http://www.crossfieldalberta.com)

## Crossroads Market

(open year round)  
1235 – 26 Ave. SE  
Fridays – Farmers' Market only  
9am-5pm  
Saturdays & Sundays – All market areas  
9am-5pm  
403.291.5208  
[www.crossroadsmarket.ca](http://www.crossroadsmarket.ca)

## Hillhurst – Sunnyside Farmers' Market

Hillhurst Sunnyside Comm. Centre  
1320 – 5 Avenue NW  
Wednesdays 3:00-7:30pm (rain or shine)  
403.283.0554 ext.247  
[www.farmersmarket.hillhurstsunnyside.org](http://www.farmersmarket.hillhurstsunnyside.org)

## Kingsland Farmers' Market

(open year round)  
7711 Macleod Trail S  
Thursdays – Saturdays 9-5pm  
Sundays 10am-4pm  
403.255.3276  
[www.kingslandfarmersmarket.com](http://www.kingslandfarmersmarket.com)

## Millarville Farmers' Market

Millarville Race Track  
Saturdays 9am-2pm (rain or shine)  
403.931.2404  
[www.millarvillerracettrack.com](http://www.millarvillerracettrack.com)

## Okotoks Farmers' Market

2 km north of Okotoks, facing Hwy. 2A  
Fridays 3:30-6:30pm  
403.630.4182

## South Calgary Farmers' Market

37 Street & Glenmore Trail SW  
(parking lot of casino)  
Thursdays 3:30-7pm

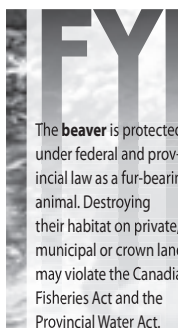
## South Fish Creek Farmers' Market

333 Shawville Blvd. SE  
Fridays 1-5pm (rain or shine)  
403.201.8652



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## MARK TEWKSBURY SET TO LEAD TEAM CANADA AT 2012 GAMES

By: Jordan Kanygin

At the 2008 Olympic Games in Beijing, Canada's goal was to be in the top-16 for medals. We did it, we tied for 13th and achieved our third-best output at any summer Games with 18 medals. We were one of only six nations to improve our medal count.

Hoping to build on this success, the Canadian Olympic Committee (COC) wanted someone with plenty of experience to lead Team Canada at the 2012 Olympic Games in London. And in August of 2010, they found him, born-and-raised Calgarian Mark Tewksbury. Tewksbury, an Olympic champion swimmer, was chosen as Chef de Mission for Team Canada to lead the team to an even loftier goal of finishing in the top-12 in the medal count at this summer's Olympic Games.

Tewksbury's talent first emerged in Calgary at the Cascade Swim Club, and carried on while training at the University of Calgary. He went on to two Olympic Games and won three medals; gold and bronze in 1992 and silver in 1988.

After retiring in 1992, Tewksbury co-founded a professional development company and became a public speaker and author. He also became very active in the community and even addressed the United Nations in 2008 about human rights issues.

In 1995 he was inducted into Canada's Sports Hall of Fame. The new building recently opened in Calgary at Canada Olympic Park, and now showcases Tewksbury's painted portrait in the 'Celebrating the Summer Games' exhibit, which runs July 19 – December 31, 2012.

As Chef de Mission, Tewksbury's role is to be a spokesperson for Canada's Olympic Team. He is also responsible for creating a supportive and comfortable environment for the athletes, eliminating all distractions so they can focus strictly on competing. His goal is to make London unforgettable and comfortable and help our Team to another successful Games.

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## **ALBERTA HEALTH SERVICES INLINE SKATING SAFETY**

In-line skating is a popular recreational activity in the summer. It is excellent physical exercise. Skaters can be found most everywhere that bicyclists, skateboarders and joggers go. As the number of people using in-line skates has increased, so has the number of injuries resulting from this activity. Fortunately, most in-line skating injuries can be prevented by following some basic safety tips.

### **Wear the gear**

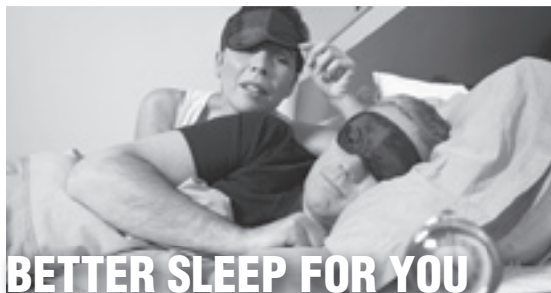
- Most injuries suffered by in-line skaters are due to a lack of basic safety gear worn by the participant when an incident occurs.
- Protective gear includes a CSA approved helmet, knee and elbow pads, and wrist guards.
- Wearing protective gear every time you skate will reduce your chance of injury.

### **Check your equipment**

- Choose good quality skates that fit your feet properly. Loose skates will not provide enough ankle support or control.
- As with cycling, ensure your helmet is in good repair. Replace any helmet that has been in a crash even if it appears undamaged

### **On the path**

- Recognize your limitations, especially when you are new at in-line skating. Most in-line skating injuries are caused by loss of control when navigating down hills or negotiating turns.
- Novice skaters are advised to learn skating on a flat, grassy surface until they have the feel of in-line skates. This will allow for the safe practice of standing and balancing on your skates.
- Keep your eyes and ears open for hazards as you skate. Do not wear headphones while you are skating, especially when crossing streets or level train crossings.
- Stay to the right of the path when skating unless you need to pass.
- Always pass on the left. Call out "passing on your left" to alert others you are approaching.



By Dr. Cindy Le, B.Sc., RMT, R.Ac., TCMD

Nearly one third of Canadians have reported that they have trouble sleeping at some point during the month. This lack of quality sleep can affect your entire day, and if left untreated may result in health concerns like depression, weight gain, inability to deal with stress, and fatigue.

If you are having trouble falling asleep, or waking up frequently during the night, here are some simple tips to follow to improve your sleep.

Get out of bed around the same time every morning. If you're slow to get out of bed on Sunday, then you'll be slow to get out of bed on Monday.

Avoid caffeine at least four hours prior to going to bed. As well, don't do any strenuous exercise two hours before bedtime.

Keep the bedroom dark. Even a few minutes of light in the middle of the night can inhibit the production of sleep inducing hormones.

A balanced diet and regular exercise are essential components for overall health and therefore sleep.

Soak your feet in warm water for 20 minutes every night. In Traditional Chinese Medicine theory, the feet are regarded as "remote controls" to the rest of the body (think reflexology). By stimulating the circulation in the feet, you promote circulation in the overall body.

There are a number of factors that negatively affect sleep which can include: poor diet, lack of exercise, stress, and certain medications. If your diet is right, you are keeping active, and you still can't get a good night's sleep, there could be another underlying cause.

Contact your health care provider to get to the root of the cause and enable you to sleep better.

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Email: [building@rockyview.ca](mailto:building@rockyview.ca)

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Road Maintenance Call Centre

Phone: 403.520.6378

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# IMPORTANT NUMBERS

## ALL EMERGENCY CALLS

**911**

Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
Alberta Health Services	
Addictions Hotline	1.866.332.2322
Ambulance (AHS) – Non Emergency	403.261.4000
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Cochrane Ecological Institute	
(Wildlife Emergencies)	403.932.5632
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre - Alberta	403.944.1414
Suicide Crisis Line	1.800.784.2433

## HOSPITALS / URGENT CARE

Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care	
Health Centre	403.943.9300

## OTHER

Alberta Fish & Wildlife	1.877.944.0313
Calgary Humane Society	
(Injured & Stray Pets)	403.250.7722
Calgary Parking Authority	
(Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Seniors' Resource -	
SeniorConnect	403.266.6200
Call Before You Dig	
(Buried Utilities)	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403.705.3246
Road Conditions – Calgary	1.877.262.4997
RCMP – Non Emergency	403.949.7729
Weather Information	403.299.7878
Wildlife Help Line	
(Injured Animals, etc.)	1.888.924.2444

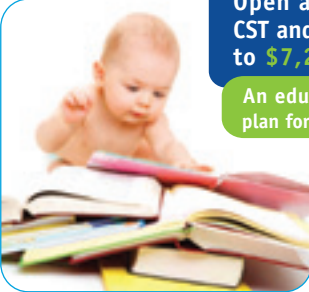
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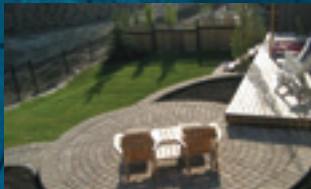
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