

A close-up photograph of several cookies. Some are heart-shaped with a red jam filling, and others are shaped like a flower or a heart with pink icing drizzles. The cookies are on a wooden surface.

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AT A GLANCE 15-16

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- Downtown core

SCHOOLS

(S) denotes Separate (FR) denotes French Immersion

School

Grade

Bow Valley High School	9-12	www.rockyview.ab.ca/schools/bowvalley
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 (FR)	5-8	http://springbank.rockyview.ab.ca
Springbank Community High (FR)	9-12	www.rockyview.ab.ca

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www.valleyviewpc.net

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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

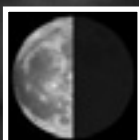
Newsletter Advertising Sales

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FEBRUARY MOON CALENDAR



Feb. 9
Full Moon



Feb. 14
Last Quarter



Feb. 21
New Moon



Feb. 29
First Quarter

BEARSPAW EMERGENCY SERVICES CENTRE MOVES FORWARD

Rocky View County, Alberta – At their regular meeting on January 10, 2012, Rocky View County Council directed Administration to proceed with applications for the Bearspaw Emergency Services Centre, and begin community consultations for the proposed site south of Lochend Drive and east of Highway 766.

After evaluating several different properties in the Bearspaw community, a County owned municipal reserve parcel was determined to be the most suitable location for a future emergency services centre. The County evaluated the parcel based on the coverage area, access to transportation networks, site characteristics such as water and wastewater servicing, compatibility with existing developments in the area and project costs.

The building and site design are the focal points of the proposal. The proposed facility will be designed to blend in seamlessly with the existing community with a façade to compliment the appearance of adjacent residences. It is intended to appear as a fire house rather than a traditional commercial structure. The 15,000 square foot facility will be manned 24 hours a day, seven days a week with a staff of four to six firefighters. For future considerations, the building has also been designed to accommodate an ambulance and two paramedics.

“We want the ability to respond quickly with emergency services and improve the level of service to meet the growing needs of Bearspaw and area residents,” says

Reeve Rolly Ashdown. “Our next step is to introduce the proposal to residents and give them many opportunities to provide input.”

The City of Calgary has provided contracted emergency services to assist Rocky View until December 31, 2012, when all responsibilities will be transferred to the County. The County has been seeking an efficient, cost effective and long-term solution for Bearspaw while making public safety a top priority.

Community consultation will start with Rocky View County Fire Services personnel visiting affected residences to introduce the proposal, answer questions and show proposed building renderings. Following these one-on-one meetings, anyone interested or affected by this proposal is encouraged to attend one of the following open houses:

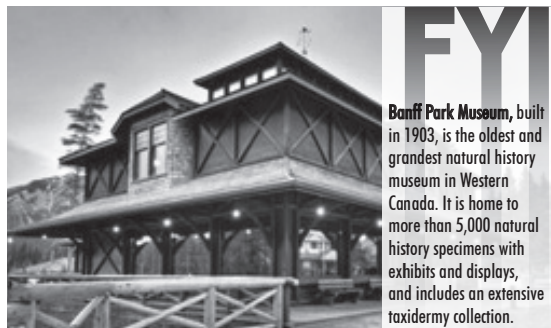
Bearspaw Emergency Services Centre Open Houses

February 8 and 15, 2012

5:00 – 8:00 pm

Bearspaw Lifestyles Centre

253220 Bearspaw Road, Calgary, AB



FYI
Banff Park Museum, built in 1903, is the oldest and grandest natural history museum in Western Canada. It is home to more than 5,000 natural history specimens with exhibits and displays, and includes an extensive taxidermy collection.

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RCR

INDUSTRIAL AND COMMERCIAL CONSTRUCTION VALUES REMAIN STRONG

Rocky View County, Alberta – In 2011, Rocky View County saw an increase in construction value with \$274 million up from the 2010 numbers of \$237 million, continuing to be a leader for business and industrial growth in Alberta.

“We were very pleased with the amount of construction we experienced in 2011,” says Brock Beach, Building Services Manager. “Our industrial and commercial construction activity exceeded our expectations, boosting our numbers, as Rocky View County continues to attract this type of industry.”

Commercial, institutional and industrial construction values totaled \$133 million up from \$49 million the previous year. Major projects included:

Industrial Buildings

- distribution centre 1.3 million square feet
- office and distribution centre 33,755 square feet

- transfer and recycling building 62,850 square feet
- truck maintenance and administration building 26,240 square feet
- taco chip manufacturing 36,760 square feet
- fabrication shop and offices 32,120 square feet
- office/warehouse 10,474 square feet

Institutional Buildings

- elementary school 29,107 square feet
- modular classrooms and gym addition 30,100 square feet

“Businesses continue to choose Rocky View as a place to open or expand their operations,” says David Kalinchuk, Manager of Economic Development at Rocky View County. “Rocky View has so many strategic advantages that drive business into the County. We are expecting a great year of continued growth in 2012.”

Construction Value	2011	2010	2009
Residential	\$117,336,286	\$158,752,474	\$115,515,400
Accessory Dwelling Units	\$1,110,100	\$1,283,100	-
Residential Additions/Renovations	\$18,455,640	\$24,430,927	\$24,751,798
Garage/Shed	\$4,540,309	\$3,132,251	\$2,661,796
Commercial	\$17,606,901	\$16,444,399	\$78,303,488
Industrial	\$105,034,006	\$17,296,341	\$56,572,375
Institutional	\$10,623,150	\$15,679,800	\$1,102,100
Agricultural	-	-	\$160,000
Total	\$ 274,706,392	\$ 237,019,292	\$ 279,066,957

Total Building Permits	2009	2010	2011
Total	948	842	750





Does My Dog Have SEPARATION ANXIETY?

by Nicky Blackshaw, Certified Dog Trainer

Separation anxiety is an emotional problem that is less common than most guardians think. Just because your dog barks when you leave and uses the couch pillow as a chew toy while you are gone, doesn't mean they are suffering from separation anxiety.

In most cases they are actually bored or frustrated. If your dog's barking stops a few minutes after you leave and they lay down to sleep for a few hours then wake up and chew the pillow this is not separation anxiety. Your canine companion is likely looking for something to do and decides the pillow would make a good chew toy.

Try providing your canine companion with appropriate items to chew and increase your pet's physical and mental stimulation. An extra walk or game of hide and seek will help tire them out and a tired dog is less likely to feel the need to look for things to do.

How can I tell if my pet actually suffers from separation anxiety? It happens as soon as you start to leave, not a few hours after you have left, and basically means your pet is suffering from a panic attack. Signs include:

- Whining and pacing

- Panting or drooling
- Sweaty pads
- Trembling or shaking
- Appetite suppression
- Barking or howling (a lot or non-stop)
- House soiling
- Destructive chewing or digging - most likely at doorways or windows
- Causing injury to themselves in an attempt to escape their crate

What you can do:

- Videotape your pet to see what happens while you are gone
- Keep your entrances and exits low key. You can be happy to see your dog without being overly excited
- Provide your pet with appropriate toys and activities
- Ensure your pet is house trained
- Work with a qualified trainer to create a desensitizing and counter-conditioning program to teach your dog to feel good about being on their own
- Try a DAP (dog appeasing pheromone) collar to help soothe anxiety
- Consider a pet sitter, dog walker or doggie daycare to reduce the amount of time your pet spends alone

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THE INDOOR GARDENER

by Cindy DeJager

HYPOASPIS MITE

I went shopping yesterday to look for a solution to my fungus gnat problem.

Fungus gnats are those tiny black flies that flit around your plants and find their way into your kitchen and bathroom – any moist environment.

My aim was to find something that would be natural.

I found **Hypoaspis mites** in the insecticide section of the local garden centre. The container was under \$20 so I decided to try one container. There wasn't much information on the label which was disappointing so I have done some research on Google.

The Hypoaspis comes packed in a medium of bran, vermiculite, and peat. They are tiny brown mites that can be seen under 10-15X magnification.

I used my container immediately when I got home. I applied one tablespoon to the base of each houseplant. The soil should be damp before applying the mites and don't mix them into the soil – they won't survive.

Each of these hungry little insects will consume 1-5 prey or eggs per day!

The complete life cycle takes 18 days. Hypoaspis can also survive as a scavenger, feeding on algae and plant debris.

Two weeks later I have still noticed a reduction in the appearance of fungus gnats – not totally eradicated, but a significant decline in the numbers. For more information go to <http://www.biconet.com/biocontrol/hypoaspis.html>



by Lon Hofer

Playoffs Are Coming - Take Care Of Your Woman

Guys. Playoffs are just over a month away, and if you have anything in common with me, you will be watching hockey every night. After all, it's playoff hockey. We've all done our time in front of *So You Think You Can Dance* or *The Bachelor*, but hockey can be the same for her. So to get yourself some space in front of the TV for playoff hockey, follow this list until they start:

- **Buy Her Some Bling (something that glitters)**

I don't know what it is with this stuff, whether it's the glitter or the thoughtfulness or what, but it works. Surprise her with something.

- **Wine and Dine Her (ask her out)**

Take her out to dinner, order whatever she wants (yes, dessert too), and just be yourself with her. There is a good wine out there pronounced "Savignin Blanc."

- **Surprise Her with Something (doesn't have to be fancy)**

You don't have to introduce this with a sappy line or anything, just a 'thought you might like this' in front of a nice purchase, like a new pink crescent wrench.

- **Clean the House (just kidding)**

- **Take Care of Business (every weekend)**

Pay the bills, maintain the accounts, ensure the cars are up on service, shoes are shined, clothes are pressed, groceries are complete, 'fix it' lists are done. Do not leave any task incomplete. Done.

With this list complete you should have no problem anchoring in on the couch for a long playoff run.

LABOUR AND LOVE: CHOICES IN PREGNANCY, CHILDBIRTH AND PARENTING

- Lisa Baker, B.Sc., B.Ed.

In some countries the birth of a baby is a social experience. Babies are born at home and the house is packed with family and friends. In Canada, childbirth tends to be a more private affair. Although the number of people attending a homebirth is not limited, hospitals in Calgary limit the number of support people to two. I strongly suggest that you consider using a second support person during childbirth. The benefits of having a second support person are many, including:

- An additional pair of hands to massage, provide a cold cloth, or support your weight

- A chance for your partner to take a short break for the bathroom or a snack without leaving you alone
- The additional advice and comfort that comes from a person who has gone through childbirth

If you choose to hire a doula, a person who is trained in supporting the pregnant woman during childbirth, the benefits are even higher. A doula can explain all procedures to you, assure you when things are normal, offer suggestions on coping techniques, and be your advocate when things are not proceeding as you would like. She can also review your birth with you and answer questions that you have about the experience.

Solid research has shown that labouring women with continuous support from loved ones or a doula are less likely to have an epidural, have a need for pain medication, require vacuum or forceps at birth, or have a caesarean birth (Hodnett et al., 2007. This review is available on the Childbirth Connection Web site at http://www.childbirthconnection.org/pdfs/continuous_support.pdf).

Whether you choose to bring someone you love or a doula, the benefits of an additional support person are numerous. When it comes to labour, three's company!

Lisa Baker is a Lamaze Childbirth Educator in Calgary

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PEANUT BUTTER CUP COOKIES

These little morsels make a perfect match, especially for chocolate and peanut butter lovers!

- ½ cup margarine or butter
- ½ cup granulated sugar
- ½ cup packed light brown sugar
- ½ cup creamy peanut butter
- 1 large egg
- ½ teaspoon vanilla
- 1 ¼ cups all purpose flour
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- 24 miniature peanut butter cups

Beat butter, sugars and peanut butter together until smooth and creamy. Mix in the egg and vanilla, and then add the flour, soda, and salt.

Spoon 1-inch mounds into mini muffin tins, and bake for 8-10 minutes @ 350°F.

While the cookie mixture is baking, remove the wrappers from 24 mini peanut butter cups.

Remove muffin tins from oven and immediately press a peanut butter cup into the centre of the dough until only the top shows.

Cool on a wire rack until easy to handle, and carefully remove from the muffin tins.

“Classified” Cookie Information

Cookies are classified according to how they are formed. Following are a few categories:

- *Bar cookies* consist of batter or other ingredients that are pressed into a pan and cut into cookie-sized pieces after baking.
- *Drop cookies* are made from a soft dough that is dropped by a teaspoonful onto a baking sheet. As the cookies bake, they spread and flatten out.
- *Molded cookies* are made from a stiffer dough that is usually molded into balls or various shapes by hand before baking.
- *Pressed cookies* are made from a soft dough that is extruded from a cookie press into various shapes before baking.
- *Refrigerator cookies* are made from a stiff dough that is refrigerated to become even stiffer. It is typically shaped into a cylinder or log, and then sliced into round cookies before baking.
- *Rolled cookies* are made from a very stiff dough that is rolled out and cut into shapes with a cookie cutter.

Enjoy!

- BG Rose

COMMUNITY READERS RECOMMEND...



Fiction

- Covert Warriors – W.E.B. Griffin
- The Cat’s Table – Michael Ondaatje
- Death Comes to Pemberley – P.D. James
- The Help – Kathryn Stockett
- The Night Circus – Erin Morgenstern
- The Sisters Brothers – Patrick deWitt

Non-fiction

- Top 10 of Everything 2012 Canadian Edition – Caroline Ash
- Cocktail Hour Under the Tree of Forgetfulness – Alexandra Fuller
- Cornered – Ron MacLean
- Back in the Bigs – Randy Turner
- Unbroken – Laura Hillenbrand
- The Hare with Amber Eyes – Edmund de Waal

Classics

- Romeo and Juliet – William Shakespeare
- Beloved – Toni Morrison
- Jane Eyre – Charlotte Bronte

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> Wednesday, February 15, 2012 at 7:00 pm > Thursday, April 26, 2012 at 7:00 pm



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- Zoning I-G



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Area Available	Main floor office/showroom	1,000 sq. ft.
	Mezzanine office/storage	1,100 sq. ft.
	Warehouse	1,950 sq. ft.
Total		4,050 sq. ft.
Bay Size	Main Floor 30' x 100' less utility room	
Mezzanine	30' x 40'	
Loading	1 - 14' x 14' drive-in door	
Ceiling height	20' clear	
Electrical	100 amp, 208 volt, 3 phase	
Possession	April 1st 2012	
Term	5 years	
Base Rent	\$12.00 psf (\$4,050.00 / mo.)	
Operating Cost	\$3.00 psf est. 2012 (\$1,012.50 / mo.)	
Utilities	Tenant's responsibility	



Contact Mike

smruss@gmail.com | 403.333.4653

THE
INSIGHT



The Obstacle in our Path

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the king for not keeping the roads clear, but none did anything about getting the stone out of the way. Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the king indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many of us never understand. Every obstacle presents an opportunity to improve our condition.

There is more
treasure in books
than in all the pirate's loot
on Treasure Island.

~ Walt Disney



KEEPING LIFE SIMPLE (Do Less and Accomplish More - Part 1)

Simplicity in life is an art form, a fluid dance, always beckoning toward balance. It involves being conscious and intentional about how you are using and directing your energy, and it starts from the inside out.

Today we are challenged like never before; technology has brought us connection to everything and everyone, all of the time, and consequently more things to do. We are pressured to increase our speed as a result. We need to simplify as much as possible to maintain balance!

The best way to begin is to be present in the moment, right where you are, as often as you can.

Why? How does being present simplify your life? How does it help you do less and accomplish more?

1. When your attention is in the present moment, you are attending only to what is before you. Now, you

have less to think about; you are not thinking about tomorrow, yesterday, or what happened 10 minutes ago. Flipping between the past and future (an activity our brains love to do) is incredibly inefficient, and creates unnecessary complication in thought and resulting action.

Presence also creates:

2. Clarity - thoughts are uncluttered by past and future things to worry about,
3. "Space" for insights into old problems emerges. When the mind can relax, great ideas just float in!
4. Less energy expended overall. Ongoing mental clutter – thinking about things you cannot deal with right at that moment – is physically and emotionally exhausting, though we are seldom aware of this.

Being present clears away mental clutter and brings simplicity into your life like a fresh spring breeze: your thoughts and subsequent actions are clear, direct and effective.

Stay tuned for more tips next month!

Janet Desautels
B.A. Sociology, B.A. Philosophy, LL.B

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Financial Planning Reference

Michael Martin, CFA, MBA

The following is a summary of some common financial planning-related information that you can use as a handy reference. Any values noted below are for 2012.





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RETIREMENT

Maximum CPP/QPP benefit at age 65 \$986.67 per month
 Maximum CPP/QPP benefit at age 60 \$678.83 per month (31.2% reduction)

Maximum CPP contribution —

employer and employee \$2,306.70 each annually

Maximum CPP contribution for self-employed \$4,613.40 annually

YMPE — Yearly Maximum Pensionable Earnings \$50,100

Maximum OAS benefit for Q1 \$540.12 per month

OAS clawback rate \$0.15 for every \$1 of net income above \$69,562; the full OAS is eliminated at a net income of \$112,772 or higher

CANSIM rate 2.61% (minimum rate for provinces is still 6%)

RRSP — maximum annual deduction limit \$22,450 for 2011

\$22,970 for 2012

RRSP — withholding tax on withdrawals by a resident of Quebec/rest of Canada respectively 21%/10% for amounts up to \$5,000

26%/20% for amounts \$5,000 – \$15,000

31%/30% for amounts over \$15,000

EDUCATION

Maximum annual RESP contribution Unlimited annual up to lifetime maximum of \$50,000 per beneficiary

Annual RESP contribution for maximum CESG 20% of first \$2,500 per beneficiary = CESG up to \$500.

Plus 20% of next \$2,500 per beneficiary if carryforward room is available = additional CESG up to \$500.

Maximum annual CESG = \$1,000/year/beneficiary

TAX

EI — maximum annual premium \$839.97 (\$674.73 in Quebec due to separate maternity and parental benefits)

EI — insured earnings \$45,900

Basic personal tax exemption \$10,822

Federal tax brackets and rates based on taxable income

Taxable income Federal rate

\$0 – \$42,706 15%

\$42,707 – \$85,413 22%

\$85,414 – \$132,405 26%

\$132,406 – and over 29%

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.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **February 1 – March 4 26th Annual Enbridge playRites** Festival of new Canadian Plays, including Thinking of You, Drama, Ashrizin' and Good Fences presented by Alberta Theatre Projects. For more information, atplive.com / 403.294.7402
- **February 7 Spencer Wells** Trace mankind's family tree. Wells has used DNA to unlock the mystery of our earliest journeys out of the cradle of Africa and to create the first-ever map of human migration. 7:00 pm Epcor Centre for the Performing Arts. 403.294.7455 / epcorcentre.org
- **February 7-12 World Cup Bobsleigh** at Canada Olympic Park. www.winsportcanada.ca
- **February 10 – April 15 Corner Gassed 2** at Jubilations Dinner Theatre. For details 403.249.7799 or www.jubilations.ca
- **February 11 Canucks & Flames** faceoff at the Saddledome at 8:00 pm. (CBC) www.calgaryflames.nhl.com/club/schedule
- **February 12 Valdy** Canada's most beloved musician and troubadour, recently named as one of 35 Canadians to become a Member of the Order of Canada. Presented by Fish Creek Concerts at the Southwood United Church. Details, logon to www.fishcreekconcerts@shaw.ca
- **February 14 Lorraine Hartsook sings Patsy Cline** at the Deerfoot Inn & Casino. Dinner 6-7 pm. Show @8:00 pm. Tickets at hotel front desk in person, 403.236.7529 or www.deerfootinn.com
- **February 17 Rita Chiarelli** An evening of soaring three octave vocals and gifted songwriting. Part of Epcor Centre's Acoustic Blues Series. Concert begins at 8:00 pm. 403.294.9494 or visit epcorcentre.org
- **February 21 Edmonton Oilers vs Calgary Flames** at 7:00 pm at the Saddledome. SNET-W(HD) www.calgaryflames.nhl.com/club/schedule
- **February 25 The Stampeders** at Deerfoot Inn & Casino. Wristband @6:30 / Show @9:30. Phone 403.236.7529 or www.deerfootinn.com
- **February 26 Kelowna Rockets vs Calgary Hitmen** 4:00 pm at the Saddledome. www.hitmenhockey.com
- **February 26 Freestyle Skiing Halfpipe Provincial** at Canada Olympic Park. www.winsportcanada.ca

~Continued next page~

FEBRUARY 7 SPENCER WELLS

Trace mankind's family tree. Wells has used DNA to unlock the mystery of our earliest journeys out of the cradle of Africa and to create the first-ever map of human migration. 7:00 pm Epcor Centre for the Performing Arts. 403.294.7455 / epcorcentre.org



FEBRUARY 11 CANUCKS & FLAMES

faceoff at the Saddledome at 8:00 pm. (CBC) www.calgaryflames.nhl.com/club/schedule



FEBRUARY 17 RITA CHIARELLI

An evening of soaring three octave vocals and gifted songwriting. Part of Epcor Centre's Acoustic Blues Series. Concert begins at 8:00 pm. 403.294.9494 or visit epcorcentre.org



FEBRUARY

MARCH 7 NATALIE MACMASTER

Cape Breton's sweetheart, transforms the Jack Singer Concert Hall into a rollicking East Coast kitchen party! Part of the BD&P World Music Series – 7 pm. 403.294.9494 / epcorcentre.org



MARCH 17 – APRIL 15 ROPE BY PATRICK HAMILTON

at Vertigo Mystery Theatre. No crime is perfect and this dinner party becomes a deadly trap. www.vertigotheatre.com



MARCH 29-31 SWAN LAKE

presented by Alberta Ballet. Since its premiere in 1877, Swan Lake has remained one of the most enduring works in the ballet repertoire. Evening performances at 7:30, Saturday matinee at 2 pm. www.albertaballet.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **March 9 & 10 Swingin' Sinatra** Part of Calgary Philharmonic Orchestra's Pop Series 8 pm both evenings. 403.571.0849 / cpo.live.com
- **March 12 – 18 Snowboard Freestyle Nationals** at WinSport Canada Olympic Park 403.247.5608 / www.winsportcanada.ca
- **March 13 Annie Griffiths - A Camera, Two Kids, and a Camel** part of National Geographic Live presented by Epcor Centre for the Performing Arts. Speaker begins at 7 pm Jack Singer Concert Hall. 403.294.9494 / epcorcentre.org
- **March 14 Caladh Nua** at the Irish Cultural Society 8 pm, presented by James Joyce Irish Pub. 403.282.6717 / 403.238.5313 / irishconcerts@hotmail.com
- **March 15 Johnny Cash Tribute** (Terry Lee Goffee) Dinner Show at the Deerfoot Inn & Casino. Wristband at 5 pm / Dinner 6-7 pm / Show 8 pm. 403.236.7529 or www.deerfootinn.com
- **March 17 Kootenay Ice vs Calgary Hitmen** 7:00 pm at the Saddledome. www.hitmenhockey.com
- **March 23 The Burns Sisters** at Southwood United Church – part of the Fish Creek Concerts series. 403.244.2912 / www.fishcreekconcerts.com for times and details
- **running until March 25 Shirley Valentine** by Willy Russel, directed by Roy Surette at Theatre Calgary. Life is anything but ordinary with Shirley! 403.294.7447 / www.theatrecalgary.com
- **March 27 – April 14 Mary's Wedding** by Stephen Massicotte and performed by Alberta Theatre Projects. Evenings 7:30, matinees 2 pm. 403.294.7402 / www.albertatheatreprojects.com
- **March 28 – 31 TransCanada Alberta Music Series** presented by Epcor Centre for the Performing Arts at 7:30 each evening, featuring the hottest musicians from across the province. 403.294.9494 / epcorcentre.org
- **March 30 Avalanche vs Flames** at 7:00 pm at the Saddledome. SNET-CGY (HD). www.calgaryflames.nhl.com/club/schedule
- **running until April 1 The 39 Steps** at Stage West Dinner Theatre. "Theatre at its finest...Absurdly enjoyable! This gleefully theatrical riff on Hitchcock's film is fast and frothy, performed by a cast of four that seems like a cast of thousands." –Ben Brantley, The New York Times. 403.243.6642 / www.stagewestcalgary.com

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