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

SCHOOLS

(S) denotes Separate (FR) denotes French Immersion

School	Grade	Website
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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info@springbankchurch.com

Mountainview Lutheran

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Valley View Presbyterian

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www.valleyviewpc.net

First Lutheran

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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
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Write on Hockey

by Lon Hofer



The Need for Speed – Keeping up With the Technology of Equipment

To keep up with all these young guys and to help your kids I would suggest taking a walk around your neighborhood equipment store and take a look at some of the new technology and how it might improve your game.

Skates

I bought new skates two years ago. I was blown away by how the technology works now and how the new stiff skate generates power under the foot so much that it has taken me some time to realize how it helps with your skating. The power comes from a different part of the foot and the stiffer boot really can help channel this power. My next consideration might be new steel for my skates, as I seem to lose my edges almost every game and apparently many of the new skates come with second grade steel.

Sticks

The sticks have come a long way as well. For those foreign to hockey, the sticks haven't only changed as far as weight and material goes, but they have changed the way you are intended to use them, through kick points – the spot on the stick where your flex is meant to snap from – you could call it the energy centre of your stick. You can now let the stick do a little more of the work for you when flexed the right way during your shot.

What is the kick point of a hockey stick:

<http://ca.answers.yahoo.com/question/index?qid=20080208211432AAVPsWo>

Other

Other things that I have noted are the custom rubber knobs for sticks which save me a ton of time when taping my stick, and the numerous forms of Kevlar protection from shirts to socks. I'm going to stick with my old school, boring, long sleeve T for underneath my gear, but for those kids out there, the more Kevlar probably the better. Be open to the technologies, they are there to help.



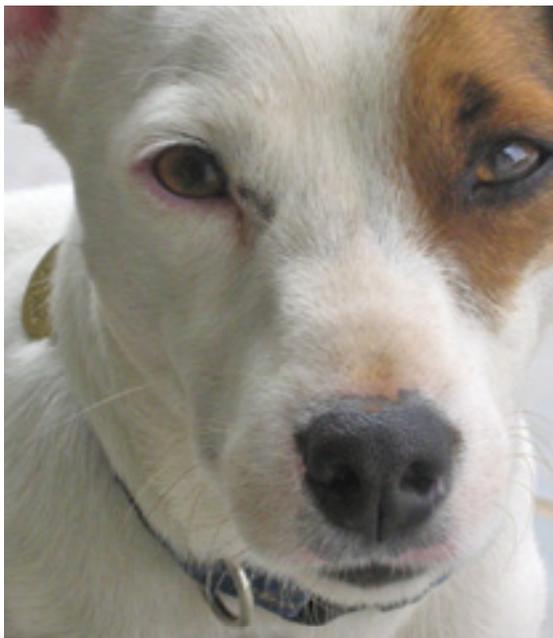
FYI
The Canadian Horse is an integral part of Canada's heritage and history, whose ancestry can be traced back to several breeds, including the Andalusian, the Arabian and Percheron horse.

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Heart Murmurs And Your Pet

You have your dog in for a physical examination and while your veterinarian is listening to your dog's heart suddenly the expression on the vet's face becomes much more intent and the examination seems to be prolonged. The veterinarian has detected a murmur in your pet's heart. A murmur is a sound created by turbulence of the liquid, blood, moving at high speed through tubes and valves, the heart. A murmur is a symptom, a sound, it is not a diagnosis. If a murmur is investigated and found to be of no consequence it is called an innocent murmur.

When a veterinarian detects a murmur it is assigned a grade. Currently canine murmurs are graded A through D. A murmur with an A grading is difficult to hear, a D grading means the pet is in heart failure.

If your dog is a very young puppy it could simply be a murmur because the normal hole, existing between the chambers of a fetus' heart, hasn't closed yet. The vet-

erinarian may just recommend making a note of it and checking the puppy in a few weeks to see if the murmur disappears. Waiting patiently to recheck a puppy is infinitely more difficult in dog breeds that are genetically predisposed to life-threatening heart defects. Unfortunately, diagnosis at this stage usually requires a very expensive cardiac ultrasound with a highly trained veterinary specialist.

If your dog is ill a murmur may be secondary to disease elsewhere in the pet. Anemia can cause cardiac murmurs when the blood is too thin and turbulence makes noises as the blood passes through the heart. Similarly, a high fever can cause a murmur. A dog with a heart murmur all its life should have notes in its medical files describing and characterizing any changes. It is the dog with a new murmur that has never previously been detected that causes most concern.

Veterinarians describe murmurs by grading loudness, location of the loudest point of the murmur on the chest, is it continuous or only in one part of the heart-beat, and sometimes using very specific descriptive words for the sounds we hear. We assess other physical signs; color of the pet's gums, pulses, fluid in the chest, fluid in the abdomen, presence of a cough, respiratory rate, and fatigue. A thorough physical examination and comprehensive history are the first steps in assessing how serious a murmur is.

A veterinarian will ask permission to run tests ranging from blood and urine tests, radiographs (x-rays) of the chest, an electrocardiogram (ECG), and thoracic ultrasound. Sometimes that murmur detected during the physical examination will turn out to be a result of aging changes and the pet will not require treatment, but sometimes that early warning will get us an early diagnosis and a successful treatment and outcome. Radiographs or x-rays are currently one of the best tools to stage heart disease and its progress in a pet; owners supplement this information with resting respiratory rates from observation of the relaxed pet at home.

Once a veterinarian has determined the cause and severity of a heart murmur they will present a pet owner with treatment options and prognoses. The benefit of a really thorough annual physical examination where a murmur is detected is the keystone to any preventative health care program.

Jennifer L. Scott, D.V.M.

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Ms. Hannah Churchill is a Senior School English and Geography/History teacher at Webber Academy. She is described by those who know and work with her, as a high achiever who instills passion and confidence in her students. A graduate of the University of Alberta, she earned a Bachelor of Education in Secondary Education with a major in Social Studies and a minor in English Language Arts. Ms. Churchill was a Jason Lang Scholarship recipient throughout her post secondary education and has spent many years studying French.

Ms. Churchill was raised in Canmore, Alberta where she competed as an alpine ski racer at provincial and national levels for over eleven years. Her dedication to athletics and academics demonstrates her ability to balance a busy and rewarding lifestyle. She has attained a Level 1 Canadian Ski Coach certification and has a natural ability to work with young people and helping them reach their full potential.

Webber Academy is excited to welcome Hannah Churchill to the team of outstanding teaching professionals and she is ready to take on the challenges associated with delivering exceptional instruction to students.

For more details, visit:
www.webberacademy.ca



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

- > Thursday, January 12, 2012
- > Wednesday, February 15, 2012

WEBBER ACADEMY



What are QR Codes and Why Use Them?

Quick Response (QR) codes are the black and white squiggly things you are starting to see everywhere that link to info or perform an action. Conveniently this can include text, web address, call, text, or Vcard insertion (contact info). The challenge, as usual, isn't the technology but how to apply it to your business to solve a business need.

EXAMPLES:

For the Networker:

Include one on your business card so your contact info seamlessly syncs into the other's phone as a new contact with all the fields completed. If everyone had one of these on their cards, it would make data entry to all CRM's as easy as scanning all the cards and then exporting/importing your contacts. We should all get these on our business cards.

For the Business with a Complicated Business Process:

Include one on your business card or sales materials with a direct link to a video. With a touch of their phone they are getting your sales presentation or process explanation – without another meeting or them having to go and search through your website. You have now got them to your sales funnel's presentation stage, ready for first follow up.

To Retain Loyalty:

Examples: Your restaurant menu (put a code on your restaurant window and your business card), your product rates, your service selection, your latest brochure/flyer.

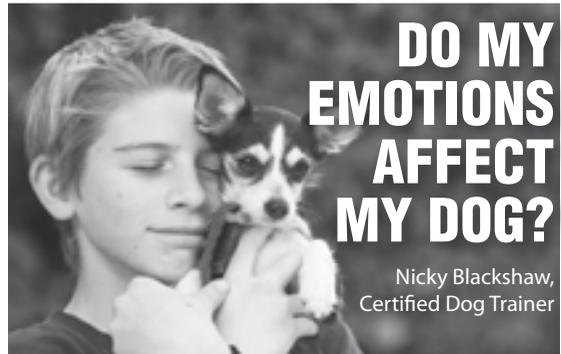
There are many ways for your users to read more about your product, get direct access to coupons, access guides or papers. The uses are endless. The benefits are the seamless and direct engagement with your product and brand and the elimination of the necessity for hard copy information.

- Download the reader for your Iphone here: <http://block5.com/iphone>
- Download the reader for your other smart phone here: <http://i-nigma.mobi/> (Browse to this from your phone)
- Generate your QR code here: <http://goqr.me/>

Now just launch the app and take a picture / scan of the codes whenever you are interested.

Here is an example of how the vcard works:

http://www.youtube.com/watch?v=VEuX23iy2A4&feature=player_embedded



Dogs are experts in reading our body language and detect changes in our expressions and posture. When we are overwhelmed we tend to perspire, adrenaline emits an odor and when our heart starts racing increased blood flow brings chemicals to the surface of our bodies – dogs can smell all of this!

A dog who is excited needs calm handling. A common mistake guardians make is to move quickly, pull on the leash and yell. From the dog's point of view, their guardian is as excited as they are! Instead of calming the dog, this reinforces their anxiety. By staying calm the guardian sends a message that they are in control of the situation.

Why do our dogs get stressed while on a walk? It could be that your dog is nervous of loud noises, unsure of strangers approaching, or uncomfortable meeting other dogs while on leash.

Keeping our dogs below threshold – the line between being relaxed and over stimulated – will help them cope better. Under threshold means your dog has a relaxed body posture, soft eyes and is responsive to you. When your dog starts to stare at something that makes them uncomfortable and their body posture gets stiff they are approaching threshold. Over threshold is where barking, growling and lunging happens and they stop responding to you. It is important to understand these displays are not the dog's attempt to be dominating – they are not trying to give you a hard time, they are having a hard time. They are reacting out of fear or frustration and should not be punished for this. Punishment may make the situation worse and create more anxiety for your dog.

What can we do to prevent these situations? Practice name attention, stay calm and make note of what triggers your dog. If you are on a collision path with a trigger do an emergency u-turn and retreat to a distance where your dog will stay below threshold. You may also want to contact a reputable trainer with experience in desensitizing and counter conditioning your dog's emotional state.

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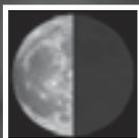
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JANUARY MOON CALENDAR



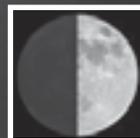
Jan. 9
Full Moon



Jan. 16
Last Quarter



Jan. 23
New Moon



Jan. 30
First Quarter

MD OF ROCKY VIEW

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Monday to Friday

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Fax: 403.277.3066

Email: aim@rockyview.ca

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Road Maintenance Call Centre

Phone: 403.520.6378

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General Comments or Questions:

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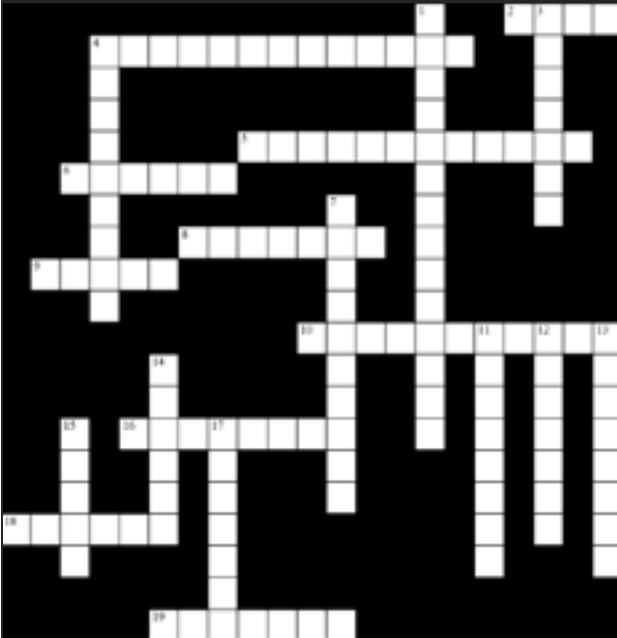
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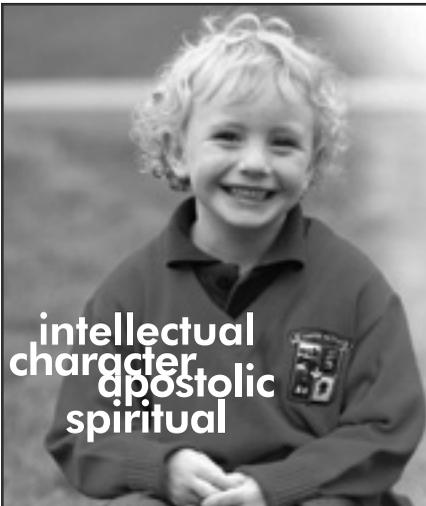


DOWN

1. Title of the Giller prize winner 2011
3. Cooked breakfast cereal
4. Name of dog that survived a bomb drop in WW1 (3 words)
7. Quebec is largest exporter of this product (2 words)
11. Bread & Butter, _____ & _____
12. Most celebrated Canadian lake monster
13. Attribute of oxen
14. Canada's first postage stamp featured this animal
15. The staff of life
17. City in Oz

ACROSS

2. A favourite comfort food
4. West coast visual artist
5. Canadian nuclear fallout bunker
6. To be in a quandary or difficult position
8. Colourful backyard bird (2 words)
9. Pomegranate seeds
10. Decisions made in the New Year
16. Soothing & calming herb
18. River in BC
19. An Irish drum



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