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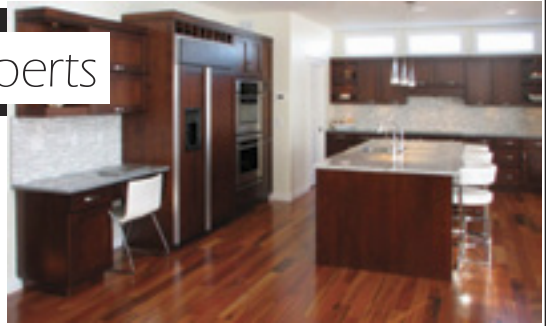
Advice From Our KITCHEN Experts



Coren Jones

Senior Design Consultant
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What do you recommend regarding using the latest design trends when planning a new kitchen?

Most elements in design have trends. When planning a new kitchen, determine which current trends appeal to your design style and functional needs. Steer away from daring trends that are not easy to change in a year or two, such as bold coloured countertop or cabinets. If you want to make a statement, use a daring paint colour on your walls as this can be easily altered to adapt to changing fashions. Kitchens are personal and unless you are thinking of selling your home within a year or two, plan your kitchen to suite your taste, and your lifestyle and not necessarily the latest trend. Get others' opinions and use them as a guide for your own kitchen, but make sure you include pieces of yourself in your decision. Look through magazines to get ideas. Gather pictures and make a list of what you like. Sometimes a list of things you do not want can be helpful to a Kitchen Designer as well. A Kitchen Designer can be a great help in your kitchen planning process as they will guide you through the decision making stages and assist with the details that can sometimes be overwhelming.

When I am meeting with a Kitchen Designer should I let them know what my budget is right away?

Some are uncomfortable revealing their budget on the first visit because they feel their Designer is also a sales person and may utilize the entire budget even though the kitchen may have been designed more economically. Designers are bound by a code of ethics that guides them to work within your budget instead of working to meet the budget. Your Designer will use the budget constraint to provide the most efficient and viable solutions to your kitchen needs. If you are unsure of what your budget is, your Designer can also help you through the budgeting process. We will discuss your needs and wants and determine a final budget that you are comfortable with. By providing a budget you are giving your Designer an added level of understanding of your project which will help create the perfect kitchen for you.



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1st

of each month
for the next
month's issue



ROCKY VIEW COUNTY
Cultivating Communities

By-Election Date Set for Division 1

Rocky View County, Alberta – On January 24, 2012, at their regular meeting, Rocky View County Council chose the Division 1 By-election date of Monday, March 26, 2012 and the Nomination Date as Monday, February 27, 2012.

On December 27, 2011 the position of Division 1 Councillor became vacant after the passing of Councillor Rick Butler. A municipal by-election must be held to fill a vacancy on Council as outlined in the Municipal Government Act (MGA), 90 days after the vacancy occurs.

Nomination Day

Date: Monday, February 27, 2012

Time: 10:00 am – 12:00 pm

Location: Rocky View County Administration Building, 911 32 Avenue, Calgary, Alberta

Advance Vote

Date: Friday March 23, 2012 and Saturday, March 24, 2012

Time: 12:00 pm - 8:00 pm

Location: Rocky View County Administration Building, 911 32 Avenue, Calgary, Alberta

By-election

Date: Monday, March 26, 2012

Time: 10:00 am – 8:00 pm

Location(s): Polling stations to be announced in February at www.rockyview.ca

The dates and hours when housebound or incapacitated voters can make an appointment with the Returning Officer to place their vote at home is on Friday, March 23, 2012 and Saturday, March 24, 2012 from 9:00 am to 11:30 am. To arrange an appointment, housebound or incapacitated voters can call 403.520.8199 or email kkwan@rockyview.ca.

Only residents from Division 1 are eligible to run for nomination and to vote. Nomination packages and details for interested candidates are available on Rocky View County's website at www.rockyview.ca/byelection.

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Rocky View County approves policies for flood response and whistle cessation

Rocky View County, Alberta – On January 24, 2012, at their regular meeting, Rocky View County Council approved two new policies. The first policy for Locomotive Whistle Cessation outlines the process for eliminating locomotive whistling at road crossings within the County's jurisdiction.

The Locomotive Whistle Cessation Policy establishes a criteria and budgeting process for eliminating train whistling within the County. The authority for rail crossing safety is Transport Canada, and local government may proceed with eliminating locomotive whistling when petitioned by local residents.

The second approved policy is for Flood Response, outlining the order of priority, criteria and budgeting process for drainage concerns reported by landowners and businesses. The Flood Response Policy guides the County's responses to all flood situations.

"It is the County's responsibility to respond to flood concerns, and our first priority in a flood event is to ensure the health and safety of our citizens," says Rolly Ashdown, Rocky View County Reeve. "County residents can take steps to reduce the risk of flooding, such as clearing debris from gutter and downspouts, and ensuring the ground slopes away from any building foundations."

All reported flood concerns are pre-screened to determine the most imminent to the least potential drainage concern. They are prioritized as follows:

1. public health and safety
2. impact to County infrastructure
3. damage to private property resulting from County property
4. loss of business
5. damage to private property not from County property

To learn more about mitigating the risk of flooding, contact the Rocky View County call centre at 403-520-6378. To review the final approved policies, visit www.rockyview.ca.

Rocky View County supports long-term recreation planning for Bragg Creek

Rocky View County, Alberta – At their regular meeting on February 14, Rocky View County Council approved \$11,000 for the Bragg Creek Community Association to complete a master site development plan. The association aims to develop a plan, providing direction for long-term recreation and cultural planning for the Bragg Creek community.

"The Bragg Creek Community Association has worked diligently to provide many recreational amenities, which have become community hubs," says Rocky View County Reeve Rolly Ashdown. "The County is supportive of forward-thinking plans to enhance cultural and recreational opportunities for residents in the Bragg Creek area."

The Bragg Creek Community Association, a not-for-profit society, has supported several amenities on their site, including a community centre, outdoor hockey arena, play area, old school house, cenotaph, outdoor stage and parking lots. The association also supports the two outdoor tennis courts and a small club house adjacent to their community centre.

With this funding, the association will hire a consultant to build a plan supporting long-term sustainability of the amenities.

As part of the project, extensive community engagement will be initiated including community surveying, open houses and face-to-face conversations with key stakeholders. The Rocky View West Recreation Board recommended funding 50 per cent of the total cost of \$22,000. The Bragg Creek Community Association is committing \$5,000, while the consultant has agreed to donate \$6,000 for the remainder of the total cost of the project.

The Rocky View West Recreation Board supported this request and asked Council to consider the approval of the funding for the Bragg Creek Community Association.

Springbank Heritage Club

It has been a while since the last Heritage newsletter but it doesn't mean nothing has happened.

Each year some Board Members leave and new members elected to take their place. New members being Hugh Helmer, Mary Burke, and Alice Payne. Returning members being President Terry Gathercole, with existing board members Dave Walters, Ellie Janz, Joan Zwingli, Verna Helmer, Peter Heerschop, Joyce Taylor, Eric Longeway, and Roy Burke.

Tuesday is still the most active day of the week, particularly with the addition of a group of Bridge Players. We call Tuesdays "Games Day" but also a mixed group of singers meet in the morning for 2 hours for those 'good old songs' with director Joan Zwingli and Terry

on the piano. Cribbage, Shuffle board, and pool, takes up the bulk of the afternoon. Square dancing is on again for Thursdays and Fridays are "Social". Of special note regarding a recent Social, a tournament of: Bean Bag Baseball: was set up as the battle of the sexes. After 9 innings the score was tied so two additional innings were required to settle the winners. The men finally emerged on top. However, history points out that a previous game last fall was a walk-away in favour of the ladies. A rubber match will have to be played to solve this problem.

After lunch at a local restaurant a small group of members toured the new facility at C.O.P. to the Canadian Sports Hall of Fame. This is a very well done display in a beautiful new building and as it turned out, the weather was equally nice. This added to our enjoyment of the day.

On a sad note, the Heritage Club has lost two of its long time members: Cam Calvert and Marion Smith.

Roy Burke



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character
apostolic
spiritual

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WEB WORLD ONE

Lon Hofer

It's All Ones and Zeroes

I found a nice little tidbit that has somewhat validated what I have been instinctively and socially developing as a theory.

"A recent study from China published in Plos One found 10 per cent of Internet users suffer from Internet Addiction disorder, a recently acknowledged condition that disrupts brain-nerve fibres responsible for emotions, decision-making, and self-control. Its effects can be as damaging to young people as alcohol or cannabis."

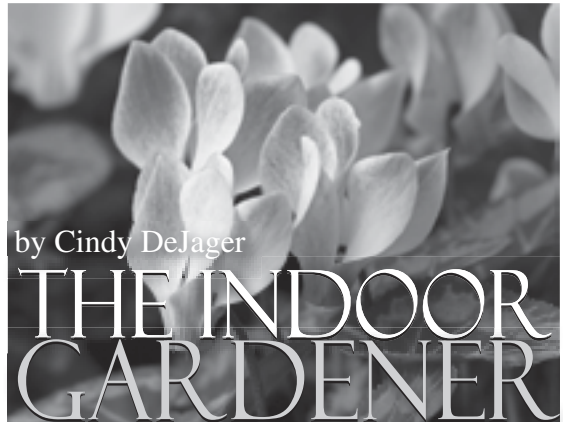
Interesting stuff. So if one were to extrapolate and try to prophesize a "trend" for the future you could see that some are becoming non-emotional creatures relying on data for decisions, relying on devices to replace their memories, relying on data capture to validate character or to validate their own insecurities. All of these things being artificial, unemotional, and data driven – and often leading to contention:

- In life people forget, sometimes remember incorrectly, or change their mind. In data they lied.
- In life people have casual conversations and say things casually. In data it is always certain.
- In life people change. In data you can't, don't, – and aren't going to.
- In life there is luck, chance, spontaneity, coincidence, emotion, and energy. In data it's ones and zeroes, yes or no.

Think of the impact that Web 2.0 / social media has had on society. As the impact and speed of technological advancement continues to escalate – what happens when we get to Web 3.0? (Web 3.0 is artificial intelligence.) Computers start to make all the decisions for us instead of just being the basis for which they are made? Does that make us obsolete and inefficient?

One could look at the alienation of the wisdom of society today from Web 2.0 as an initial proof of it already happening.

Quote Source: Metro News



I have just acquired my first Cyclamen – sometimes called Persian Violet. These beautiful, delicate plants are native to Europe and the Mediterranean region east of Iran. They are adapted to the deciduous woodlands and placing them in filtered light with morning or late afternoon sun is ideal. The leaves are heart-shaped and 'butterfly wing' flowers emerge from the tuber in colors of white, pink, or purple. At one time these plants were endangered from over collection for the horticultural trade, but proper education and propagation in nurseries has alleviated that threat.

I have always thought that caring for a cyclamen would be difficult, but with proper care you can have one for many years.

Watering: Cyclamen like humidity. Add a daily misting. Stand the pot in a bowl of water until the soil is thoroughly moist, then let it drain and don't water it again for another week or so, until it is dry.

Light: Bright, indirect. Cyclamen do not like heat; and temperatures above 20 degrees may induce your plant to go dormant.

Feeding: Feed with a low nitrogen fertilizer every two weeks.

Dormancy: The dormancy period for the cyclamen is April – September. When the leaves begin to turn yellow start decreasing watering and feeding, and stop completely when all the leaves are brown. Don't pull off any green leaves that may be left as these are how the tuber stores its food for the rest period. Give your plant a thorough watering now and if no green leaves appear move it to a cool, dry place until fall again when you will begin to see first signs of leave growth.



Does your puppy pee

when you pick him up or pet him?

Submissive urination typically happens when a puppy is nervous around people. They are not able to control this behaviour and punishment is unfair and will likely make the peeing increase. Most puppies will outgrow this as they mature, gain confidence, and develop muscle control over their bladders.

If you notice your puppy cowering, rolling over on their belly, tucking their tail, ducking their head, and averting their eyes during interactions there are some things you can do to help:

- Keep greetings low key – don't be too excited or loud.
- Be aware of your body language – making direct eye contact and leaning over a puppy can be intimidating. Try squatting to say hello.
- If your puppy does have an accident when you approach don't make eye contact. Take them outside to pee and reward them for doing their business outside.
- Teaching your puppy to sit for a treat when greeting people will help them to gain confidence, have a better association with new people, and if they are sitting nicely it makes it harder to pee.

House training is also important. Puppies can have accidents up to six months of age (it takes this long for their bladder muscles to fully develop) but we can limit the number of accidents.

- If you are not able to watch your puppy they should be placed in a crate, not left loose in the house.

- Watch for pre-elimination behaviours (circling, sniffing and whining) and take them outside right away. Gradually give your puppy more freedom, starting with a small area, like your kitchen, and gradually increasing to larger areas in your home.
- Provide numerous bathroom breaks. Reward and praise your puppy for doing their business outside. Go outside with your puppy and give them a treat as soon as they finish not when they come back in the house.
- If you catch your puppy having an accident inside say "oops" to interrupt and take them outside to finish. Do not punish or rub their nose in an accident.

- Set a feeding schedule and take your puppy outside 15 minutes after eating or taking a drink. If your puppy doesn't go, come inside, put them in their crate and try again 30 minutes later.
- Clean up accidents with cleaning products specific to pet urine.

Nicky Blackshaw, Certified Dog Trainer

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DIVIDENDS: INCOME, GROWTH AND DIVERSIFICATION

Mike Martin, CFA, MBA

Portfolios focused on dividend equities are often looked at by investors as defensive. From the standpoint that a dividend - based investment approach lowers the volatility and risk measures of a portfolio they are. However, over the last two decades dividend equities have provided a lot more than defence. They have provided the vast majority of market returns, growing tax efficient income, and the opportunity to hold an effectively diversified portfolio entirely comprised of dividend equities.

Dividends and the market

Over the last decade, dividend growers and payers have provided the vast majority of growth on the S&P/TSX Composite Index. Dividend payers provided annualized returns of 13.2% for the period shown, while non-dividend payers (i.e. growth stocks) provided returns of only 5.7%. Over the past twenty years, dividends have

comprised 25% of total market returns. The last five and ten years, have seen dividends contribute an increasing percentage of total market returns. As many corporate dividend payout ratio policies have increased over the last decade, and with the conversion of many income trusts to high yield dividend paying stocks, the importance of dividends is a trend that is expected to continue.

Along with a significant portion of total market returns, dividends have also provided excellent inflation protection for income investors. Over the last 20 years, the S&P/TSX Composite Index dividend has grown at over 5% annually, while inflation has caused price increases of 1.93% annually. Compounded over that time, inflation caused prices to increase by 46% while dividends grew by 169%. The end result – investors receiving these dividends saw their purchasing power increase by 84%.

The pace of dividend growth has kept income investors ahead of inflation Dividends and taxes

Dividends are one of the lowest taxed sources of investment income in Canada. From the lowest to the highest combined federal and provincial tax brackets, dividends are taxed significantly lower than interest and regular income.

Putting it all together

Along with growth, income, inflation protection and preferential tax treatment, dividend equities are also found in every major equity sector. As an investment class they have historically provided lower volatility and risk profiles. Whether re-invested in a dividend reinvestment plan, used to diversify into other investments or used as income, dividends provide an investor with options for deploying their capital. Putting it all together, dividend paying equities package all of the key elements needed for an investor's equity allocation.

Talk to your advisor

Your advisor can identify the solutions that offer the right mix of investments to suit your individual profile, so that you are well-positioned throughout changing economic environments and for the long-term. Talk to your advisor today about how dividend equities may fit into your portfolio.

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.

BRAIN GAMES SUDOKU

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WRITE ON HOCKEY

by Lon Hofer

Is the Game Aligned?

Times have changed. Since the advent of the much improved professional hockey leagues, the big brute strength and power of players is now less of a necessity, though still an asset. For a modern hockey player, the **secondary** components of physical fitness are of importance as well. These components are tough to train, but have a big effect on high level performance, especially with the push for a faster, cleaner game. These secondary components being: balance, coordination, agility, reaction time, speed, power, and mental capacity. (The primary components being: cardiovascular capacity, muscular capacity, flexibility, and body composition.)

But this can lead to trouble as well. A player who is trained top to bottom with full body vertical explosiveness and power is dangerous, as it is promoting just that. Full kinetic vertical explosion. Especially when the game is trying to lower itself away from the head.

Check out a certain Detroit hockey player. He is agile and strong *laterally*. I feel that professional leagues need to re-think how these players are built (including equipment) and re-align the players with the game they are trying to build. Build a prototype, and suggest training regiments that sync with the direction the game wants to go, especially if it actually gives you competitive advantage as a player.

Align fitness with the players, align the players with the game, align the game with the rink.

In this case it might be locking the vertical power into the lower body, while developing upper body lateral agility, softening the equipment that is most commonly hitting the head, and getting rid of seamless glass. Maybe even a little less of the linesmen in the scrums too. That might help develop some on-ice accountability.



DO YOU HEAR WHAT I HEAR?

by Dr. Emily Roback,
B.Sc., D.C.

I have come to the conclusion that compared to dogs, all humans must surely be hearing-impaired. Over the course of their domestication, dogs have been valued for their ability to hear sounds that humans cannot. For example, the Weimaraner is a breed which has an amazing ability to hear sounds from a distance of at least two blocks. And as a hard-of-hearing chiropractor and personal trainer, I have lived with a hearing loss, and communicating with deaf and hard-of-hearing individuals, I have learned to appreciate my 6-month Weimaraner, Ivey, even more.

A Hearing Dog is not simply a dog with specialized training. Most breeds that are developed for some kind work for mankind, fill a primary role, such as guarding, herding, or retrieving. Hearing Dogs on the other hand, need to fill three important roles each requiring certain temperament traits: in public – and for me this includes my private practice-- as a safe member of the community who can educate the public about the limitless value and potential of animals; in the home, a Hearing Dog functions as a close, interactive companion; and in their sound-alerting role, as a closely tuned-in link to the auditory world.

While their companion and public access roles are easily understood, the sound-alerting role is more complex. For instance, what happens when your dog hears an unknown and potentially threatening sound, for example three German Shepherds locked in the car barking, while you and your dog are out on a walk? To avoid chaos with your dog, consider carrying dog treats or biscuits in your pocket for emergencies. Let your dog investigate the unknown sound (i.e. barking dogs) and reward her with a biscuit after identifying where the sound is, staying calm and making eye contact with you.

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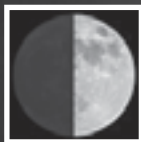
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MARCH MOON CALENDAR



First Quarter
March 1



Full Moon
March 8



Last Quarter
March 14



New Moon
March 22

March 1, First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

March 8, Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

March 14, Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

March 22, New Moon (Waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

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Calgary Rocky View Child & Family Services	310-0000 then 912-4758
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Hospital Rockyview	403-943-3000
Child Abuse Hot Line	800-387-5437
Cochrane Ecological Institute (wildlife emergencies)	403-932-5632
Crime Stoppers	800-222-8477
Elbow Park Rangers Station	403-949-3754
Environmental Complaint Emergencies	800-222-6514
Poison Centre	403-670-1414
RCMP	403-949-7729
Rocky View County	403-230-1401
Telus Mobility	#3800
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