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Karelian Bear Dog Growpaw's Olli. Photo by A. Litvak

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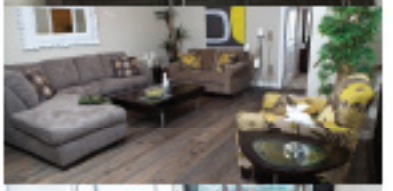

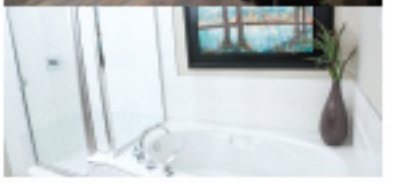

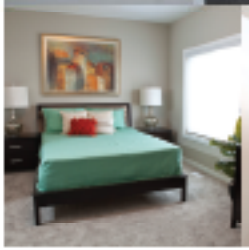

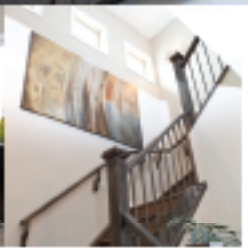

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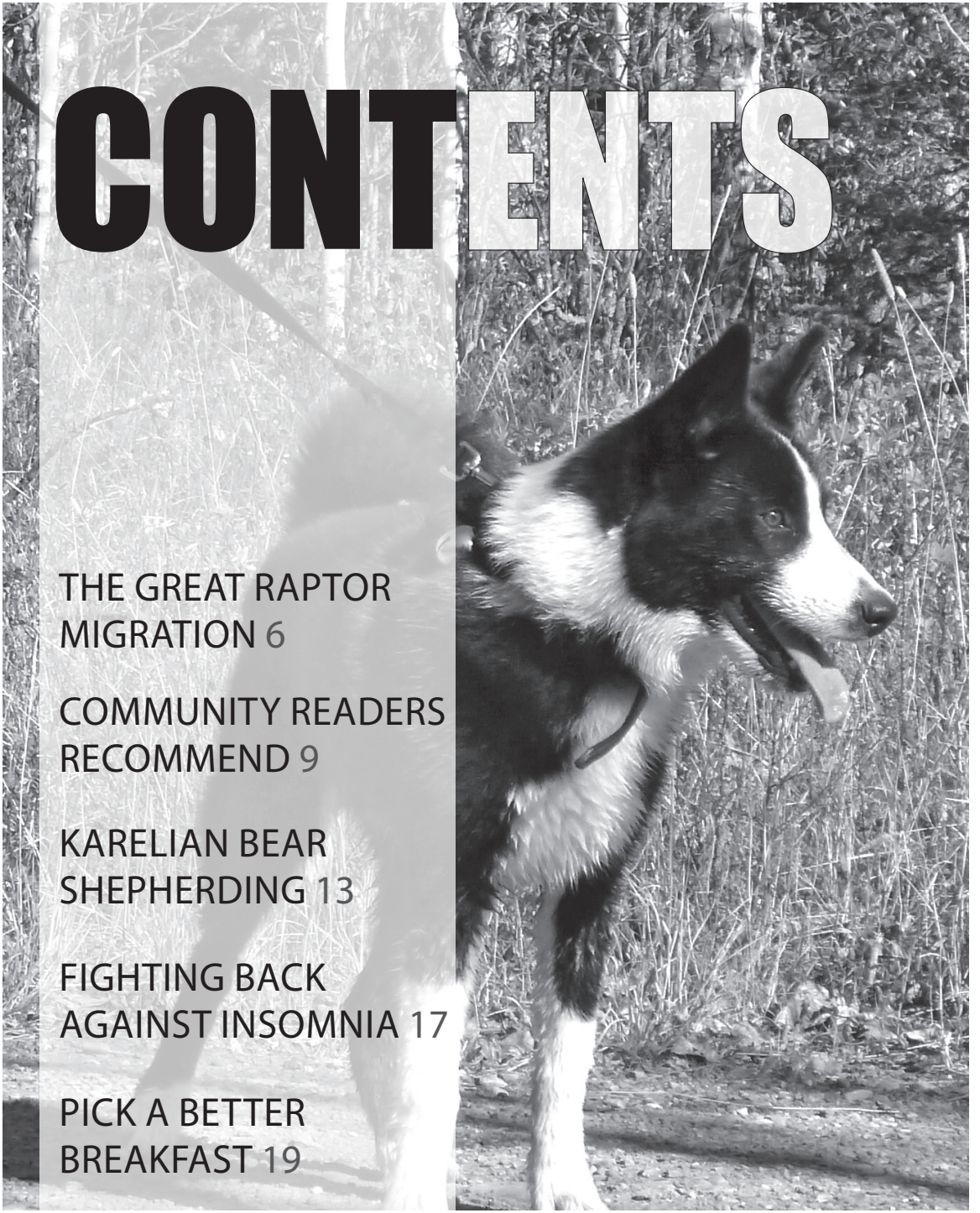

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- Strathcona Shopping Centre
- West Hills/Signal Hill
- Chinook Centre
- Downtown core

SCHOOLS

(S) denotes Separate (FR) denotes French Immersion

School	Grade	
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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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403.242.3431

Mountainview Lutheran
www.mountviewchurch.org

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COMMUNITY

Elbow Valley Visitor Information	403.949.4261
Springbank Park Recreation Centre	403.242.2223
Signal Hill Library	403.260.2600
Newsletter Advertising Sales	403.263.3044
Springbank Heritage Club	403.242.9350

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The Great Raptor Migration

We have all witnessed the annual migration of Canadian Geese, with their recognizable 'V' formation. This signals the start of fall or the coming of spring, but have you ever witnessed a mass migration of raptors?

The Swainson's hawk is an amazing bird that boasts one of the longest migrations of any bird. These small hawks migrate more than 10,000 km from their breeding grounds on the prairies of North America to their wintering grounds in South America.

After reaching three years of age, the Swainson's hawk forms a monogamous pair and together raises their fledglings. During this time the hawks feed mostly on Richard Ground Squirrels, mice and rabbits. Interestingly, in early September they start to gather in small groups feeding almost exclusively on grasshoppers found in newly harvested fields of grain. These small groups join others until they amass into a huge congregation of migrating birds bound for Argentina, Uruguay and Paraguay.

The Calgary Wildlife Rehabilitation Society (CWRS) receives 20-30 of these beautiful hawks each year, usually from collisions with vehicles or vulnerable baby fledgling's falling from the nest. The Society does everything medically to ensure the recovery and release of these birds, however severely broken wings as well as the vulnerability of the babies make this a challenge. The good news is that the public can help, but time is the factor. Should you see an injured hawk or a baby fledgling that is not in the nest, please call the CWRS as soon as possible. Let's ensure that precious time is not wasted in assisting these beautiful birds, increasing their chances of survival, rehabilitation and release.

Cheryl Bowman

Family Vacations!

by Maria Drach – Branch Manager at UNIGLOBE Beacon Travel, Strathcona Square, Calgary.

Specializing in Family Vacations

We are at a time in our life that we wish to see the world, and spend quality time with our children. We've done the typical all-inclusive beach vacations, and now yearn for something more. We have found that cruise vacations, ideally Royal Caribbean, provide us with exactly what we want in a vacation. And that is an opportunity to see the world; activities for everyone to enjoy and no hassle!

My husband and I are in our forties and blessed with twin girls who are ten years old now.

Two summers ago we did a 12 night Mediterranean cruise with our girls, and just this past summer we have returned from a Scandinavian & Russia Cruise with Royal Caribbean.

Both cruise vacations were fabulous!

We took advantage of the wonderful shore excursions Royal Caribbean offered some designed specifically for families. One of many tours that stand out for us was our full day adventure in St Petersburg, Russia. The morning tour of the Hermitage was unbelievable! The magnificent jewels, artwork, architecture and as the girls put it – the naked statues, was fascinating to all of us. I have never seen the girls take so many photos! Tip: consider getting your children a low cost camera for the vacation. It keeps them more involved in what they are seeing.

Then in the afternoon we had an art session with a master Matryoshka doll maker, painting the typical Russian dolls. Obviously a delight for the girls and actually very relaxing for my husband and I. My husband's Matryoshka doll actually turned out to be one of the best painted dolls of the group. What a surprise to us all!

Visiting the Colosseum in Rome was also very memorable. As the tour guide explained the history of what we were viewing we were transported back in time. Watching the girls faces as we heard stories of gladiators and lions fighting to the death… well, let's just say we knew they were captivated.

After each day at port it was a delight to be welcomed back on the cruise ship, have a cocktail, the girls a Virgin Mary with a fancy umbrella, and chat about our adventures of the day with our family and new friends on the cruise ship.

Our days at sea with Royal Caribbean were a wonderful mix with our busy days seeing Europe. We enjoyed activities together as a family such as swimming, mini-golf, rock climbing, and Bollywood dance lessons. Plus my husband and I had the opportunity to do things on our own when we liked, as there is a spectacular Royal Caribbean kids club – world class rated!

Pleasantly surprising, there are some great prices for Cruise Vacations on Royal Caribbean. Example : a 7 night Scandinavia Russia cruise Summer 2013 sailing, Ports of Call - Copenhagen, Denmark; Tallinn, Estonia; St. Petersburg, Russia; Helsinki, Finland; Stockholm, Sweden; Copenhagen, Denmark. An Outside Cabin sells from $1476.00 CAD per adult; and from $677.00 per child sharing with adults. (Includes taxes, air is extra). You can reduce the price even further if you are okay with an inside cabin.

Honestly, I can't think of any other vacation experience that is more perfect for our family right now than a cruise vacation with Royal Caribbean!

For more details call Maria at

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CULINARY FILE: muffins

MMM...MUFFINS

Warm from the oven, it's hard to resist seconds!

Muffins seem to be a universal favourite. They make a quick and easy breakfast paired with a chunky piece of cheddar for those who are pressed for time, or they make a great mid-morning or any-time snack.

Cranberry Yogurt Muffins

1 cup quick oats
1 cup Greek style yogurt
½ cup canola oil
¾ cup brown sugar
1 large egg
1 cup frozen cranberries
¾ cup all purpose flour
¼ cup barley flour
¼ teaspoon salt
½ teaspoon baking soda
1 teaspoon baking powder
¼ teaspoon cardamom

Topping mixture:
3 teaspoons sugar in the raw
1 teaspoon cinnamon

- In a small bowl, soak the oats in yogurt
- In a separate bowl, cream together the oil, sugar and egg, and then blend in the oats and yogurt mixture
- Combine all dry ingredients and add to the creamed mixture. Mix until just blended so muffins are light and tender
- Stir in frozen cranberries
- Use paper liners in muffin tins, and fill evenly
- Sprinkle the topping mixture evenly over the muffins
- Bake at 375°F for 18 minutes

Yield: 12 muffins

Orange-Date Muffins

1 large orange
½ cup orange juice
½ cup chopped dates
½ cup Becel margarine
1 large egg
1 cup all purpose flour
¼ cup whole wheat flour
¼ cup barley flour
1/3 cup sugar
¼ teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder

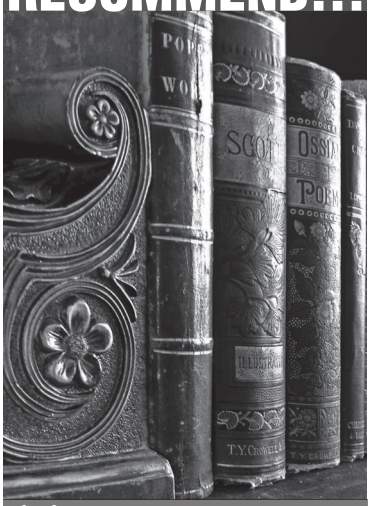
- Cut orange in half and with a grapefruit knife, segment the orange and remove any seeds. Place in blender along with dates and orange juice and process until liquid
- Add margarine and egg to liquid mixture and blend well
- Sift dry ingredients into a large bowl
- Tip the liquid mixture into the flour mixture and stir sparingly until just blended
- Use paper liners in muffin tins and fill evenly
- Bake at 375°F for 15 minutes

Yield: 12 muffins

Enjoy!

BG Rose

COMMUNITY READERS RECOMMEND...



Fiction

- The Kingmaker's Daughter – Phillippa Gregory
- The Imposter Bride – Nancy Richler
- Minding Frankie - Maeve Binchy
- The Emperor of Paris – C.S. Richardson
- Half-Blood Blues – Esi Edugyan
- The Litigators – John Grisham

Non-fiction

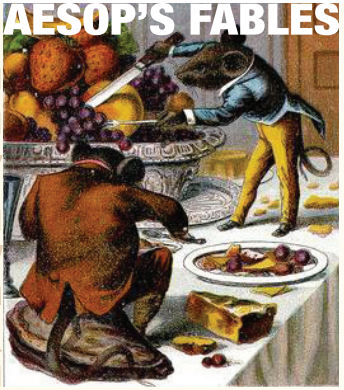
- Decisions - Jim Treliving
- The Last Lion: Winston Spencer Churchill, Defender of the Realm, 1940-1965 - William Manchester and Paul Reid
- In the Garden of Beasts – Erik Larson
- Let's Pretend This Never Happened – Jenny Lawson
- Queen Elizabeth's Diamond Jubilee – LIFE
- When I Left Home – Buddy Guy

Children's

- In Flanders Fields: The Story of the Poem by John McCrae - Linda Granfield
- The Secret Garden – Frances Hodgson Burnett
- The Snowy Day – Ezra Jack Keats

INSIGHT

AESOP'S FABLES



The Town Mouse and the Country Mouse

Now you must know that a town mouse once upon a time went on a visit to his cousin in the country. He was rough and ready, this cousin, but he loved his town friend and made him heartily welcome. Beans and bacon, cheese and bread, were all he had to offer, but he offered them freely. The town mouse rather turned up his long nose at this country fare, and said, "I cannot understand, cousin, how you can put up with such poor food as this, but of course you cannot expect anything better in the country; come with me and I will show you how to live. When you have been in town a week you will wonder how you could ever have stood a country life." No sooner said than done: The two mice set off for the town and arrived at the town mouse's residence late at night.

"You will want some refreshment after our long journey," said the polite town mouse, and took his friend into the grand dining room. There they found the remains of a fine feast, and soon the two mice were eating up jellies and cakes and all that was nice. Suddenly they heard growling and barking.

"What is that?" said the country mouse.

"It is only the dogs of the house," answered the other.

"Only," said the country mouse, "I do not like that music at my dinner!" Just at that moment the door flew open; in came two huge mastiffs; and the two mice had to scamper down and run off.

"Good-bye, cousin," said the country mouse.

"What! Going so soon?" said the other.

"Yes," he replied. "Better beans and bacon in peace than cakes and ale in fear."

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These days it is not uncommon to see many cats and some smaller breed dogs living into their late teens and early 20's. That is equivalent to us being in our 90's! Most people who manage to live into their 90's are not independent and require help with performing their daily routines. Many have medical conditions requiring a variety of daily pills, crèmes and drops, but with careful and proper assistance and good health care they carry on. Some pets, like some people are good at communicating their needs to those around them. They seek attention when they need help and really seem to appreciate that attention when offered. One problem when dealing with some older pets is that they hide any sign of weakness or illness and can be cranky if they suffer any health conditions. Their independent character can work against them, especially if they manage to fly under the radar of the household routines, gradually and subtly avoiding human contact. This is a red flag. Actually any sudden behavioural change in a geriatric pet should be thoroughly investigated. So many things can go wrong quickly at this stage of life. A good health care plan will keep them well cared for not only during their early years, but also well into their senior years when we really need to watch over them more closely to ensure that they truly are 'enjoying' their golden years!

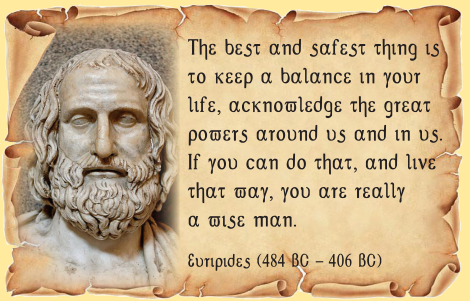
Thorough physical examination is important but, blood tests help us know how the body is doing inside where we cannot see or feel, and indicate how the major organs are functioning. With senior pets it's important to monitor the function of kidneys, liver, heart and the endocrine system (thyroid disease, diabetes, hyperadrenal glands)

Things to Consider with Your **Senior Pets!**

more closely. In most cases loss of organ function is more successfully and cheaply treated if detected in the early stages. Once your pet reaches late maturity a base line blood test is advised. This is important so we can compare results if serious illness occurs and diagnostic tests are needed. A 'senior's pet wellness program' would address that and also often detects health problems present in the early stages.

Normal aging changes can be the gradual loss of sight and or hearing, less energy, more time sleeping and some minor weight gain or loss, as it is with us as well! These changes are usually gradual but would be noted at the bi-annual senior health care exam and suggestions can often be made as to the various things you can do to help your senior pet as they age and ways to support them in their pursuit of a good senior life.

- Bill Golbeck, D.V.M.



Karelian Bear **Shepherding** Dogs at Work

Next time you are out hiking and enjoying the Peter Lougheed Park or the Bow and Kananaskis regions you might feel more comfortable knowing that there is a special breed of dog working hard to make your visit safer. Karelian Bear dogs are taught to recondition bears and reduce human-bear conflicts. It is a method that helps to prevent bears from having to be relocated outside their home ranges and destroyed.

The Karelian Bear Dog is native to Karelia, Finland in Northern Europe and has been bred for centuries to hunt large game including moose, elk and bear.

It is very unusual for a KBD to bite a human but they will kill another animal if they feel threatened. Proper socialization and training is necessary due to their disposition.

These dogs are loyal to their owners and are good with children, but are best for people who lead active life styles and live in the country.

Parks are the busiest during the summer and fall – maybe if you are lucky you'll see these beautiful dogs at work.

D. Dali

in & around your community

SPEAK UP FOR THOSE WHO ARE SILENCED

It is hard to know what to do when witnessing domestic violence. What happens in their relationship is their business, right? Will I be meddling if I say anything or call for help?

Victims of domestic violence, including children, are often silenced and they need your help. You could be the person that makes the difference and helps stop the cycle of abuse.

This November's Family Violence Prevention Month campaign encourages Albertans to call the Family Violence Info Line at 403-310-1818 and help those affected by family violence. This 24-hour line is toll-free, available in 170 languages, and available seven days a week.

Let's encourage a community standard in which family violence and bullying are unacceptable. Take the steps to learn more about abuse, what you can do, warning signs, and where to get help. Information and resources can be found at www.familyviolence.alberta.ca

EMS YIELDING TO EMERGENCY VEHICLES

Time is the enemy in any emergency. You can help; EMS, police and fire get to the scene quickly and safely by following the rules of the road. It's important for motorists to understand how to safely yield right of way to emergency vehicles with lights and siren activated so that everyone stays safe.

While driving on the road

- Drive defensively at all times. Be attentive to sirens of emergency vehicles and be prepared to yield the right of way.
- It is the law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving in the lane next to where an emergency vehicle is stopped.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Do not drive on or block the shoulder of highways if emergency vehicles require it for access. Instead, wait for the emergency vehicle to pass before merging safely back in to the flow of traffic.
- Always leave plenty of space between your vehicle and an emergency vehicle in case it should stop suddenly.

What to do when an emergency vehicle approaches with lights and siren activated

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, clear the intersection.
- On a one or two lane road, motorists should move to the right side of the road and stop. Remember to signal.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal.
- Remember, emergency vehicles may need to use any available road space to maneuver. This may include the use of shoulders and left hand turning lanes to pass other traffic.

~continued on page 18~

BRAIN GAMES SUDOKU

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9			1					
4	7	8						

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Canadian Vignettes

Maple Leaves and Poppies

by William Bedford

Poppies still bloom
in Flanders' Fields
though guns
no longer roar
and children romp
where carnage raged
in war-torn days of yore.

To honour those who
perished there
far from their northern home
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of the eleventh month
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Languages Spoken:
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Fighting Back Against Insomnia

By Dr. Alma Nenshi, DC

Do you struggle to fall asleep at night or find yourself wide awake at three in the morning wondering if you'll fall back to sleep at all before your alarm goes off? If you answered "yes," you are not alone. Research has shown that up to 50 percent of the population suffers from sleep problems, with up to a third having struggled with it for at least a year.

The average adult requires a little over 8 hours of sleep each day; however, very few people are able to manage that with lives that are more hectic than ever. A disruption to our circadian rhythm, which governs our hormone production, body temperature and sleep, can lead to insomnia. Prolonged insomnia can cause mental fuzziness and increases your risk of depression, headaches, auto accidents, and can lead to substance abuse. Of course, worrying about the lack of sleep you are getting rarely helps you get more sleep! Stress, anxiety, and widespread use of coffee and alcohol are some of the greatest contributors to insomnia.

Learning how to manage stress effectively is one of the best ways to increase your chances of getting a good night's sleep. Here are some strategies you can use:

- Get regular exercise before dinner, which can help put your body in a restful state by bedtime. Just be sure not to exercise too close to bedtime, as this will likely make you restless.
- Try to get out in the late afternoon sun as often as possible to stimulate melatonin release, which will help get your circadian rhythm back on track.
- Use stress reduction techniques such as yoga, meditation and Tai Chi, which are great ways to help teach your mind and body to relax.
- Caffeine and smoking keep the body stimulated. Try to avoid them from mid-afternoon on, and keep your consumption of alcohol to a minimum.
- Eat a small snack of protein with a complex carbohydrate just before bed, such as peanut butter on a whole-grain cracker. It can keep your blood sugar from dipping too low and waking you up in the night.
- Keep to the same sleeping and waking schedule every day and don't change it by more than an hour on weekends.
- Avoid television or computer use at least an hour before bedtime, as it stimulates the brain, making it difficult to fall asleep.
- Keep your bedroom dark, quiet and cool.
- If you are lying awake for more than about 20 minutes, get up and go sit in another dimly lit room until you feel sleepy.

These strategies have proven useful for many people in getting them back to a regular sleeping rhythm. Give them a try — they may help you too!

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in & around your community cont'd

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RESPONSIBLE GIFTING

Do you think a family member or friend would benefit from having a cat or dog in his or her life? Before you go ahead and buy that special someone a pet, consider a gift certificate instead!

Since cats and dogs are like people in that they all have unique personalities and needs, we suggest that you purchase a gift certificate from Animal & Bylaw Services. With gift certificates, the recipients can choose a pet that they and any other members of the household feel comfortable with. They enable the beneficiaries to choose cats or dogs that will fit with their lifestyle.

Potential pet owners need to find a pet that is the right size, whose activity level and personality complements the family's, and whose needs can be met in terms of time and costs.

All the cats and dogs for adoption at The City of Calgary Animal Services Centre have been vet-checked, spayed or neutered, have received their first set of vaccinations (excluding rabies), are licensed and have a microchip. Animal & Bylaw Services gift certificates come in any denomination and can also be used for licensing fees.

If you choose to buy a gift certificate toward the purchase of a pet elsewhere, ensure that the provider is reputable and treats its animals humanely. There are many reliable rescue organizations offering cats and dogs for adoption in Calgary.

For more information on our gift certificates or adopting an animal, contact 311, visit calgary.ca/animalservices or visit the Animal Services Centre at 2201 Portland Street SE, during regular business hours.

Pick a Better Breakfast while Supporting Your Community

By Janet Doyle

As the leaves of autumn dust the ground you may be thinking it's time to hibernate and stay inside. But with the apples turning ripe on the trees now is the perfect time to get outside with family or friends and try your hand at apple picking right here in the city.

Contrary to popular belief, Calgary is home to a variety of fruit trees, the majority of which are under-picked and the fruit goes unused. Adrien Buckley, a local environmental planner set out to remedy this problem by creating the Calgary Urban Harvest Project, connecting tree owners with volunteers while providing fresh, local produce for everyone involved, including the Calgary Inter-Faith Food Bank. Not only is this activity fun for everyone but it also supports local produce, reduces carbon emissions, and gives you the excuse to indulge in some crisp, sweet produce straight from Mother Nature. Even if you can't get out to do some apple picking yourself, several farmers markets in Calgary are open all year round with local, fresh produce.

You don't always have to eat an apple the same old way, so we've come up with a smoothie recipe that features apples as a delicious way to appreciate the fruits of your labour as well as to use up some seasonal berries. We've included bee pollen* to give this recipe an extra nutritional boost.

Back in the spring before the apples are formed on the tree, the apple blossoms first need to be pollinated by bees. So, if bee pollen is what helps plants grow, what can it do for humans? Research from the North Carolina State University Cooperative Extension shows that depending on the region, season, and the plant, bee pollen contains an estimated 100 vitamins, minerals, amino acids, enzymes and other compounds. Because of the ratio of protein and nutrients, it is considered one of the most nourishing supplements you can take. Dr. Joseph Mercola, a New York Times Best Selling Author, has gathered extensive studies on bee pollen that show positive effects to strength, weight loss efforts, skin, as well as helping to reduce the effects of cancer. It also adds to the absorption of any food you eat it in combination with. You can find bee pollen at your local health food store or direct from the source at a farmers market.

Ingredients:
2 apples
1/2 cup coconut water
1 cup raspberries
1 cup fresh baby spinach

Directions:
1. Add the spinach, (bee pollen) and coconut water to the blender and puree until the spinach is thoroughly blended.
2. Chop up the apples ¼ inch cubes and add to the spinach mixture along with the raspberries. Mix at a high speed until fruit is blended.

Enjoy your delicious smoothie knowing that you have supported your community and taken steps to improve your health!

If you'd like to contribute the harvest from your fruit trees to the Calgary Fallen Fruit Rescue program or get involved in fruit picking call 403-483-9787 or visit http://calgaryharvest.com

*It is important to note that some people experience allergic reactions to bee pollen, so it is recommended to put a single granule on the tip of your tongue to and gauge your reaction. If you are allergic you will begin to experience a reaction within minutes of the pollen being absorbed by the mucus membranes of your tongue. Any signs of a runny nose, itchy eyes, nose or throat, shortness of breath, hives or other skin problems will indicate an allergy to bee pollen and you should not continue to use it.

Christmas Craft Shows 2012

NOVEMBER 3

Cedarbrae Christmas Craft & Bake Sale
11 am – 4 pm
Cedarbrae Comm. Assoc. – 11024 Oakfield Drive SE

Riverbend Community Craft Fair
10 am – 3 pm
Riverbend Comm. Assoc. – 19 Rivervalley Drive SE

Okotoks Christmas Festival
10 am – 4 pm
Foothills Centennial Centre – 204 Community Way

Chestermere Christmas Craft Sale
10 am – 4 pm
Chestermere Rec. Centre - 201 West Chestermere Dr.

November 3 & 4
Elbow Valley Arts & Crafts Christmas Market
9 am – 5 pm
Elbow Springs Golf Club – Hwy. #8 West

NOVEMBER 9 & 10

Annual Glamorgan Christmas Craft Sale
5 pm – 9 pm / 10 am – 4 pm
Glamorgan Comm. Centre – 4207 - 41st Avenue SW

Parkdale Crafts & More Show
4 – 9 pm / 10 am – 4 pm
Parkdale Comm. Centre – 3512 – 5th Ave. NW

NOVEMBER 10

Parkland Christmas Gift & Craft Fair
10:00 am – 4:00 pm
Parkland Community Hall – 505 Parkvalley Rd. SE

NOVEMBER 9 - 11

Millarville Christmas Market
Friday 10:00 am – 8:00 pm / Sat. & Sun. 10:00 am – 5:00 pm
Millarville Racetrack – SW of Calgary near intersection of Hwy. 22 & 549 E

NOVEMBER 13 - 15

7th Annual Christmas Craft Sale
10 am – 8 pm daily
First Alliance Church – 12345, 40th Street SE

NOVEMBER 15 & 16

Fair Trade Festival
10 am – 7 pm / 10 am – 3 pm
St. Mary's University College – 14500 Bannister Rd. SE

NOVEMBER 16 & 17

Thorncliffe Greenview Christmas Craft Fair
5-9 pm / 10 am – 3 pm
TG Community Association – 5600 Centre St. N

NOVEMBER 17

Copperfield Craft Fair
9 am – 2 pm
Marquis De Lorne Comm. Assoc. – 6 Copperstone Way SE

Annual Cardinal Newman Christmas Craft Fair
10 am – 4 pm
Blessed Cardinal Newman School – 16201 McKenzie Lake Blvd.

Holy Spirit CWL Craft Show
10 am – 3 pm
Holy Spirit Catholic Church – 10827 – 24th St. SW

Edgemont Christmas Craft Sale
10 am – 3 pm
Edgemont Comm. Assoc. – 33 Edgevalley Circle NW

McKenzie Towne Christmas Craft Fair
10 am – 5 pm
McKenzie Towne Hall – 40 McKenzie Towne Blvd. SE

NOVEMBER 17 & 18

LBCA 28th Annual Christmas Craft Fair
11 am – 4 pm
Lake Bonavista Rec. Centre – 1401 Acadia Dr. SE

St. Gerard's Christmas Bazaar
10 am – 1 pm
8944 Elbow Drive SW

NOVEMBER 23 & 24

Shawnessy Annual Christmas Craft Fair
3 – 9 pm / 10 am – 4 pm
The Barn – 224 Shawmeadows Road SW

NOVEMBER 24

2nd Annual Cranston Christmas Bazaar
10 am - 4 pm
Century Hall – 11 Cranarch Road SE

Auburn House Christmas Craft Fair
10 am – 4 pm
Auburn House – 200 Auburn Bay Blvd. SE

Mid-Sun Community Centre Craft Sale
9 am – 12 noon
Mid-Sun Comm. Centre – 50 Midpark Rise SE

Annual Albert Park Radisson Heights Christmas Craft & Bake Sale
9 am – 4 pm
Albert Park Radisson Heights Comm. Hall – 1310 – 28th St. SE

DeWinton Christmas Craft Fair
10 am – 3 pm
DeWinton Community Hall
www.dewintonca.com for driving directions

Richmond Knob Hill Christmas Craft Sale
10 am – 4 pm
RKH Comm. Assoc. – 2433 – 26th Ave. SW

NOVEMBER 30 & DECEMBER 1

Harvest Hills Christmas Craft Sale & Tea
4:00 pm – 8:00 pm / 8:00 am – 3:00 pm
10099 Harvest Hills Blvd. NW

DECEMBER 1

5th Annual Cookie Walk
10 am
McDougall United Church – 8516 Athabasca St. SE

20th Annual Christmas Craft Show
9 am – 3 pm
Monsignor Smith School – 2919 Douglasdale Blvd. SE

Haysboro Christmas Craft Fair
10 am – 2 pm
Haysboro Comm. Hall – 1204, 89th Ave. SW

Montgomery Community Christmas Craft Sale
9 am – 4 pm
Montgomery Comm. Hall – 5003 – 16th Ave. NW

DECEMBER 6

University of Calgary – MacEwan Student Centre North & South Courtyards
10 am – 4 pm
402 Collegiate Blvd. NW

DECEMBER 7 & 8

Highwood Christmas Craft Fair
5:00 pm – 8:30 pm / 9:00 am – 3:00 pm
10099 Harvest Hills Blvd. NW

** Information current at time of printing. E. & O. E.*

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NEED HELP RESEARCHING FOR YOUR NEXT CRUISE OR VACATION? Karen White, an Independent Cruise and Vacation Specialist with ExpediaCruiseShipCenters in Aspen Glen Landing SW, Calgary is available to help. I can be reached at 403-984-4402 or e-mail kwhite@cruiseshipcenters.com. Be sure to check out my webpage: www.cruiseshipcenters.ca/KWhite.

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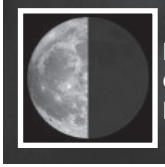
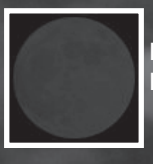
NOVEMBER MOON CALENDAR



Last Quarter Nov. 6



New Moon Nov. 13

First Quarter Nov. 20

Full Moon Nov. 28

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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
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Learn more about Webber Academy by attending one of our upcoming Information Evenings. A presentation on our school programmes will be held in our Library and tours of the facility will be offered.

2013 Information Evening Dates:

- Thursday, January 10, 2013 - 7:00 PM
- Thursday, February 21, 2013 - 7:00 PM
- Thursday, April 25, 2013 - 7:00 PM

For more details, visit:
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