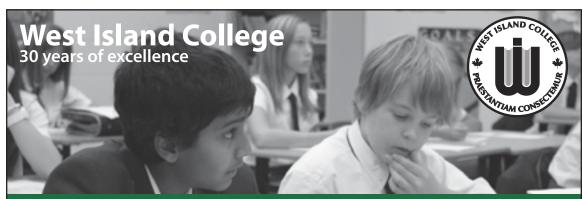
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# GONTE

**ROCKY VIEW COUNTY** RELEASES EARLY **SURVEY RESULTS 5** 

**SPRINGBANK SENIOR CURLING NEWS 7** 

**FOUR STEPS TO FINDING YOUR MUSIC 9** 

**INDOOR GARDENING 14** 

AT A GLANCE 15-16



# **Elbow Valley is minutes away from:**

- Strathcona Shopping Centre
- West Hills/Signal Hill

- Chinook Centre
- Downtown core

## **SCHOOLS**

(S) denotes Separate (FR) denotes French Immersion

(5) denotes separate (FR) denotes French infiniersion	
School	Grade
Bow Valley High School	9-12
Cochrane High School	9-12
Elizabeth Barrett Elementary (FR)	K-4
Manachaban Middle School (FR)	5-8
Holy Spirit Catholic School (S)	K-9
St. Francis High School (S)	10-12
Rocky View Virtual School	9-12
Elbow Valley Elementary (FR)	K-4
Springbank Middle School (FR)	5-8
Springbank Community High (FR)	9-12

www.rockyview.ab.ca/schools/bowvalley
www.rockyview.ab.ca/cochrane
www.rockyview.ab.ca/barrett
www.rockyview.ab.ca/manachaban
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http://springbank.rockyview.ab.ca
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## **CHURCHES**

Springbank United 403-288-9086

Springbank Community Church 403.242.3431

Mountainview Lutheran www.mountviewchurch.org

Valley View Presbyterian 403-249-6006

First Lutheran 403-242-4544

## 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



#### **Rocky View County Releases Early Survey Results**

With three weeks left to go, Rocky View County is pleased to announce over 850 residents have participated in taking the priorities survey as part of the County Plan project. Preliminary analysis of the survey data indicates some priorities such as roads and fire protection rank high throughout the county, while other areas such as recreation and culture are receiving high scores in specific areas of the county.

Participation by age is within the normal age breakdown in the county with the exception of the 15 - 25 age group which is under-represented. Only eight per cent of the respondents are below the age of 25.

"We have good participation across the County" says Richard Barss, Project Manager for the County Plan project but he encourages residents outside of hamlets and country residential communities to take part in the survey.

Offices are closed on statutory holidays

**Planning & Community Services** Phone: 403.520.8166

Email: building@rockyview.ca

**Road Maintenance Call Centre** 

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**Hours of Operation** 

Monday to Friday

information:

Fax: 403.277.3066

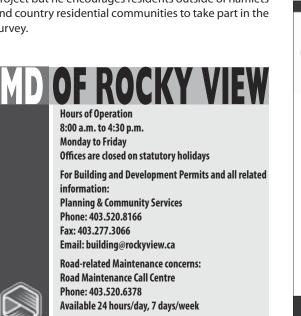
Phone: 403.520.6378

8:00 a.m. to 4:30 p.m.

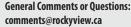
"I am very happy we have received such an excellent response from residents and we hope it continues until the close of the survey," says Barss. "Our aim is to reach as many residents as possible to get a comprehensive picture of what the top priorities are for them."

The County Plan provides high level guidance on development and service in Rocky View for approximately the next 10 years. Council and administration will use the information to set priorities and make decisions on transportation, the environment, housing, agriculture and many other development areas.











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#### 31260 ELBOW RIVER DRIVE, Elbow River Estates

Exceptional walkout bungalow 4 acres only 5 minute walk to river, 2 minute drive to Glencoe Golf Club & only minutes to Calgary. Multiple video tours check them out at **www.ewingteam.ca.** This large bungalow features a total of 6 bedrooms & 6 bathrooms, 2 double garages & an extra large heated shop

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# Springbank Senior Curling News

by Garth Smith

The Springbank Senior Mixed Curling Club resumes activities on Oct. 12, 2012 at the Springbank Park for All Seasons. Senior curlers, men and women (50 and over) are welcome for this upcoming season. If you are interested in a little physical activity and a chance to make some new friends then please call. No experience is required, only a good attitude.

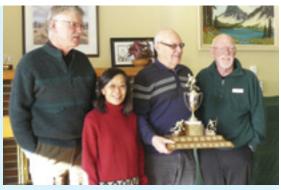
For information contact – Garth Smith - 403-240-0490 Brenda Makowichuk – 403-239-2160

The Senior Mixed Curling Club wound up its 2011/2012 season with its annual lunch and presentations March 16, 2012 at the Springbank Heritage Club.

The Club competition was held in two 10 game segments with the Nelson trophy being awarded to the winners of each segment.

The pre-New Year champion was the rink skipped by Jim McKibbon while the after-New Year champions were skipped by Don Kondo.

As well for the first time since 1995 The Simpson Cup returned to Springbank. The cup is awarded to the annual



Left to right: Tony Vysniauskas (lead), Terry Miner (second), Jim McKibbon (skip), Mike Hunter (third)



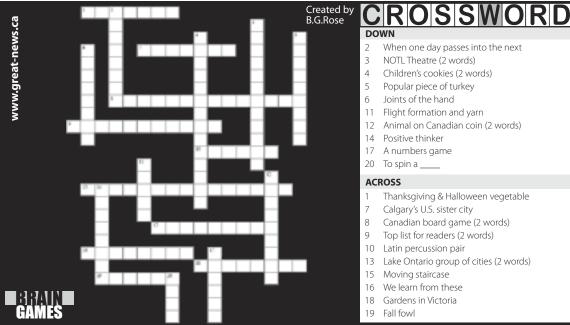
Champions – Mar 2012 Left to right: Bob Gordon (second), Don Kondon (skip), Bill Harper (lead), Denise Labdhuk (third)

winner of a round-robin, Senior Mixed competition among the communities of Banff, Canmore, Cochrane and Springbank.









Down: 2. midnight 3. shawfestival 4. animalcrackers 5. drumstick 6. knuckles 11. skein 12. polarbear 14. optimist 17. sudoku 20. yarn Across: 1. pumpkin 7. phoenix 8. trivialpursuit 9. bestsellers 10. congas 13. goldenhorseshoe 15. escalator 16. mistakes 18. butchart 19. turkey





# FOUR STEPS TO FINDING YOUR MUSIC Intentionally curb your stress and boost your mood!

by Jennifer Buchanan, MTA (Accredited Music Therapist)

When we find our music and use music with intention we can use it to help us decrease our stress, boost our mood or potentially take us anywhere we want (need) to go. Here are the four steps to help you get there:

1. Document Your Life's Soundtrack - We are always collecting music. Some of our collection gets released over time and temporarily forgotten while other music memories endure throughout our lifetime. The first step to finding our music is to take time to document your life's soundtrack from earliest childhood memories and finishing with your current music memories. How strong are these memories? What associations are you having?

2. Determine Your Current Music Listening Habits

Our music listening habits are unique to each one of us. Where have you listened to music over the past month? When do you not listen to music? How do you feel when you are not listening to music? If you are not using music why do you think that is? After you respond to each of those questions the next step is to ask yourself, "If that was to mean something then what could it mean?"

- 3. Identify Your Music Preferences We are all aware to greater or lesser degrees of what we like and don't like in music. Your preferences are your greatest triggers to snap you into the mood you want to be in. To prepare "Playlists for Life" try doing a little bit at a time. By selecting six to eight songs, you can easily have a thirtyminute playlist that inspires and motivates you to the emotional state you want to be in.
- **4. Establish Your Anchor Songs** An anchor song becomes so ingrained that it anchors an emotional state immediately upon hearing it. Do you and your significant other have "your song?" Do you have a song that no matter what, when you hear it or sing it, it stands as your personal anthem? Anchor songs or theme songs help firmly fix us to an emotional state, luring us into action. What are your anchor songs?





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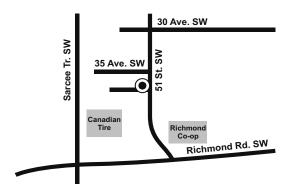
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**Family Physician** 

#### IS ACCEPTING NEW PATIENTS



# around community

# ANIMAL& BYLAW SERVICES The Scoop on Dog Poop

Dog owners who consistently pick up after their dogs know that this is an important part of being a responsible pet owner. Not only are dog feces offensive to our sense of smell, they can pose some serious health and safety risks.

- Common diseases and parasites that can be transmitted to people and pets through feces include: Giardia, roundworm, ringworm, tapeworm, salmonella, and E. coli.
- When people (especially children) touch soil, dog toys or anything that has been in contact with dog feces and then touch their mouths, they can become infected.
- If a human ingests roundworm larvae, it can cause damage to the brain, lungs, kidneys, liver, heart or eyes.
- Parasitic infections can make humans extremely sick and for pregnant women, can pose serious risks to their unborn children.

- Although it takes about one year for dog waste to disintegrate, parasites can remain in the soil for many years.
- Flies will consume and lay eggs in feces. These same flies can then come into your home and spread diseases as they make contact with your food.
- Un-scooped poop is carried by overland water flow or is washed into ground water and/or storm drains, ending up in our streams and rivers.
- Dog poop is the leading contributor to storm water contamination.
- Pet fecal matter is classified as a dangerous environmental pollutant. It's in the same category as toxic chemicals and oil.
- Dog poop can also attract wild animals such as coyotes.

Join us on **September 8 at Nose Hill Park** and **October 13 at Bowmont Park** for our P.U.P.P.Y (Pick Up Pooch's Poo Yourself) events. These events are held in partnership with Calgary Parks and are aimed at promoting park clean-up and educating park users about the sustainable use of off-leash areas.

For more information, visit calgary.ca and search "P.U.P.P.Y."



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### Join us October 4 at 7pm for a travel presentation featuring South Africa!

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Please RSVP by September 28. Space is limited.





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details!





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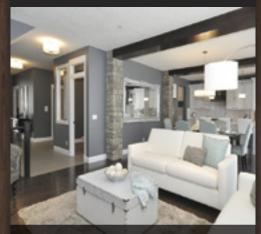
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#### Gardening by the phases of the moon

#### September 8

#### 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.

#### September 15

#### 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.

#### September 22

#### 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.

#### September 29

#### **Full Moon (waning)**

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

## **KEYBOARD SHORTCUTS**

You are working in a document and you want to:

Change your line spacing. Do this:

Single-line space CTRL+1 Double-line space CTRL+2 1.5 line spacing CTRL+5 Add or remove one line space preceding a paragraph

CTRL+0 (zero)



#### **New Rec Centres Taking Shape**

Now that Council has approved what goes into the city's four new recreation facilities, The City of Calgary is moving into the design phase.

These concept plans aren't the final designs, but show how amenities might be arranged to ensure they fit on the sites for the two larger facilities being planned; Seton (top) and Rocky Ridge (bottom). Architects will take these concept plans and develop them into detailed designs with the help of user groups from Calgary's sport and cultural community.

These centres will be designed to act as community hubs for residents to gather to play, learn, create, connect and grow.

If you are interested in getting more involved, contact your Community Advisory Group. Contact details and updates at www.calgary.ca/newreccentres.

# CALGARY RECREATION Culture Month

In 2012, The City of Calgary Recreation celebrates 100 years of community contribution, supporting the growth of the recreational landscape in Calgary through arts, sports and leisure time activities.

Recreation has a year of planned activities, in monthly themes to encourage all Calgarians to get active and participate in the centennial fun. In September, we're celebrating 'Culture' and Calgary, as the Culture Capital of Canada in 2012. Join us this month for:

**Calgary 2012 Culture Days** September 28, 29, 30. Join the public party and see the Sweet City Women Cultural capital theme song made into a Lip Dub via a city-wide creative project in Olympic Plaza. www. calgary2012.com

**Sport Day in Canada** September 29 A national celebration of sport. The City of Calgary is hosting a number of events for the whole family on Sport Day at City of Calgary Recreation facilities. www.calgary.ca/recreation

Doors Open YYC September 29 and 30.

Go behind the scenes of Southland Leisure Centre and learn the secrets and mechanics of how the facility works. Doors Open YYC – DO YYC Naked includes 35 sites revealing spaces never before viewed by the public.

To learn more about participating in the REC 100 celebrations, visit www.calgary.ca/rec100. The City of Calgary Recreation – a century of achievement and a future of possibilities.

# FOOTHILLS AND GLENMORE ATHLETIC PARKS

The City of Calgary Recreation has developed concept plans to redevelop both Foothills and Glenmore Athletic Parks. The proposed redevelopments include an overall reorganization that incorporates facility, site, and infrastructure improvements to address existing deficiencies, accommodate demand, increase opportunities for broader usage, as well as, enhance the aesthetic qualities of each athletic park.

The next step in the proposed redevelopments of Foothills and Glenmore Athletic Parks is to submit the site planning and overall reconfiguration of the sites for Site Development Permit (DP). The intent of this next stage is to identify community concerns and to incorporate concerns from other City departments with the technical input resulting from the feasibility studies. The goal of this exercise is to resolve any outstanding issues that may prevent effective implementation. Notably, this DP application will be for site planning only, no buildings/ structures will be included.

Recreation enriches lives and builds strong communities. Your support of this project will strengthen your community and help build additional community spaces, playgrounds and competition-ready athletic amenities for all Calgarians. As part of the City's ongoing commitment to engage citizens, we will be hosting an Open house for each Athletic Park. For more information about the project and the upcoming Open houses visit www.athleticparks.ca.

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#### Ready to increase your home's curb appeal?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property

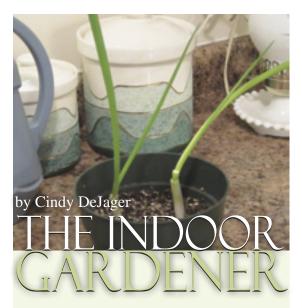
It will not rust, rot or shift, and there are no seams for weeds to grow through.

#### Already have Curb?

Kilbco can also re-seal existing curb, driveways, and walkways to bring back that brand new look.

Free Estimates 403-870-0737

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## **Green Onions in the Kitchen**

How many times do you go to the store and buy green onions and chop them up for salad and then throw away the roots?

What if you planted those roots in a pot and never had to buy green onions again, wouldn't that be great?!

I did just that.

And it does not take long for your green onions to grow and provide you with delicious fresh clippings that you can use for your salads and cooking.

Try this for yourself and enjoy the taste of fresh green onions in your kitchen.



# YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- September 1 Calgary Scottish Highland Games at Springbank Park, celebrating Scottish and Celtic heritage through music, Highland dancing, pipe bands, food and cultural events. www.calgaryhighlandgames.org
- September 1 Olde Towne Okotoks Country Fair in downtown Okotoks. Something for the whole family. 403.938.8950/ www.oldetowneokotoks.ca
- September 2 BBQ on the Bow Festival at Eau Claire's Festival Market. Enjoy barbecue competition, entertainment, concessions, crafts and more. www.bbqonthebow.com
- opening September 5 Sexy Laundry at Stage West Dinner Theatre. 403.243.6642 / www.stagewestcalgary.com/shows. html.
- September 5 9 The Masters showcases the world's top show-jumping horses and riders at Spruce Meadows. www.sprucemeadows.com
- September 7 November 4 Jail House Rock at Jubilations Dinner Theatre. 403.249.7799 / www.jubilations.ca
- September 11 30 Next to Normal An award winning rock musical presented by Theatre Calgary. www.theatrecalgary.com
- September 13 15 Great Masterpieces of the 20th Century presented by Alberta Ballet, www.albertaballet.com
- September 14 CFL Stampeders vs Blue Bombers at 7 pm at McMahon Stadium. www.stampeders/com
- September 14 Roy Forbes 40th Anniversary Tour presented by Fish Creek Concerts. For information logon to www.fish creek concerts.com
- September 15 Herman's Hermits starring Peter Noone at Deerfoot Inn and Casino. Wristband at 6:30 pm. / Show at 9:30 pm. 403.236.7529 / www.deerfootinn.com
- September 21 30 Calgary International Film Festival with over 150 film screenings from around the world at various theatres throughout the city. www.calgaryfilm.com
- September 28 CFL Calgary vs Edmonton at 8 pm at Mc-Mahon Stadium. www.stampeders.com
- September 29 & 30 Railway Days at Heritage Park. Model railway displays and demonstrations, tours. 403.268.8500 / www.heritagepark.ca
- September 30 Festival of Lanterns, Love & Hope to honour the 20th anniversary of the Chinese Cultural Centre. Lanterns, legends, music and dance. www.culturalcentre.ca

# SEPTEMBER 1 CALGARY SCOTTISH HIGHLAND GAMES

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at Springbank Park, celebrating Scottish and Celtic heritage through music, Highland dancing, pipe bands, food and cultural events. www.calgaryhighlandgames.org



# SEPTEMBER 14 CFL STAMPEDERS VS BLUE BOMBERS

at 7 pm at McMahon Stadium. www.stampeders/com



#### SEPTEMBER 29 & 30 RAILWAY DAYS AT HERITAGE PARK

Model railway displays and demonstrations, tours. 403.268.8500 / www.heritagepark.ca



#### OCTOBER 18 - 20 OTHELLO

performed by Alberta Ballet www.albertaballet.com



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#### OCTOBER 29 CHUCHO VALDES QUINTET

at Jack Singer Concert Hall 7:00 pm. Part of Epcor's World Music Series. 403.294.9494 / epcorcentre.org



# SATURDAYS THROUGHOUT OCTOBER OKOTOKS PUMPKIN & SCARECROW FESTIVAL

with corn maze, contests, chili cook off, kids activities, entertainment and more in and around the town of Okotoks. 403.938.2857 / www.kayben.com



# YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- October 6 Calgary Flames & Minnesota Wild face off at 7:00 pm at the Saddledome. www.calgaryflames.com
- running until October 7 Double Indemnity performed at Vertigo Theatre. It was murder at first sight! 403.221.3708 / www.vertigotheatre.com
- October 9 The Chieftans band visits Calgary for their 50<sup>th</sup> Anniversary Tour. Part of Epcor's World Music Series. Jack Singer Concert Hall at 7:00 pm. 403.294.9494 / epcorcentre.org
- October 9 WordFest a six-day literary festival at various venues in Calgary, Banff and Bow Valley. 403.237.9068 / www.wordfest.com
- October 11 & 12 Watermelon Slim at 8:00 pm is part of Epcor Centre's PCL Blues Series hosted in the Engineered Air Theatre. 403.294.9494 / epcorcentre.org
- October 16 November 11 Pride and Prejudice Jane Austen's bright and witty comedy presented by Theatre Calgary. www.theatrecalgary.com
- October 19 John Wort Hannam performs with Steve Dawson Duo, part of the Fish Creek Concerts series. For detailed information 403.263.0079 / www.fishcreekconcerts.com
- October 20 Cello & Piano Shauna Rolston and Heather Schmidt, two award-winning Canadian musicians team up for this inspiring performance at Eckhardt-Gramatte Hall, University of Calgary. 403.220.7202 / www.performingarts.ucalgary.ca
- October 20 Nitty Gritty Dirt Band at Deerfoot Inn and Casino. Wristband at 6:30 pm / Show at 9:00 pm. 403.236.7529 / www.deerfootinn.com
- October 26 Calgary vs BC in CFL action at McMahon Stadium 7:00 pm. www.stampeders.com
- October 29 November 16 War & Peace: A Music Festival for our Time led by Maestro Roberto Minczuk of the Calgary Philharmonic Orchestra, at various locations throughout Calgary. www.cpo-live.com
- October 30 Art of Fugue Matthew Dirst, organist performs at Eckhardt-Gramatte Hall, Rozsa Centre, U of C. 403.220.7202 / www.performingarts.ucalgary.ca e.& o.e.

SEPTEMBER 2012 | Great News Publishing | Call 403-263-3044 for advertising opportunities

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Lon Hofer

After writing this I realized the demographic of these publications probably does a lot of these already, but maybe this can be a form of motivation for any youthful folk who may not be as easy to motivate to help out with the environment.

Even doing one of these things once is great. You don't have to become an advocate or be righteous about it. And you're not being cheap, broke, or a 'granola' as some western minded folk might portray - just chip in for the environment as a component of wellness.

- 1. Make biking or walking a form of transport. Even if it's just once a week or for one small trip to the store. Anything is chipping in. Use the vehicle only once a day in the nicer months or eliminate it for one day a week.
- 2. Work under natural light when you can if you have large windows, whether it's at office or home.
- 3. Re-use containers or bags that you get with groceries.
- 4. Don't be afraid to buy the odd used thing.
- 5. Recycle.
- 6. Donate or sell your unused things. Better yet, put the reins on your spending of material things. Don't always get sucked into 'sales' and 'discounts' - do you need what they are selling?
- 7. At work if your garbage can never fills up and gets a new bag weekly through routine, don't have one by your desk. Take a walk with your food waste to the kitchen, and recycle everything else. It will save the cleaning company some tasks, get you some exercise, and you will be more social at work.
- 8. Set up something to remind you to do all of this as we all get busy, forget, and go back to old habits.

Try this email from David Suzuki: http://www.davidsuzuki.org/what-you-can-do/

# COMMUNITY LASSIFIED ADS

## Deadline – 1st of each month Contact news@great-news.ca

- Free announcements: lost/found, for sale, wanted, garage sale, etc.
- Forty word limit



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## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911	
Alberta Adolescent Recovery Centre	403.253.5250	
Alberta Health Care	403.310.0000	
Alberta Health Services		
Addictions Hotline	1.866.332.2322	
Ambulance (AHS) – Non Emergency	403.261.4000	
ATCO Gas – 24 Hour Emergency	403.245.7222	
Calgary HEALTH LINK 24/7	403.943.5465	
Calgary Police – Non Emergency	403.266.1234	
Calgary Women's Emergency Shelter	403.234.7233	
Child Abuse Hotline	1.800.387.5437	
Child Find – Alberta	403.270.3463	
Cochrane Ecological Institute		
(Wildlife Emergencies)	403.932.5632	
Distress/Crisis Line	403.266.4357	
ENMAX – Power Trouble	403.514.6100	
Poison Centre - Alberta	403.944.1414	
Suicide Crisis Line	1.800.784.2433	
HOSPITALS / URGENT CARE		
Alberta Children's Hospital	403.955.7211	
Foothills Hospital	403.944.1110	
Peter Lougheed Centre	403.943.4555	
Rockyview General Hospital	403.943.3000	
Sheldon M. Chumir Health Centre	403.955.6200	
South Calgary Urgent Care		
Health Centre	403.943.9300	
OTHER		
Alberta Fish & Wildlife	1.877.944.0313	
Calgary Humane Society		
(Injured & Stray Pets)	403.250.7722	
Calgary Parking Authority		
(Towed/Abandoned Vehicles etc.)	403.537.7100	
Calgary Seniors' Resource -		
SeniorConnect	403.266.6200	
Call Before You Dig		
(Buried Utilities)	1.800.242.3447	
City of Calgary	311	
Kerby Centre for the 55 plus	403.705.3246	
Road Conditions – Calgary	1.877.262.4997	
RCMP – Non Emergency	403.949.7729	
Weather Information	403.299.7878	
Wildlife Help Line		
(Injured Animals, etc.)	1.888.924.2444	

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# EXCITED ABOUT NEW FACILITY

Dr. Beatriz García-Díaz is the Science Lab Coordinator at Webber Academy. She is excited about the upcoming academic school year and the opening of the new high school science centre, featuring over 900 square meters of dedicated lab and instruction space. Her vast experience and education proved to be an asset in the design of the science centre.

She is a graduate of the University of Havana where she earned her Bachelor of Science in Biochemistry and went on to work as an Instructor and Researcher until 1994. Awarded with a scholarship from the German Academic Exchange Agency DAAD, she moved to Munich to complete her PhD in Natural Sciences at the Technical University of Munich with a focus on Biochemistry and Molecular Biology.

Dr. García-Díaz moved to Canada in 2001. She has worked as a Researcher and Teaching Assistant in the Biochemistry Department at Queen's University and in the Department of Biological Sciences at the University of Calgary for the past 10 years and has enjoyed supervising graduate and undergraduate students as well as divulging her research on protein structure by lecturing in a number of scientific conferences and publishing research articles in peer-reviewed journals. She joined the team of teachers and support staff at Webber Academy in 2010 and is looking forward to working in the new science centre scheduled to open in September.

For more information on Webber Academy please visit:

www.webberacademy.ca

or attend our next information evening:

Thursday, Nov 15, 2012 at 7:00 PM









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