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To Do List
* ~~BOOK MAMMOGRAM!!~~
- Get milk
- Pick up dry cleaning

While the cause of breast cancer remains a mystery, one thing is certain: early detection offers the best chance for survival.

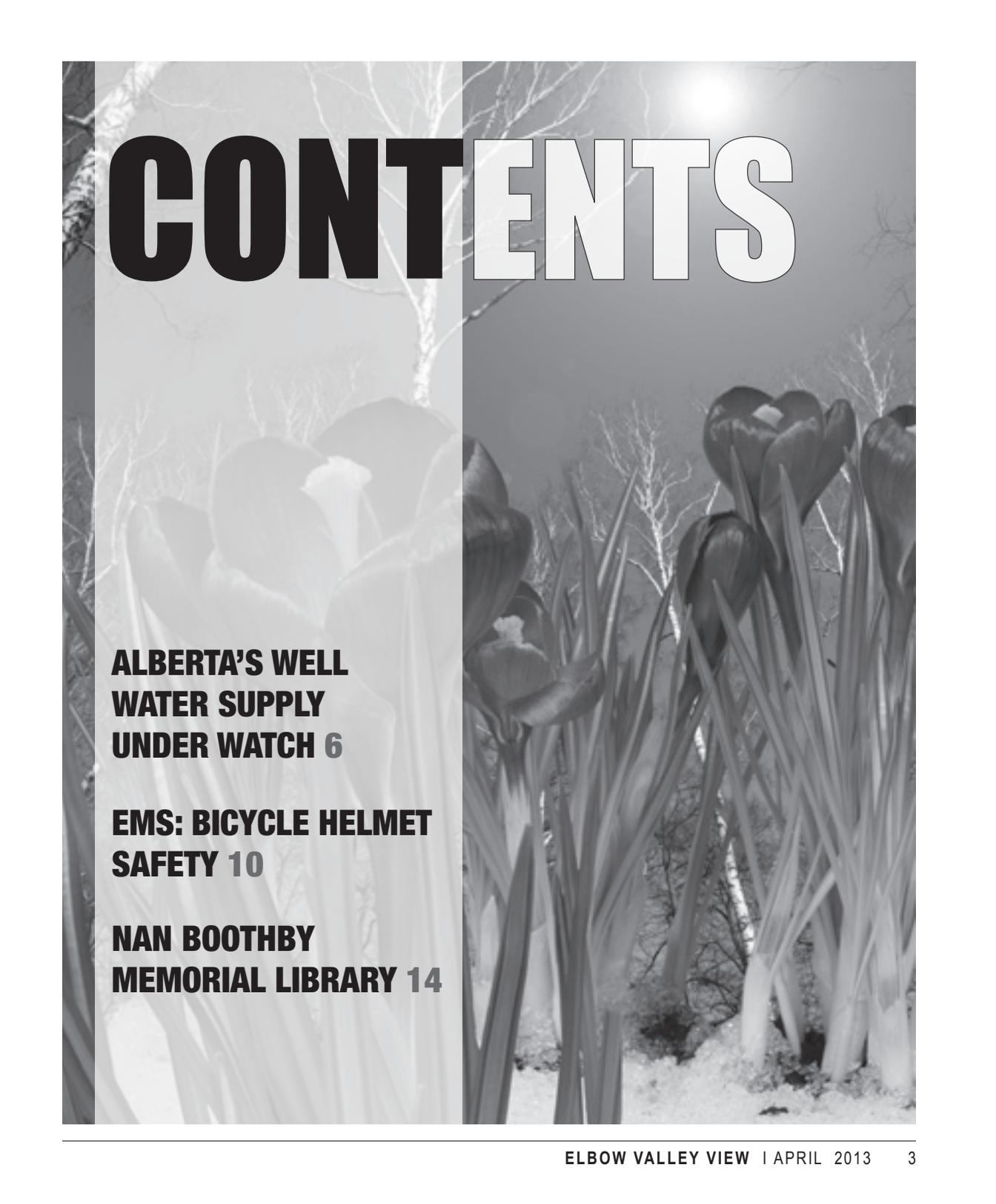
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Elbow Valley is minutes away from:

- Strathcona Shopping Centre
- West Hills/Signal Hill

- Chinook Centre
- Downtown core

SCHOOLS

(S) denotes Separate (FR) denotes French Immersion

School	Grade	
Bow Valley High School	9-12	www.rockyview.ab.ca/schools/bowvalley
Cochrane High School	9-12	www.rockyview.ab.ca/cochrane
Elizabeth Barrett Elementary (FR)	K-4	www.rockyview.ab.ca/barrett
Manachaban Middle School (FR)	5-8	www.rockyview.ab.ca/manachaban
Holy Spirit Catholic School (S)	K-9	www.cssd.ab.ca/schools/holyspirit/
St. Francis High School (S)	10-12	www.cssd.ab.ca
Rocky View Virtual School	9-12	www.rvvs.com
Elbow Valley Elementary (FR)	K-4	www.rockyview.ab.ca
Springbank Middle School (FR)	5-8	http://springbank.rockyview.ab.ca
Springbank Community High (FR)	9-12	www.rockyview.ab.ca

CHURCHES

Springbank United
403-288-9086

Springbank Community Church
403-242-3431

Mountainview Lutheran
403-242-5000

Valley View Presbyterian
403-249-6006

First Lutheran
403-242-4544

Rockpointe Church - Westhills Site
403-851-0011

Richmond Hill Baptist
403-242-1256

Westside Kings Church
403-777-0800

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
244168 RR#33

This information was taken from a pamphlet created by the Calgary Police Service and AMA



3 Key Tips for How to Spot and Avoid Phishing and Vishing Scams

The word phishing comes from the analogy that Internet scammers are using email lures to “fish” for passwords and financial data from the sea of Internet users. Phishing is the creation of email messages and web pages that are replicas of existing, legitimate sites and businesses. These web sites and emails are used to trick users into submitting personal, financial or password data. You could be asked for information such as credit card numbers, bank account information, social insurance numbers and passwords. The goal of criminals using brand spoofing is to lead you to believe that a request for information is coming from a legitimate company. In reality, it’s an attempt to collect your information for the purpose of committing fraud.

With vishing, criminals ask you place a phone call instead of asking you to click on links that direct you to a malicious web-site. When you call, a recording will ask for personal information like a credit card number. Criminals will then recognize any telephone keystrokes you type in, thus receiving your information. Do not use a phone number provided in an email. Use a phone number that you have independently found (like from your bank or credit card provider) instead.

1. Protect your computer with anti-virus software, spyware filters, email filters and firewall programs which are updated regularly.
2. Do not reply to any email that requests your personal information.
3. Look for misspelled words.

MD OF ROCKY VIEW

Hours of Operation

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

Monday to Friday

Offices are closed on statutory holidays

For Building and Development Permits and all related information:

Planning & Community Services

Phone: 403.520.8166

Fax: 403.277.3066

Email: building@rockyview.ca

Road-related Maintenance concerns:

Road Maintenance Call Centre

Phone: 403.520.6378

Available 24 hours/day, 7 days/week

General Comments or Questions:

comments@rockyview.ca



news@great-news.ca

Editorial
Content

DEADLINE

1st
of each month
for the next
month's
issue



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Alberta's Well Water Supply under Watch

Rocky View County, Alberta – Instincts and estimates about rising or falling water levels in rural Alberta can now be checked by factual data through an online platform that was launched at the end of February.

The Rocky View Well Watch, a joint initiative between the University of Calgary and Rocky View County to track and visualize groundwater levels in the region, lets landowners and members of the public see how water levels are changing. The new portal collects information on water levels in 40 wells in the Rocky View area, which are monitored by university researchers and 25 volunteer landowners.

“The majority of our residents rely on wells as their water source,” says Vince Diot, Municipal Engineering Technologist at Rocky View County. “The web portal is launching with four years of data that can now be presented visually to help viewers understand how water levels are affected by things like individual consumption patterns, as well as environmental and climatic factors.”

Dr. Masaki Hayashi, Professor in the Department of Geoscience in the Faculty of Science at the University of Calgary, and team lead for the Rocky View Well Watch, says this project will help make this data more easily available. “Before the web portal was developed, the monitoring system was fragmented and time-consuming. It didn't give the well owners, or the public, the chance to

visualize and engage with water issues in their community,” he says.

The new system displays Rocky View's groundwater levels using a virtual web map, with time series graphs showing the rise and fall of water rates as the readings are taken on a daily or bi-monthly basis. The system was developed in conjunction with a team of geospatial experts in the Schulich School of Engineering at the University of Calgary, led by Steve Liang, assistant professor in Geomatics engineering.

“We are excited about the opportunity the Rocky View Well Watch presents, not only for landowners looking to monitor their water resources, but also for interested citizens and teachers wanting to educate their students about the impact of human activity on the Alberta water table,” says Liang. Liang's work is part of a larger project called GeoCENS, partly funded by Microsoft Research, which integrates and makes available a full range of environmental data.

The portal is using the latest in cloud computing and data management technology. Expertise and support was provided by Cybera, Alberta's not-for-profit organization mandated to advance and protect the interests of Albertans on the rapidly emerging frontiers of technology.

“When it comes to water, we support initiatives that help protect and preserve water in towns, cities and urbanized areas. We believe no single organization or company can protect our world's water: it's a responsibility shared by individuals, communities, governments, and industry,” says Bruce MacKenzie, Regional President, RBC. “Together with our partners at the Rocky View Well Watch, we are proud to support this network of active and concerned groups protecting one of the world's most precious resources.”

The RBC Blue Water Project was a funder of the project along with Agriculture and Agri-Food Canada. The research project supporting the development of the Rocky View portal was also funded by CANARIE, Canada's research network organization.

Hayashi and team hope to extend the project to nearby counties in the near future.

CROSSWORD

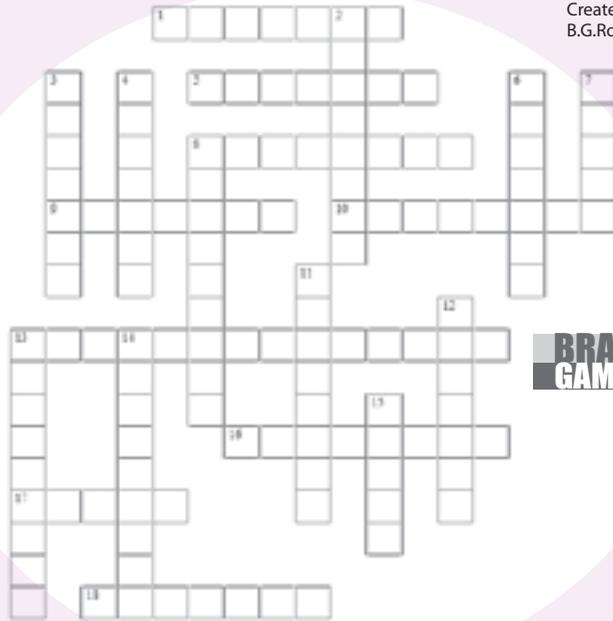
Created by
B.G.Rose

ACROSS

- 1 Light rain
- 5 Slang term for U.S. \$10 bill
- 8 Broadway musical brothers George and Ira
- 9 April showers bring these in May
- 10 Former Governor General & flavoured tea blend (2 words)
- 13 Prime Minister featured on Canadian \$5 bill (2 words)
- 16 Romeo's surname
- 17 Spring flower festival in Ottawa
- 18 World's driest desert

DOWN

- 2 The best medicine
- 3 World's largest ocean
- 4 Found in Canadian Badlands
- 6 "Provence of the Caribbean" (2 words)
- 7 Male cats are Toms, female cats are _____
- 8 _____ Mean Time
- 11 Licorice stick
- 12 Tuxedo bird
- 13 Peanuts bird
- 14 British term for two weeks
- 15 A "bald" bird



**BRAIN
GAMES**

Across 1: drizzle 5: sawk 8: Gershwin 9: flowers 10: Earl Grey 13: Woodstock 14: fortnight
Down 2: laughter 3: Pacific 4: hoodoos 6: St. Barts 7: Molly 8: Greenwich 11: claret 12: penguin 13: Woodstock 14: fortnight 15: eagle



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Extractions
Emergencies

calgary reads

Spring cleaning? Donate, Volunteer, Shop

Need some help with your spring cleaning? You may not find anybody to help you wash windows, but if spring cleaning your bookshelves is on the to-do list, why not donate your high quality, pre-loved books to the 11th annual CBC Calgary Reads Book Sale, held May 10-12? It's the perfect way to ensure that those books you enjoyed so much (but just don't have room for anymore) find their way into a good home. At the same time, you'll be helping struggling young readers find the joy of literacy.

You can drop off gently-read books at the Calgary Curling Club (720 - 3 St NW) on April 27-28 (9am-4pm), April 29-May 3 (9am-8pm) and May 4-5 (9am-

4pm). Books are also gratefully accepted at the Calgary Food Bank (5000 - 11 St SE, Warehouse door 3) from April 29-May 3 (8:30am-6:30pm). Please do not donate encyclopaedias, textbooks, Harlequin Romances, Readers' Digest, book tapes or magazines.

Have you heard about the special perks that CBC Calgary Reads Book Sale volunteers enjoy? Sure, there's the warm fuzzy feeling that comes with helping out a good cause, and the fun and camaraderie that happens behind the scenes at the book sale, but there is also a special Volunteer Appreciation event on May 8, featuring Calgary's Poet Laureate Kris Demeanor and the comic a-capella group HeebieJeebees. The book sale offers a variety of volunteer opportunities, including collection, sorting, set-up and sale. It's also a great way for your group to get out, help out and have some fun.

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Recreation

Hockey nets, ski/snowboard/skateboard ramps and basketball nets are not permitted on City streets, even temporarily.

Obstruction

Do not place electrical cords, hoses or chains over a sidewalk. Do not place any material in lanes, streets, sidewalks or City right-of-ways.

Vehicles

Vehicles parked on driveways may not block sidewalks or boulevards.

Do not leave unregistered, uninsured vehicles on City streets or lanes.*

A vehicle must be operable and moved within 72 hours or it may be considered abandoned and removed as such.*

*This regulation is a part of Alberta's Traffic Safety Act and is enforced by the Calgary Parking Authority.

There once was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence.

The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there. A verbal wound is as bad as a physical one."



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Alberta Heath Services: EMS Bicycle Helmet Safety

Bicycle crashes are the leading cause of brain injury in school-aged children. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. Remember – it is the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury or save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example: always wear your own helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side to side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit and comfort.



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Signal Hill Library

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3 Things for Calgary

What can you do to improve Calgary? Hear about the cool things Calgarians have done already and design your own "3 Things" to create local change for the better. Presented in partnership with the Mayor's Civic Engagement Committee. Sunday, April 21, 1:30 to 3:30 p.m.

Sun Life Financial Arts + Culture Pass

This initiative opens doors and opportunities for low-income Calgarians to access quality arts and culture experiences. The Sun Life Financial Arts + Culture Pass operates in partnership with the City of Calgary Recreation Fee Assistance Program which qualifies individuals and families for financial support and for eligibility to access event tickets and admission passes through this program.

Participants must have a Fee Assistance card and a Calgary Public Library card in good standing. Visit any Library location for more information and to see what the available event listings are. Information is also available at artsculturepass.ca.

Drop-in Family Storytimes

Did you know Signal Hill Library has Drop-in Family Storytimes every Saturday morning, 10:30 to 11:00 a.m.? We also have Drop-in Storytimes Tuesday and Thursday mornings, 10:30 to 11:00 a.m., until the end of June.

Picky Eating

Do you have a picky eater? A registered dietician from Alberta Health Services will talk about this common behavior in toddler and preschool children. Monday, April 15, 6:30 to 8:30 p.m. Register online at www.birthandbabies.com.

Time to Choose: Career Options for Teens

Learn about online resources to help teens investigate careers and explore postsecondary education programs across Canada. Monday, May 6, 7:00 to 8:30 p.m. Registration starts April 23.

Summer Program Guides

The Adult and Kids & Teens Program Guides for May to August will be available online and at all library locations on Monday, April 15.

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in & around your community

Animal & Bylaw Services reminds Calgarians to avoid illegally placing temporary signs

With the arrival of spring, Animal & Bylaw Services would like to remind Calgarians to consult the rules for posting temporary signs before placing them along city streets or in other public areas.

Complaints about temporary signs advertising everything from landscaping to garage sales tend to increase as the weather warms up. If illegally placed, they can cause a public safety concern by impeding the visibility of motorists and pedestrians. They can even cause traffic hazards.

Since May 2012, bylaw officers have taken down over 7,500 illegal signs.

There are proper areas and methods of legally placing signs. To be legal, the bylaw states that temporary signs must be:

- At least 30 metres away from an intersection.
- At least 10 metres away from a crosswalk.
- Two metres from the curb or edge of the road.

It is illegal to place signs:

- On a traffic island, centre median, or if the placement creates a potential traffic or pedestrian hazard.
- On a street light pole, traffic control device, fire hydrant, Plus 15 bridge or sound attenuation wall.
- By permanently affixing them or supporting them with string, rope, wire or metal stakes or if the placement causes damage to municipal property.
- That are larger than 0.6 square metres or 2X3 feet in size.

Calgarians are also reminded to be respectful and ensure that they are not placing signs on private property.

Temporary signs must list the name, address and phone number of the owner and date the sign was placed. The sign cannot be displayed for longer than 14 consecutive days or for more than 24 hours after the advertised event has ended.

Officers can impound any signs found in breach of the bylaw with a \$100 fine per sign. The Temporary Signs on Highways Bylaw 29M97 also includes a list of roadways where signs are prohibited or restricted. To read the bylaw, visit calgary.ca/bylawservices.



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Communication in “Style”

Sometimes when we verbally communicate and listen to each other, we do so in different styles. We can be very effective in our communication and listening styles. However, if they are not in line with whom we are conversing with, we can be left with miscommunication. As an example, think of a time when you just wanted your partner to listen to a problem you were experiencing – a good “vent session.”

Instead, your partner (with good intention) starts offering you suggestions on how to fix it. Or alternatively, you go to your partner with a problem looking for some direction and, instead they only provide you with empathy and an ear. In both examples, the listener was trying to be supportive but was not meeting the needs of the speaker.

This example describes two different styles of communication; empathy and advising. These two styles are likely the most common in our day-to-day communication skill set.

Empathic communication is listening to the person and placing you in the speaker’s “shoes”. The listener provides an emotional relation to what the speaker is saying. As an example “that must have been really difficult for you to deal with all of that.”

Advising communication is when the listener provides some input and direction to the speaker’s message. As an example “maybe next time you are feeling this way, you can speak to your supervisor for support with all that is on your plate.”

Both communication styles can be very effective. However, if the speaker is not looking for advice or direction and you offer it, you may receive an abrupt reaction – “I wish you would just listen to me!”

Generally speaking, men tend to fall into the advising category and women into the empathic listening cate-

gory. Gentlemen; have you ever wondered “how can she keep talking about it over and over with her friends?” or ladies; have you ever felt “why won’t he just listen! I don’t want him to fix it – just listen!” You end up feeling frustrated with your partner when all they want to do is help.

Next time you communicate to your partner, think about what you are looking for in that exchange. Do you want your partner to help you solve the issue? Or, do you want your partner to just listen? By expressing this to your partner ahead of time, they will know exactly what you need out of the communication exchange resulting in an effective exchange.

Kaylie Rodriguez, Registered Psychologist

BRAIN GAMES SUDOKU

	5				7	8	4	9
					5	2		
		3			8		7	
				5				7
6	1		3		4		8	2
5				6				
	8		7			9		
		4	2					
1	6	2	5					3

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Nan Boothby Memorial Library

405 Railway Street West
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www.cochranepubliclibrary.ca

Residents of Elbow Valley, as part of the MD of Rocky View, are eligible for a yearly membership at the same fee scale as residents of Cochrane. To obtain a library card visit in person and show a valid picture ID and address ID.

Programs

Register at the Circulation Desk or by calling 403-932-4353. Further program details may be found online.

Weekly Children's Programs:

Dramatic Story Time/Craft on Wed. from 10:00-11:00 am for ages 3-5.

Preschoolers, are you ready for an adventure?

Join us for some dramatic story telling. Learn how to engage your child in the most fascinating journey of their lives... Bump heads with a rhinoceros. Go to sleep with a bear. Journey to places unknown! We have it all right here for FREE! Be sure to sign up!

Musical Mites for ages 3-5 on Wednesday and Friday from 11:00-11:30.

Become a member of our high-energy interactive environment. Watch your child learn to sing, dance, hop and sway to stimulating and engaging music. Fun for everyone, even MOMS! This is a free music enrichment program that started in January. Be sure to sign up.

Wiggles and Giggles for ages 0-2 on Fridays from 10:00-10:30 am.

Moms, are you looking for a bonding time where you can socialize with others while learning new songs and rhymes? Look no further... A FREE program on Fridays at 10:00am here at your library!

Drop-In Story Time on Friday afternoons from 2:00 – 2:30 pm with Mzzz. Bee

Upcoming Programs

"Resources for Natural Healing" with Kim Buckler on Tues. Apr.16 from 7-8:30 pm.

Join Kim Buckler, Spirit and Soul Healing, and explore some of the options from Reiki and Reflexology to using herbs, crystals, aromatherapy and more. Experience energy work demos and learn how to listen to your body so that you can live a healthier life. Handouts will be provided.

"Understanding Dementia" on Wed. April 17 from 6:30-8:00 pm.

"Wildflowers of Banff Park" a multi-media presentation with author Ian Wilson on Thurs. April 18 at 7:00 – 8:30 pm.

"Income Tax Assistance" on Apr. 18 from 7pm - 8:00pm

Jerry Koenderink and Jan Watson will provide one-on-one assistance to guide you in the filing of your income tax for 2012. A sign-up sheet will be available at the circulation desk at the beginning of March.

"Signing for You and Your Baby" with Maureen Topp on Sat. Apr. 20 from 2-3:30 pm.

Bring your infants and toddlers for story time with Beebo the Baby Signs Bear. Maureen Topp, Baby Signs Instructor, shows you how to communicate with your baby/toddler through simple signs and gestures.

"Cochrane Humane Society Visit" Sat. Apr 27. 2-3pm
Join Marlis from the Cochrane Humane Society as she visits with a pet from the animal shelter. A drop-in program. Next visit, May 25th.

"Phoneography - a presentation re: photo contest / exhibit" with Winter Photographics on Tues. April 30 at 7:00 - 8:30 pm.

Cell phone photographers are invited to participate in a unique photo competition and exhibition at the Nan. Join Jennifer Winter of Winter Photographics and showcase your skill.

"Ladies Night Out – Leisure Arts" on Thurs. May 2 at 7-8:30 pm.

Join us for an evening of entertainment, leisure activities, relaxation and refreshments. Enjoy tea from Tea & Other Things and music by the incomparable Martin Russell. Experience a wide range of fun activities including card making, water colour painting, quilting, knitting/sewing and much more.



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English, Yoruba

DR. VICTOR FADAYOMI

MD, FCFP (SA), CCFP

Languages Spoken:
English, Yoruba

DR. SAAD YASIN

MBBS, MRCP (UK),
DFSRH (UK), DRCOG (UK),
DOccMed (UK)

Languages Spoken:
English, Hindi, Punjabi, Urdu

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- ▶ a **Pharmacist** to assist you with medication management
- ▶ a **Physiotherapist** to support you in the healing process
- ▶ a **Nurse** to help with vaccinations and to provide you with information and assistance in dealing with family health issues, and
- ▶ a **Psychologist** to provide you with counseling services should the need arise.

These services are all provided to you without charge as part of our ongoing commitment to ensure you receive the very best care possible at HUMANA.



by Cindy DeJager

THE INDOOR GARDENER

Gloxinia or Gloxinias (*Sinningia speciosa*)

Origin: Brazil

My grandmother had these beautiful flowering plants in her east facing window.

The Gloxinia is a modern hybrid with brilliantly coloured trumpet-shaped flowers and the plant has large, flat,

velvety mid-green leaves. Colors are crimson, deep red, violet and white; and a combination of these colors.

Trigrina Gloxinias have flowers that are heavily spotted or delicately veined on a white background; some have frilled white edges. Gloxinia are fussy about their light and humidity and do not like full sun, but prefer bright light. They are a summer and autumn flowering plant that does not tolerate draughts. When the room temperature is above 24C mist-spray the air; water will leave marks on the leaves and flowers. To provide constant humidity stand the flower pots on trays of moist pebbles or damp peat. Water often enough to keep the soil moist. Make sure the water is room temperature and that you keep it off the foliage. In the winter when the temperature in the room may be lower, reduce the watering frequency and allow the top 1" of soil to dry out.

Feeding: While the plant is budding feed it liquid food every week.

Propagation: You can take leaf cuttings. Stick them in a sand/peat mix (50/50) or straight vermiculite or perlite. In addition to leaf propagation, they can be seed grown as well.



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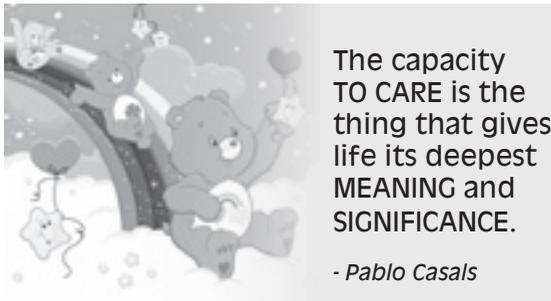
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Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
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Cochrane Ecological Institute (Wildlife Emergencies)	403.932.5632
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
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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
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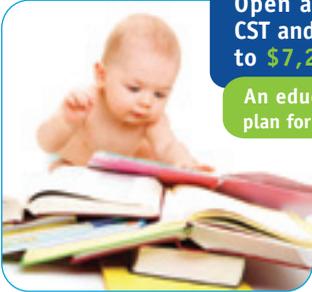
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