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**CALGARY HOME
SHARE 7**

**COLD WEATHER
SAFETY 10**

**A HAWK MADE FOR
WINTER 14**

AT A GLANCE 19-20

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
École de la Source (FR)	K-9	http://www.conseildusud.ab.ca/ecoles/lasource/
Ste-Marguerite-Bourgeois (S) (FR)	K-12	http://smb.cscfsa.ab.ca/
École de la Rose sauvage (FR)	10-12	http://www.conseildusud.ab.ca/ecoles/larosesauvage/
Banded Peak School	K-8	bpeak.rockyviewab.ca

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Valley View Presbyterian
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First Lutheran
403-242-4544
Rockpointe Church - Westhills Site
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Richmond Hill Baptist
403-242-1256
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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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Editorial
Content
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1st

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for the next
month's
issue

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PROGRAMS

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

- **Wiggles and Giggles** (age 0-1/parented) on Fridays @ 10-10:30 am until Dec. 20.
- **Hickory Dickory Tots** (ages 0-3/parented) on Fridays @ 11-11:30 am until Dec. 20.
- **Dramatic Story and Craft Time** (ages 3-5/parented) on Wednesdays @ 10 - 10:45 until Dec. 18.
- **Musical Mites** (pre-school) on Wednesdays @ 11-11:30 until Dec. 18.
- **Cochrane Humane Society** Visits on Saturdays @ 2 - 3:00 pm on Dec. 14.
- **Sack Full-O-Fun** (ages 0-12 / parented) on Saturday Dec. 14 @ 4-6 pm.

Adult Programs

Book Club: Hungry for a book family? Sign up to become part of our book club. We bring the snacks and drinks. Sign up or phone the circulation desk or check on our website.

BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 14

DECEMBER MOON CALENDAR



New Moon
Dec 2



First
Quarter
Dec 9



Full Moon
Dec 17



Last Quarter
Dec 25



Calgary HomeSHARE

Liz is a senior whose arthritis limits her mobility, and she knows it's the little things that make a difference when you can't get around very easily.

In her community newsletter, Liz read about Calgary HomeSHARE, a program that matches responsible adults who exchange housing for help in the home. She decided to give it a try. Liz really appreciated how the program screens potential housemates before introducing them. She also really liked the opportunity to meet potential housemates face-to-face beforehand, to decide if she wanted to live with the person or not.

That's how Nancy came to live with Liz. Liz gives Nancy affordable accommodation and Nancy helps with chores around the house. "She does the grocery shopping for me. She knows what I like, the prices, what's on sale." This gives Liz peace of mind. And she really appreciates that she is able to stay in her own home for longer. That's not to say there aren't bumps along the road. "I've learned if there is something I want Nancy to do, I have to write it down," Liz says.

Liz encourages other seniors out there to give the program a try. "If you are a senior on your own, be willing to meet someone. You can meet the person, do a short contract, and continue longer if you like it." Liz and Nancy have renewed their agreement several times and have been together almost 3 years now. She adds, "There are people out there who are good, capable, and honest. It is wonderful that Calgary Seniors' Resource Society provides programs like this to help seniors stay in their homes."

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WHIPPED SHORTBREAD

This shortbread recipe is quick and easy, especially if you're pressed for time during the holidays! These buttery delights really do melt in your mouth, so plan on making a couple of batches, as they don't last very long. (This recipe does not double well, so make separate batches.)

- ½ cup icing sugar
- 1½ cups flour
- 1 cup butter (measured)
- Cherry pieces, nuts, chocolate chips for decoration *optional

Beat and mix for 10 minutes – don't skimp on the time! Beat until the mixture is white and fluffy.

Drop small, teaspoon size balls onto an ungreased cookie sheet. Place a piece of cherry, nut, or chocolate chip on the top of each cookie, or leave them plain.

Bake at 325 degrees F for approximately 15 minutes.

Yield: 3 dozen

I was browsing through my recipe collection recently, looking for something to share, and found this heart-warming 'recipe' from a church guild I belonged to.

RECIPE FOR A HAPPY DAY

- 1 cup friendly words
- 3 heaping cups of understanding
- 3 heaping teaspoons time and patience
- Pinch of warm personality
- Dash of humour

Measure words carefully. Add heaping cups of understanding, using generous amounts of time and patience. Cook at a low temperature. DO NOT BOIL. Add a dash of humour and a pinch of warm personality. Season to taste with spice of life.

Serve in individual moulds.

Merry Christmas & Peace to All!



Big Rose

COMMUNITY READERS RECOMMEND...



Fiction

- Night Film – Marisha Pessl
- Dear Life – Alice Munro
- The Luminaries – Eleanor Catton
- The Language of Flowers – Vanessa Diffenbaugh
- Emancipation Day – Wayne Grady
- Sycamore Row – John Grisham

Non-fiction

- One Good Dish – David Tanis
- Beatles vs. Stones – John McMillian
- Johnny Carson – Henry Bushkin
- Orr: My Story – Bobby Orr
- David and Goliath – Malcolm Gladwell
- The Power of Habit – Charles Duhigg

Children's

- The Elf on the Shelf: A Christmas Tradition – Carol Aebbersold
- Don't Let the Pigeon Drive the Bus – Mo Willems
- The Chronicles of Narnia: The Lion, the Witch and the Wardrobe – C.S. Lewis



Reindeer Facts

- Caribou, also called reindeer, can be found in the northern regions of North America, Asia, Europe, and Greenland
- They are the only deer in which males and females both have antlers
- Reindeer hair is extremely dense so that the animals can survive in very cold temperatures. This thick coat allows the animals to lay on snow without melting it and getting wet
- Reindeer have large hooves in relation to their body size, which helps them to support themselves on snow as well as to swim
- The average life span in the wild is 15 years

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Cold Weather Safety

Alberta Health Services EMS responds to many cold weather related emergencies every winter. Simple actions, such as: dressing appropriately and anticipating sudden weather changes, may help keep you warm and safe this season.

Frostbite

- Frostbite occurs when skin becomes so cold, that the skin and underlying tissue freeze, completely
- It may look white and waxy and will feel hard to the touch
- Treatment begins with removal from the cold environment and placing the affected area in warm, *not hot*, water (about 41°C), until re-warmed
- Seek further medical attention as required.

Frostnip

- Frostnip occurs when skin is extremely cold, but not frozen. It commonly affects the ears, nose, cheeks, fingers and toes
- Skin appears red, but also turns white when pressed. It may also feel numb to the touch
- When treated promptly, frost-nipped skin will heal without complication;
- Gently re-warming the affected area in a warm environment, is advised.

Hypothermia

- Hypothermia is an abnormally low body temperature - less than 34°C (as compared to normal body temperature of about 37°C)
- People suffering hypothermia may act inappropriately with uncharacteristic stumbling, mumbling, and fumbling, as their body temperature continues to lower
- Early recognition and prompt medical attention is crucial. Left untreated, hypothermia may progress to coma and death
- Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation
- Gentle re-warming should start as quickly as possible, including: removal of wet or constrictive clothing, covering with blankets or sleeping bags, and protecting the patient from further heat loss (wind, moisture and contact with cold surfaces).

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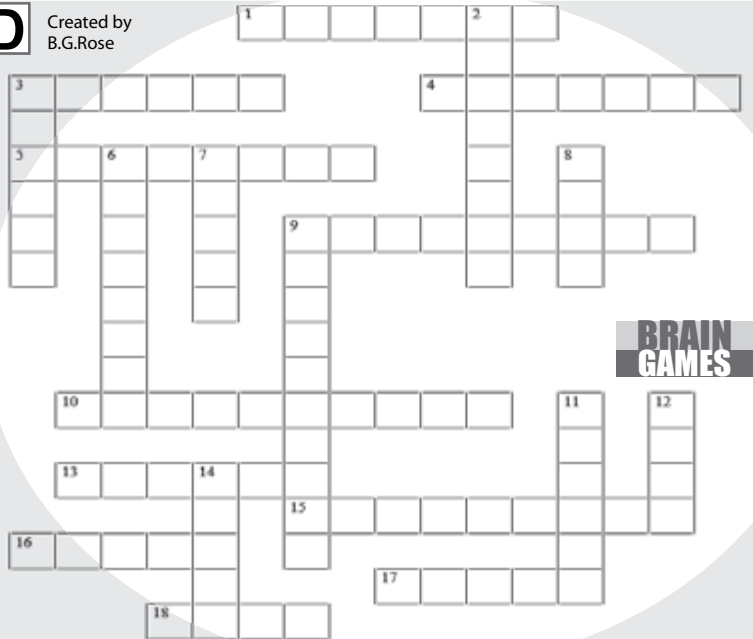
Created by
B.G.Rose

ACROSS

- 1 Meat-filled pasta
- 3 Music award
- 4 Red-nosed reindeer
- 5 Popular word game
- 9 Name for a one-dish meal
- 10 Form of crochet lace
- 13 Original name for Nova Scotia
- 15 Hard striped sweet (2 words)
- 16 Peanut butter and ____
- 17 Caesar's last word
- 18 Furrowed facial feature

DOWN

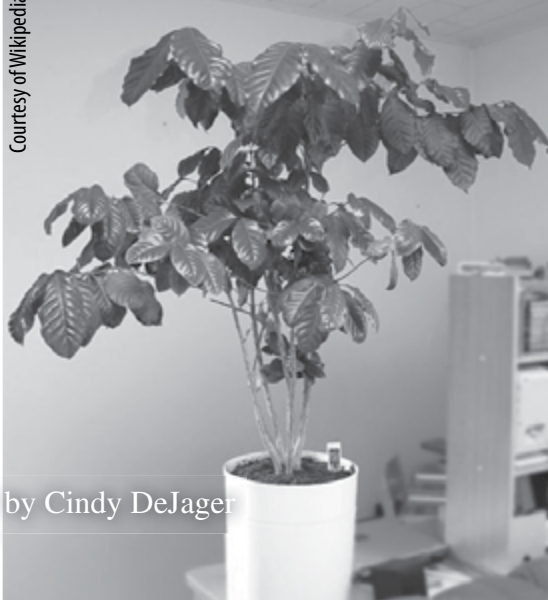
- 2 The best medicine
- 3 Memorable Disney mouse (2 words)
- 6 Arctic animal
- 7 Staff of life
- 8 Tree part
- 9 Diving duck
- 11 Musical scale span
- 12 Part of a scale
- 14 Washer and ____



**BRAIN
GAMES**

18:brute 17:jelly 16:canoe 15:candy cane 14:dryer 13:brute 12:part of a scale 11:span 10:form of crochet lace 9:one-dish meal 8:tree part 7:staff of life 6:arctic animal 5:popular word game 4:red-nosed reindeer 3:memorable Disney mouse (2 words) 2:the best medicine 1:meat-filled pasta

Courtesy of Wikipedia



by Cindy DeJager

GARDENER

You can grow a coffee plant

Do you want a houseplant that is a little bit different?

The coffee plant will grow to a mature height of six feet indoors. Choose a spot that provides bright, indirect light. No sun.

The soil should be moist, and just barely moist during the winter months. This plant needs humidity, so if you have a humidifier it would be beneficial, but if not, daily misting of the leaves is necessary for beautiful foliage.

Feed with half strength fertilizer every two weeks during the spring and summer.

Requirements:

- Bright, indirect light, no sun
- Peat moss based soil mixture
- Keep moist
- Temps 60-70 Fahrenheit
- Humidity
- Feed every 2 weeks



Doggie Manners

VERSUS

Doggie Obedience

I am a veterinarian, briefly a hunting trial judge, a competitive obedience trainer, and a dog trainer. I loved winning ribbons and putting titles on the dogs I had; before children and work took over. However, if your dog has no manners I don't care how many titles it has won, you probably don't enjoy your pet as much as you could.

A child can be the most precocious brilliant genius on the planet but who wants to be in the same room as the little dear if he or she is a little horror. Dogs are the same. Manners can also have safety consequences. Perfect heeling on a single command is expected in the competitive obedience ring but not necessary in everyday life. You want to be able to have your pet on a loose lead, not hitting the end of the leash charging things. I once babysat a young Labrador that as I descended a steep set of stairs to a concrete floor would suddenly leap around me from behind and hit the end of the leash in front of me. I did not consider this dog leash trained and I almost took two serious tumbles. I train all my dogs from puppy-hood not to pass a person on stairs going up or down. Many of us have fragile elderly family members with canes. I also train all my dogs to stand back as I open a door allowing me to either lead them through the door or order them through ahead of me once I know the other side is safe.

Get out of my way. Dogs seem to love being underfoot. The larger ones especially love to lie across doorways rising to their feet just as you step over them. As puppies I deliberately walk into my dogs. I scuff my feet so as not to hurt them, but I will walk into a puppy lying in my path gently with my toes until for their own comfort they get up and move. I have had people comment in my house and when I visit them about how polite my dogs are about moving aside for people. The

big dogs can knock you down and the little dogs can be inadvertently hurt if they get underfoot.

Don't leap into me when I have a bowl of food or water. All my dogs are trained as pups never to jump on the person leaning down with the food or water. I recommend training all dogs, not just those with dominance problems, to sit or down and only be released once the bowls are down with a command. I hate having a full bowl of water knocked out of my hands or getting an excited hard skull in my chin.

Don't jump in or out of the car without permission. I want a chance to get a towel to wipe those muddy feet before seventy pounds of Labrador leaps in the back of my truck, or the poodle's tracks cover my upholstery. More importantly if I open the tailgate in a parking lot I don't want anyone leaping into the path of a vehicle. My dogs are trained from the start not to get into or out of a vehicle without being ordered. I do not angle my body in front of doors as I often see people do, to prevent avalanches out of my car... that is incredibly dangerous.

I could go on with a multitude of examples limited only by time and my imagination. Most of these things will never be taught in a formal obedience class but good manners will always improve the quality of your relationship with your pet and make you more likely to include him in your fun activities once the ground rules are understood. The same training principles of consistency, timing, and praise apply. The time to start to teach manners is when the new family member arrives the very first day. I try to love all kids and dogs but everyone knows some are a heck of a lot easier to love.

Jennifer L. Scott, D.V.M.

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A Hawk Made for Winter

Article by Alicia Sully / Photo by Dr. Owen Slater

There are some very beautiful large hawks with feathery feet who migrate through, and sometimes winter in, Alberta. They are suitably named Rough-Legged Hawks, and they are made distinct not only by their legs that are feathered right down to their toes to protect them from the cold climate of their breeding grounds in the Arctic Tundra and Taiga regions, but also by the fact that they are the only hawk to hover over open

land while hunting. Rough-Legged Hawks can be spotted migrating north through Alberta from early February to mid-April, or heading south in the autumn. They are usually spotted migrating alone, however are often found in the Calgary area during the winter.

These majestic raptors have long, broad, usually lightly-coloured wings with dark tips, pale, streaked chests, and dark undersides. Their tails are generally white at the base with a dark tip. However, they can sometimes be all dark with pale wings and tail base. They are larger than the common Red-Tailed Hawk, at an average of 21 inches long.

Rough-Legged Hawks' nests are often perched on the edges of steep cliffs, and may contain large items like caribou bones and sticks, which the males gather and the female arranges. They lay 3-5 eggs at a time, and are believed to be monogamous creatures. They may remain with the same mate for a number of years. In the wild, these large hawks can live for up to 19 years. Like most raptors, their main natural predators are mammals such as foxes, bears, and wolverines, who eat the Rough-Legged Hawk's eggs. Once they've reached adulthood, however, the Rough-Legged Hawk has very few natural predators. Instead, their greatest threats become humans and man-made structures. They are often injured through collisions with power lines, buildings, vehicles, ingestion of poison, or by illegal hunting and trapping.

If you come across an injured Rough-Legged Hawk or any other wild animal in need, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for further instruction.

BRAIN GAMES SUDOKU SOLUTION

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



HOME GARDENING WITH BARBARA

AZALEAS AND SCHLUMBERGERAS

by Barbara Shorrock

When I visited a friend recently I was stopped in my tracks by her awesome white Azalea, resplendent on the coffee table with masses of double white blooms – a beautiful focal point for the room. I have often given this plant as a gift because it lasts so much longer than cut flowers, but rarely treated myself to the same generosity; that philosophy has now been re-examined and found faulty. There will be more Azaleas in my life in the future.

Those of you who have lived in other climates will not be surprised to learn that the Azalea is actually in the genus Rhododendron. There are over 10,000 different varieties registered, although many fewer are popular. Indigenous to Zone 6-10, here in Zone 3 it is an indoor plant. You can put it outside in the summer and it will be happy, but good luck bringing it in and getting it to bloom a second time. Totally frost intolerant, it is particularly fussy about air temperature and humidity, particularly at nighttime, and I, for one, cannot be bothered trying to do what the nurseries do so much better. Like the Poinsettia, just buy a new one. Azaleas are available for sale throughout the year, and come in most of the warm colours, from white to pink, orange and red, but never yellow.

A little care and attention will keep your Azalea looking lovely for weeks. First of all, remove the pretty paper wrapper and put the pot on a saucer of water and gravel (gravel or stones will keep the bottom of the pot above the water). This raises the humidity and helps it retain its leaves in our warm dry homes which are heated by forced air. Water deeply and infrequently, about once a week or so. The goal is to have moist soil, neither saturated nor dried out. It likes to be in indirect sunlight from a window for a few hours a day, and if you can put it in a cooler spot at night it will lengthen the blooming period. Do not fertilize while it is blooming – it doesn't need encouragement to make more leaves but needs to focus on popping out those lovely blossoms.

My Schlumbergeras are blooming their hearts out right now on November 1st as I write this article. Commonly known as Christmas Cactus, they would be better labeled as "Holiday Cactus" because they bloom closer to Thanks-

giving than Christmas, and often will give another smaller show of flowers around Easter. Not a cactus at all, it is an epiphyte, originating in the treetops of tropical jungles. It will bloom reliably year after year according to hours of daylight, and will live for decades in your house. After it has finished blooming, prune back the branches, reduce watering to rarely and allow it to go dormant until summer, when it will be time to water, fertilize again, and prepare for the next show of blossoms. Some people believe you should not move or turn the plant to prevent bud drop, but I rotate mine all the time and they don't seem to mind.

We gardeners work so hard all summer, it is nice to sit back this time of year, and let the nurseries provide us with Azaleas and Poinsettias in full bloom, and Holiday Cactus doing their thing without any labour or fuss required.

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Autoimmune Arthritis Causes and Treatment Options

Dr. Alma Nenshi, DC

Autoimmune arthritis refers to any of a group of joint diseases that involve autoimmunity. Essentially, it is a condition in which the body's immune system mistakenly attacks its own joints and soft tissue. It is different than the degenerative forms of arthritis, such as osteoarthritis, which is primarily due to aging and physical wear and tear on the joints.

According to the International Autoimmune Arthritis Movement (IAAM), among the specific diseases classified as autoimmune arthritis are:

- Rheumatoid Arthritis (RA)
- Psoriatic Arthritis (PsA), Ankylosing Spondylitis (AS)
- Primary Sjogren's Syndrome (SS)
- Systemic Lupus Erythematosus (SLE)
- Still's Disease
- Juvenile Arthritis (JA)
- Mixed Connective Tissue Disease (MCTD)
- Undifferentiated Connective Tissue Disease/Undifferentiated Spondyloarthritis (UCTD/USpA)

Autoimmune arthritis tends to be genetically caused. If one member of a family has one of the diseases listed above, it is very common for another family member to have the same condition or one of the other listed conditions.

The most common symptoms suffered by those with autoimmune arthritis include joint pain, joint inflammation, inflammation of the connective tissues or soft tissues, flu-like symptoms, brain fog, fatigue and low grade fever.

Research has shown that diagnosing the disease within 6 months of the initial onset of symptoms offers the greatest hope for remission. Unfortunately, the average

time to diagnosis is 1 to 3 years, as symptoms can be attributed to other conditions and they do not tend to be severe at the beginning of the disease.

Some of the early onset symptoms include the following:

- Costochondritis (an inflammation of the connective tissue between the ribs)
- Joint pain on one or both sides
- Unexplained injury in which the person feels they have injured themselves or gotten a sprain, but with no injury having occurred
- Feeling stiff after periods of inactivity
- Pain that comes and goes from one day to another, moving to different parts of the body with no apparent cause
- Skin problems, such as flaking and rashes
- Unusual fatigue that can sometimes be mistaken for Chronic Fatigue Syndrome
- Locking of the joints, causing frequent clumsiness
- Loss of appetite and/or nausea

Although degenerative arthritis can often be treated with anti-inflammatory drugs or joint replacement surgery, the only conventional treatment for autoimmune arthritis is a class of drugs that works by suppressing the immune system, called "disease modifying anti-rheumatic drugs" (DMARDs). However, while these may help to control the symptoms, the suppression of the immune system leads to other problems such as liver disease and an increased susceptibility to infections.

Unfortunately, there is currently no cure for autoimmune arthritis, though symptoms can be controlled to varying degrees with medication, diet, natural remedies and holistic therapies.

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Christmas Stockings



Hanging a stocking on the fireplace mantel on Christmas Eve is a tradition that began in Germany, and has been adopted by many people in Canada and the U.S.A.

Traditional practice was to reserve the stocking for five gifts that stimulate each of the five senses:

- something to eat, like fruit or candy
- a toy or other item that makes a noise (including nuts to crack)
- a visually pleasing item like jewellery, cuff-links, a colouring book
- something tactile, like modelling clay, a soft toy, or a pair of socks
- a fragrant item such as bubble bath, cologne, scented candles, etc.

Originally, children used one of their everyday socks, but eventually, special Christmas stockings were created for this purpose.

Many families create their own personalized Christmas stockings, with each family member's name stitched into the stocking. Creativity abounds – some are hand-knit, crocheted, quilted, or appliquéd, large and small!

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **December 4 – Calgary Flames & Phoenix Coyotes** face off at 8:00 pm at the Saddledome. www.calgaryflames.com
 - **December 6 – 28 BIG the Musical** plays at StoryBook Theatre. Wednesday, Saturday and Sunday 2:00 pm. Tuesday – Saturday 7:00 pm. 403.216.0808 / www.storybooktheatre.org
 - **December 6 & 7 – Handel's Messiah** performed by Calgary Philharmonic Orchestra 7:30 both evenings. 403.571.0849 / www.cpo-live.com
 - **December 10 – Calgary Flames vs Boston Bruins** at the Saddledome at 7:30 pm. www.calgaryflames.com
 - **December 12 – Let Fury Have the Hour** Part of Music on Screen – Free Films at Epcor Centre is one of the screenings of a selection of films that focus on music and pop culture. Screenings at 6:30 and 8:30 pm. Limited seating. (Mature audience content.) 403.294.9494 / www.epcorcentre.org
 - **December 13 & 14 A Traditional Christmas** with Cantare Children's Choir – The beauty of Grace Presbyterian Church is the venue for this festive performance with the CPO. Friday evening at 7:00 pm / Saturday 2:00 pm and 7:00 pm. 403.571.0849 / www.cpo-live.com
 - **December 15 - The Snowman: Film and Orchestra** is part of the CPO Symphony Sundays for Kids. Performance begins at 3:00 pm
 - **weekends through to December 22 – Once Upon a Christmas** at Heritage Park 9:30 am – 4:00 pm. 403.268.8500 / www.heritagepark.ca
- HOCKEY DURING THE HOLIDAYS:**
- **December 27 – Calgary Flames & Edmonton Oilers** face off at 7:00 pm at the Saddledome. www.calgaryflames.com
 - **December 28 – Calgary Hitmen vs Edmonton Oil Kings** at 7:00 pm at the Saddledome. www.hitmenhockey.com
 - **December 29 – Flames & Canucks** face off at 7:00 pm at the Saddledome. www.calgaryflames.com
 - **December 30 – Calgary Hitmen vs Kootenay Ice** at 7:00 pm at the Saddledome. www.hitmenhockey.com
 - **December 31 Flames & Flyers** face off New Year's Eve at the Saddledome at 7:00 pm. www.calgaryflames.com

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DECEMBER 6 QUARTET SERIES, A CELEBRATION OF SHOSTAKOVICH IV

performed by the U of C String Quartet 8:00 pm at Rozsa Centre. 403.220.7202 / www.performingarts.ucalgary.ca



DECEMBER 17 CALGARY HITMEN & REGINA PATS

face off at the Saddledome at 7:00 pm. www.hitmenhockey.com



RUNNING UNTIL DECEMBER 24 A CHRISTMAS CAROL

One of Calgary's favourite Christmas traditions is performed by Theatre Calgary. 403.294.7447 / theatrecalgary.com



DECEMBER

**JANUARY 1
SALUTE TO VIENNA**
performed by the Calgary Philharmonic
Orchestra at 2:30 pm. 403.571.0849 / www.cpo-live.com



**JANUARY 15 – 25
ANTOINE FEVAL**
is a special presentation of Vertigo
Theatre and One Yellow Rabbit. Evening
performance at 8:00 pm. 403.221.3708 /
www.vertigotheatre.com



**JANUARY 30
MESSAGES FROM MALI**
featuring Fatoumata Diawara & Bassekou
Kouyate as part of Epcor Centre's BD&P
World Music Series. Performance at 7:00 pm.
403.294.9494 / www.epcorcentre.org



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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- **January 3 – Calgary Flames vs Tampa Bay Lightning** at 7:00 at the Saddledome. www.calgaryflames.com
- **January 10 – Calgary Hitmen & Regina Pats** play at the Saddledome at 6:00 pm. www.hitmenhockey.com
- **January 10 & 11 – Film Heroes: The Music of John Williams and more** is part of the Philharmonic's POPS series. Both evening performances 8:00 pm. 403.571.0849 / www.cpo-live.com
- **January 16 – Winnipeg Jets & Calgary Flames** play at the Saddledome at 7:00 pm. www.calgaryflames.com
- **January 17 – Chris Thomas King** a Grammy award-winning blues musician visits Calgary as part of Epcor Centre's PCL Blues Series. Performance at 8:00 pm. 403.294.9494 / www.epcorcentre.org
- **January 20 – 25 – The Cat in the Hat** plays at StoryBook Theatre. Wednesday, Saturday and Sunday 2:00 pm. Tuesday – Saturday 7:00 pm. 403.216.0808 / www.storybooktheatre.org
- **January 22 – Russell Braun, Baritone and Carol Maule**, Piano are featured as part of the Wyatt Concert Series at Mount Royal University at 7:30 pm. 403.440.7770
- **January 23, 24 & 25 – Dance – Professional Series** at U of C University Theatre. 403.220.7202 / www.performingarts.ucalgary.ca
- **January 24 – Madeleine Peyroux** performs at 8:00 pm – part of Epcor Centre's new Jazz Series. 403.294.9494 / www.epcorcentre.org
- **January 26 – Hitmen & Oil Kings** play at the Saddledome at 4:00 pm. www.calgaryhitmenhockey.com
- **January 27 – Monday Night Jazz Series & Charles Pillow** with the U of C Jazz Orchestra at 8:00 pm. 403.220.7202 / www.performingarts.ucalgary.ca
- **January 28 – Calgary Flames vs. Chicago Blackhawks** at 7:00 pm at the Saddledome. www.calgaryflames.com
- **January 29 – Rewind: Hits of the 80s** featuring Sheena Easton and Sam Harris with the Calgary Philharmonic Orchestra at 7:30 pm. 403.571.0849 / www.cpo-live.com
- **January 30 – Sharks & Flames** face off at 7:00 pm at the Saddledome. www.calgaryflames.com
- **January 31 – Dry Bones** at Southwood United Church, part of the Fish Creek Concerts season. Performance begins at 8:00 pm. www.fishcreekconcerts.com

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PHILIPPINES DISASTER RELIEF: Support for those affected by the catastrophic typhoon that devastated parts of eastern Visayas in the Central Philippines can be made through organizations such as the Red Cross (www.redcross.ca and www.ifrc.org), World Vision (www.worldvision.ca), and ABS-CBN News (www.abs-cbnfoundationinternational).

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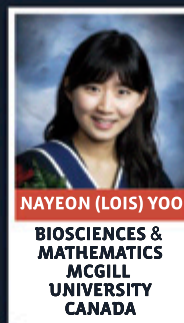
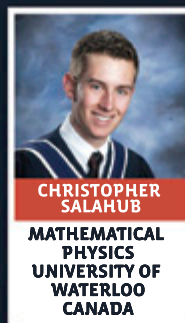
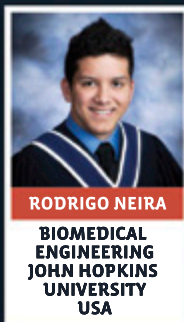
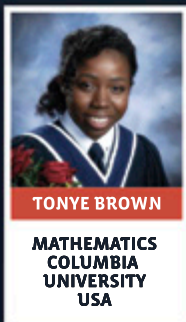
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ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Cochrane Ecological Institute (Wildlife Emergencies)	403.932.5632
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre - Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433
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Calgary Seniors' Resource - SeniorConnect	403.266.6200
Call Before You Dig (Buried Utilities)	1.800.242.3447
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Kerby Centre for the 55 plus	403.705.3246
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