

FEBRUARY 2013

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your

# ELBOW VALLEY

VIEW

BRINGING ELBOW VALLEY RESIDENTS TOGETHER



**FEBRUARY IS HEART  
MONTH**

**PAGE 11**



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## Did You Know?

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prints, and delivers** community  
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about our free newsletter publication services.

# 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](mailto:building@rockyview.ca)

Road-related Maintenance concerns:

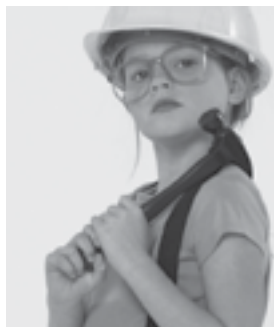
Road Maintenance Call Centre

Phone: 403.520.6378

Available 24 hours/day, 7 days/week

General Comments or Questions:

[comments@rockyview.ca](mailto:comments@rockyview.ca)



*Undertake something that is difficult;  
it will do you good. Unless you try  
to do something beyond what you  
have already mastered, you will  
never grow.*

*-Ronald E. Osborn*



## Editorial Content Deadline

[news@great-news.ca](mailto:news@great-news.ca)



# 1<sup>st</sup>

of each month  
for the next  
month's issue



# 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](http://www.rockyview.ab.ca/schools/bowvalley)

Cochrane High School

9-12

[www.rockyview.ab.ca/cochrane](http://www.rockyview.ab.ca/cochrane)

Elizabeth Barrett Elementary (FR)

K-4

[www.rockyview.ab.ca/barrett](http://www.rockyview.ab.ca/barrett)

Manachaban Middle School (FR)

5-8

[www.rockyview.ab.ca/manachaban](http://www.rockyview.ab.ca/manachaban)

Holy Spirit Catholic School (S)

K-9

[www.cssd.ab.ca/schools/holyspirit/](http://www.cssd.ab.ca/schools/holyspirit/)

St. Francis High School (S)

10-12

[www.cssd.ab.ca](http://www.cssd.ab.ca)

Rocky View Virtual School

9-12

[www.rvvs.com](http://www.rvvs.com)

Elbow Valley Elementary (FR)

K-4

[www.rockyview.ab.ca](http://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](http://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

# County Seeks Volunteer Firefighters

Rockyview County is currently looking for all ranks of experienced and non-experienced volunteer firefighters to supplement fire services and bolster responses in the community. Rocky View County Fire Services is a composite fire service comprised of full time, part time and volunteer firefighter members. At present, the County has three volunteer stations and anticipates building up to four more in the coming years. Volunteers receive compensation, committed leadership, comprehensive training, and all required uniforms/protective equipment to pursue firefighting duties.

"This is a great way to serve the community and meet new people," says Perry Prete, Deputy Fire Chief, Rocky View County. "It's a chance to serve with honour, compassion and integrity."

## **Joining Fire Services has many benefits:**

**Meet new people**

**Join a family of firefighters and be part of a team**

**Give back to the community**

**Free training to provincial standards**

**Tax exemptions**

**Compensation for attending calls**

**Personal rewards and excitement**

Anyone interested must be 18 years of age or older, physically fit, committed, compassionate, and responsible. A mechanical aptitude is also a helpful attribute.

Volunteer firefighters meet either weekly or bi-weekly, depending on their assigned fire station, to receive training. Volunteers are required to carry a radio. If volunteers receive a call out and are able to attend, they first rally at the fire station and then travel to the location in a County vehicle with other volunteers.

Rocky View County Fire Services' number one priority is safety, followed by servicing the community. Interested volunteers can email [firefighters@rockyview.ca](mailto:firefighters@rockyview.ca) for more information.

PHOTO BY: A. Magill



# Winter Outdoor Recreation SW

## SW CALGARY OUTDOOR COMMUNITY RINKS

Most of these outdoor rinks are maintained by volunteers.

Open depending on winter conditions and volunteer availability.

Aspen Woods Community Outdoor Rink 277 Strathcona Drive SW

Braeside Community Outdoor Rink 11024 Braeside Drive SW

Canyon Meadows Community Outdoor Rink - 848 Cantabrian Drive SW

Cedarbrae Community Outdoor Rink - 11024 Oakfield Drive SW

Chinnook Park/Kelvin Grove/Eagle Ridge Outdoor Rink  
1015 - 73 Avenue SW

Elbow Park Community Outdoor Rink 800 - 34 Avenue SW

Elboya Heights Community Outdoor Rink - 416 Park Avenue SW

Glamorgan Community Outdoor Rink 4207 - 41 Avenue SW

Glendale/Glendale Meadows Outdoor Rink - 4500 - 25 Avenue SW

Haysboro Community Outdoor Rink 1204 - 89 Avenue SW

Killarney Glengarry Community Outdoor Rink - 2828 - 28 Street SW

Kingsland Community Outdoor Rink 505 - 78 Avenue SW

Lakeview Community Outdoor Rink 6110 - 34 Street SW

Palliser/Bayview/Pumphill Community Outdoor Rink - 2323 Palliser Drive SW

Parkhill Stanley Park Community Outdoor Rink - 4013 Stanley Road SW

Richmond Knob Hill Community Outdoor Rink - 2433 - 26 Avenue SW

Rosscarrock Community Outdoor Rink 4411 - 10 Avenue SW

Rutland Park Community Outdoor Rink 3130 - 40 Avenue SW

Scarboro Community Outdoor Rink 1727 - 14 Avenue SW

Shaganappi Community Outdoor Rink 2516 14th Ave SW

Shawnessy Community Outdoor Rink 224 Shawmeadows Road SW

South Calgary Community Outdoor Rink - 3130 - 16 Street SW

Southwood Community Outdoor Rink 11 Sackville Drive SW

Sunalta Community Outdoor Rink 1627 - 10th Avenue SW

Westgate Community Outdoor Rink 4943 - 8 Avenue SW

Wildwood Community Outdoor Rink 4411 Spruce Drive SW

Wood Creek (Woodbine/Woodlands) Outdoor Rink -1991 Woodview Drive SW

## CITY OF CALGARY OUTDOOR FAMILY SKATING RINKS

Olympic Plaza - 228 8 Ave. SE

Prince's Island Lagoon  
4th Street & 1st Ave SW

## TOBOGGANING AND SLEDDING

***Safety first! Always remember, helmets on heads!***

***Tobogganing is an activity that you do at your own risk.***

**Please note: All listings are weather dependent**

Glendale Park  
25 Ave. and 45 St. SW (west side)

Kingsland - dry pond - Heritage Drive SW behind the Rose Kohn/Jimmie Condon Arenas

Richmond Green - 33 Ave. and 25 St. SW

Sacramento - dry pond  
Sacramento Dr. and 104 Ave. SW

Scarboro - 15 Ave. and 16 St. SW

Signal Hill - Sirocco Dr. and Signal Hill Hts. SW

Stanley Park - 4011 1A St. SW

## CROSS-COUNTRY SKIING

### Groomed cross country skiing areas in Calgary

The following cross-country skiing areas in Calgary are track set by a machine for easier skiing and maintained by Calgary Ski Club volunteers.

Shaganappi Point Golf Course  
1200 26 St. SW

Maple Ridge Golf Course  
1240 Mapleglade Dr. SE

### Ungroomed areas in Calgary

Several parks and schoolyards Offer cross-country skiing opportunities, but unless it's immediately after a snowfall, skiable areas can be rough due to competing uses such as pedestrians, dog walkers and cyclists. Ungroomed areas include:

Weaselhead Natural Environment Park  
66 Ave. and 37 St. SW

Edworthy Park - 5050 Spruce Dr. SW (Bow Tr. & Spruce Dr. SW)

Fish Creek Provincial Park

North Glenmore Park  
7305 Crowchild Tr. SW

South Glenmore Park  
90 Ave. & 24 St. SW

# Can Dietary Choices Help the Spinal Cord Heal Itself?

Dr. Alma Nenshi, DC

Degenerative damage to the spinal cord due to aging can cause serious problems over time, particularly cervical myelopathy; a disease of the spinal cord that is often a result of rheumatoid arthritis or osteoporosis. This condition can cause serious neurological disability such as difficulty walking, pain in the arm and neck, numbness in the hands and overall weakness in the limbs. Though nerve damage has been difficult to treat until now, scientists at UCLA have discovered that a diet supplemented with docosahexaenoic acid (DHA) and turmeric may help maintain neurological functioning and repair damaged nerve cells.

DHA is one of the omega-3 fatty acids, which has been shown to help repair cell membrane damage and reduce inflammation. Curcumin, commonly known as turmeric, is a powerful antioxidant that repairs damage to cells from free radicals and also acts as an anti-inflammatory.

The study, published in the *Journal of Neurosurgery: Spine*, was conducted on three sets of rats; the first set was fed rat chow that mirrored a typical Western diet, high in sugar and saturated fat; the second group received a diet enriched with DHA and curcumin; and a third group was fed standard rat chow as a control. Researchers created a surgical simulation of cervical myelopathy in the first two groups of rats to test their hypothesis.

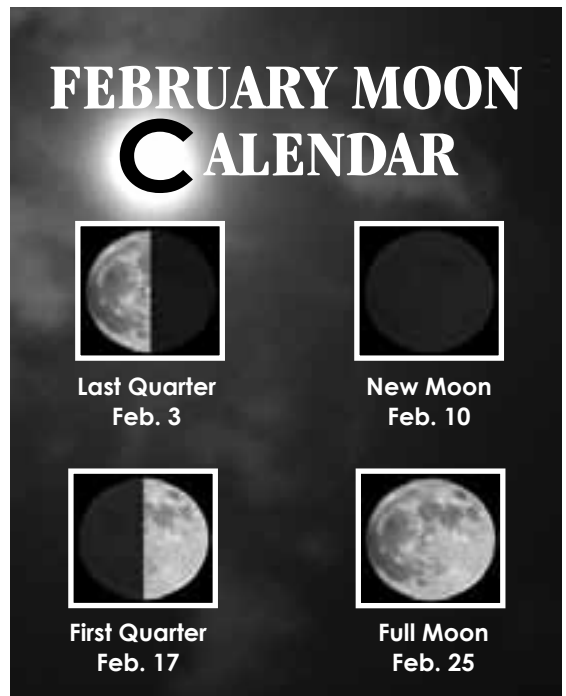
Researchers monitored the rats' walking behavior throughout the six weeks of the study and compared how they moved before and after the experiment. The rats fed the Western diet showed significant gait problems three weeks into the study, which continued to worsen throughout the research period. The rats fed a diet supplemented with DHA and curcumin performed significantly better than the first group, with no deterioration in gait shown post-surgery.

The researchers also examined the spines of the rats to determine the level of damage on a cellular level and

found that the rats fed the Western diet had high levels of markers that indicate damage to the cell membrane and had lower levels of the marker linked with cellular communication and neural repair, whereas the rats fed the supplemented diet showed markers that were comparable to the control group.

According to Fernando Gomez-Pinilla, a professor of neurosurgery and co-author of the study, "DHA and curcumin appear to invoke several molecular mechanisms that preserved neurological function in the rats. This is an exciting first step toward understanding the role that diet plays in protecting the body from degenerative disease."

Dr. Langston Holly, one of the other co-authors of the study and associate professor of neurosurgery at the David Geffen School of Medicine at UCLA noted, "Our findings suggest that diet can help minimize disease-related changes and repair damage to the spinal cord. The question then is whose advice are you seeking about your spine and diet?"





# in & around your community

## Alberta Parks and Protected Areas Presentation Series

**Date/Time:** Wednesday February 13th @ 7:00 p.m.

**Presenter:** Travis Sjovold, Manager - Conservation and Recreation Planning, Alberta Parks 403.297.7927 / roland.kirzinger@gov.ab.ca.


**Location:** Fish Creek Environmental Learning Centre, 13931 Woodpath Rd. S.W. Shannon Terrace Area, West end of Fish Creek Provincial Park (Access via 37St. S.W. at 130th Avenue S.W.)

**Admission:** \$6 per person payable at the door (cash or cheque only)

### Lois Hole Centennial Provincial Park – A New Urban Park in our System


One of Alberta's newest provincial parks, Lois Hole Centennial Provincial Park was established in April, 2005. The park was named to honour the memory of the beloved former Lieutenant Governor and to create a lasting legacy of Alberta's centennial. It contains the former Big Lake Natural Area and additional undeveloped crown land covering a total of nearly 1800 hectares on the edge of St. Albert.






Free and open to all.  
Donations gratefully accepted.

EXPERIENCE SPEAKERS



## DR. NORMAN KNOWLES

"You Must Remember This: Civic Responsibility, Justice and the Historian"



2012/2013  
SPEAKERS SERIES

WEDNESDAY, MARCH 6 | 7:30 PM

FR. MICHAEL J. MCGIVNEY HALL  
14500 BANNISTER ROAD SE | CALGARY, AB



## Conversation HEARTS

These sweet little heart-shaped candies are also known as Sweethearts or Love Hearts, and are imprinted with short, sweet sayings like "Be Mine" and "I Love You". They date back to the 1860s, when NECCO (New England Confectionery Company) began printing sayings on candy.

## Signal Hill Library

### Love reading, but are unable to make it to the Library?

The Calgary Public Library's Homebound Readers Program provides library service to customers who are unable to visit the Library due to health or mobility issues. A volunteer is matched with a customer to ensure the customer's choice of material is delivered to their home. Homebound readers are able to access the entire library collection including books, audio books, DVDs, magazines and CDs. Volunteers deliver and exchange materials on behalf of the homebound customer once per week, twice per month, or once a month, depending on the customer's preference.

To obtain a Special Needs Services Card as a homebound reader, or for more information about the program, contact Diversity Services at the Central Library: Phone: 403-260-2702

TTY: 403-264-8021

email: [diversityservices@calgarypubliclibrary.com](mailto:diversityservices@calgarypubliclibrary.com).

If you are interested in volunteering for the Homebound Readers Program, please complete a volunteer application form online or at any library branch.

### UPCOMING PROGRAMS:

#### Career Basics: Moving Forward - Mid-Life Career Change

Learn about the unique challenges and opportunities that come with looking for work mid-life, along with resume strategies. Workshop is led by professional career practitioners from Bow Valley College's Career Connection. Wednesday, February 27 from 6:30-8:30 p.m.

#### Rock Gardening Basics

Learn some basic techniques for building, planting, and growing rock garden plants. Presented by the Calgary Rock and Alpine Garden Society. Monday, March 4 from 7:00-8:30 p.m.

### FOR CHILDREN AND FAMILIES:

Join us for **Game-a-palooza**, an extravaganza of games: giant chess, checkers, Snakes 'n Ladders, and more! Ages 6 to 12 with a parent/caregiver Thursday, February 14 and Friday, February 15 from 2:30-4:30 p.m. No registration required.

### Drop-In Family Storytime

Drop in for stories, songs, and fingerplays the whole family can enjoy. Ages 2 to 5 with a parent/caregiver.

Tuesdays, Thursdays and Saturdays from 10:30-11:00 a.m. No registration required.

Register for programs online at [calgarypubliclibrary.com](http://calgarypubliclibrary.com) or call 403-260-2620.

All Calgary Public Library locations will be closed for Family Day on February 18, 2013.



## BY THE LIGHT OF THE MOON

### *Gardening by the phases of the moon*

#### February 3

#### 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.

#### February 10

#### 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.

#### February 17

#### 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.

#### February 25

#### Full Moon (waning)

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

## February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. **February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

### Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

### Reduce your risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

### What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

## Unconditional love...

Give yourself a gift this Valentine's Day and "Fulfill two needs with one deed"! Get unconditional love from a new furry friend while also providing a much needed forever home for a cat or dog. Adopting from The City of Calgary Animal & Bylaw Services will provide both.

Health benefits of having a pet:

- Improve your mood
- Reduce your stress level
- Control your blood pressure
- Boost your immunity
- Stave off loneliness

Animal & Bylaw Services makes it easy to adopt a pet.

### New adoption procedures for cats and dogs:

- View adoptable cats and dogs at [calgary.ca/animal-services](http://calgary.ca/animal-services)
- First come, first meet
- Appointments are no longer required.
- Come to the Animal Services Centre at 2201 Portland Street S.E.

### Seniors for Seniors:

Seniors (age 60 or older) get a 60% discount when adopting a senior cat or dog (age 7 or older), resulting in a cost of only \$60 to adopt a cat or \$80 to adopt a dog.

### Gift certificates:

Are you thinking about giving someone a cat or dog for a special occasion? We strongly encourage you to give an Animal & Bylaw Services gift certificate instead. We believe that choosing a pet is an important personal decision and owning a cat or dog is a responsibility for the lifetime of that pet.

Gift certificates give potential pet owners time to choose the best cat or dog for their home and lifestyle. Gift certificates can be purchased in any denomination and can be used towards the adoption of a cat, dog or towards the cost of a pet licence.

For more information, visit [calgary.ca/animalservices](http://calgary.ca/animalservices) and search adoptable cats or dogs.



### National Flag Day of Canada – February 15<sup>th</sup>

The official ceremony inaugurating Canada's new flag was held on Parliament Hill in Ottawa on February 15, 1965, with Governor General Georges Vanier, Prime Minister Lester B. Pearson, members of the Cabinet and thousands of Canadians in attendance.

The Canadian Red Ensign, bearing the Union Jack and the shield of the royal arms of Canada was lowered, and at the stroke of noon, the new red and white maple leaf flag was raised, as the crowd sang our national anthem, "O Canada" followed by our royal anthem, "God Save the Queen".

The red and white used in the flag were proclaimed the official colours of Canada by King George V in 1921; the maple leaf has historically been used as a Canadian symbol since the 1800s.



## SAFETY SYNC

ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)

[safetysync.com](http://safetysync.com)

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

## WINTER SIGHTINGS



## Tiger in the Sky

by Cheryl Bowman

The Great Horned Owl is the most common owl in North and South America. These magnificent birds are most recognized by their 'plumicorns' which resemble horns or cat like ears. These raptors are very adaptable using several different types of hunting skills to capture their prey as well as having a wide variety of prey.

It is this adaptability for hunting that they received their nickname 'Tiger in the Sky'. The Great Horned Owl will dive, wings bent, talons outstretched to silently capture unsuspecting prey, including prey that outweighs the bird itself. They also swoop low along the ground to grab any variety of smaller prey and interestingly they are known to walk along the ground to capture yet other types of prey.

The Great Horned Owl is a solitary bird except for mating. It is at this time that the smaller male owl will roost close to the nest of the larger female until all the young fledge, and at this time will again leave. The owls do not build their own nests but rather prefer other bird nests.

The most common injury the Calgary Wildlife Rehabilitation Society sees in these raptors are injuries from window strikes or of being hit by a vehicle. Owls that are received with injuries from window strikes have a better chance of rehabilitation. Owls brought in with injuries from a vehicle strike are more difficult to rehabilitate due to broken bones and open fractures.

Should you find an injured Great Horned Owl, please call the Calgary Wildlife Rehabilitation Centre at 403-266-2282 as soon as possible for further instruction. These are powerful birds and must be handled with care, however every moment counts.

If you catch a glimpse of the Great Horned Owl in their natural environment, remain quiet and still and enjoy the wonder of this beautiful Tiger in the Sky.





# Hamsters, Guinea Pigs, and Gerbils Oh My!

Small rodent-sized pets, otherwise affectionately known as pocket pets, include mice, rats, gerbils, hamsters and Guinea pigs. These little animals are not expensive to maintain and can be an entertaining pet, especially if space is limited. Like any pet, attention to the animal's well-being will extend its life span and make it a more active companion. The basic requirements of most pocket pet species are similar and the life expectancy for most species is in the two to four year range; except for the Guinea pig which can live much longer.

Pocket pets should be kept in cages specially designed for their needs or aquariums with a good wire top. Openings in the wire should be small enough to prevent escape and not too large to allow a foot to be caught or twisted. Surfaces should be metal, smooth plastic or glass to allow proper cleaning. Cleaning should be done weekly with tunnels and small corners scrubbed with a bottlebrush. Chlorhexadine based cleaners are best. Hardwood shavings make the best bedding. Avoid cedar shavings as it can cause respiratory and skin problems. Straw is not recommended. Cages need to be in a draft free area away from direct sunlight and heaters.

Feed a commercial diet appropriate for your pet. Buy in small quantities and store food in sealed dark containers to ensure freshness and that vitamin content is not diminished by exposure to light and air. Small amounts of fresh fruits and vegetables should be provided daily. Avoid abrupt changes in diet. Avoid iceberg lettuce, fruits with pits; and outdoor grasses and dandelions possibly exposed to chemicals. Clean food dishes daily and use dishes that cannot be tipped. Use an inverted water bottle and change the water daily. Monitor your pet's stools and urine for amount or change in appearance.

This could be your first clue if a problem is developing.

Exercise is important. Buy the largest cage you can and add the appropriate sized wheel for your pet. Exercise balls are fun but ensure your pet does not play in direct sunlight in his ball. Frequent handling allows you to monitor your pet for illness and will reduce stress as your pet becomes comfortable with you and its environment.

A nest box is nice so long as condensation doesn't form inside and appropriate bedding allows air circulation. Toys will make a more stimulating environment. Paper towel rolls, wooden spools, and most commercial products are great.

A hamster is probably the favorite pocket pet in the pet industry but it is a solitary territorial creature. Only get one! Guinea pigs, my personal favorite, need a much larger cage but it can be uncovered. Pigs can't climb, and they are social animals so get two. Guinea pigs are prone to scurvy, a vitamin C deficiency, if not given a daily source of fresh fruit such as apples, oranges, or spinach. Guinea pigs need fresh hay to aid digestion. I really like rats and they make wonderful smart pets. I had ten white rats once in Saskatchewan, but unfortunately, it is not legal to own a pet rat in Alberta.

Obviously there is a bit to learn if you get one of these "pets in your pocket" so buy a book or get on the internet and learn about your prospective choices before purchasing. Many veterinarians now treat these small exotic pets routinely as our knowledge of their biology has increased exponentially in recent years.

*Jennifer Scott D.V.M.*





# Bill & Amy Ewing

The Father and Daughter Team

403.605.3620 | [bewing@cirrealty.ca](mailto:bewing@cirrealty.ca)

[www.ewingteam.ca](http://www.ewingteam.ca)

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## ELBOW RIVER ESTATES



*Listed & SOLD by the Ewing Team*



### 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](http://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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*Ad not intended to solicit properties already listed.*

## Fostering safe communities...

### RV Parking Tips

For winter campers or those lucky enough to be traveling somewhere warm to avoid Calgary's weather, here are a few reminders when parking your RVs:

#### Under the **Calgary Traffic Bylaw 26M96:**

- RVs registered to a City of Calgary address can be parked on the street, directly adjoining the owner's residence, for up to 36 consecutive hours.
- After 36 hours, the RV must be moved to an off-street location for at least 48 consecutive hours before being parked again on the street adjoining the owner's or operator's residence.
- While parked on the street, RVs should be parked in a manner that is safe and does not constitute a hazard for anyone using the street.
- RVs may not be parked on the street at any time if detached from the vehicle used to haul them.

#### Under the **Land Use Bylaw 2P80:**

- Recreational vehicles can be parked on front property or driveways for up to 24 hours.



#### Sister Cities

The City of Calgary maintains trade development programs, cultural and educational partnerships in twinning agreements with six cities: Quebec City (1956)...Jaipur, India (1973)...Naucalpan, Mexico (1994)...Daging, China (1985)...Daejeon, South Korea (1996)...and Phoenix, U.S.A. (1997).

 **THE SAINT JOHN'S BIBLE**

at  **ST MARY'S**  
UNIVERSITY COLLEGE

## FREE PUBLIC LECTURE

### Michelangelo, Theology of the Body and Art

**Thursday, February 28, 7:30 pm**

**Fr. Michael J. McGivney Hall on campus**

#### with **Martinho Correia, Artist**

Pope John Paul II called Michelangelo's Sistine Chapel "the sanctuary of the Theology of the Body" adding that "it expresses in a certain way the hope of a world transfigured, the world inaugurated by the risen Christ." In this talk, Correia will describe how artists can use John Paul's teachings as a basis for bringing the grand tradition of Catholic art into the 21st century, following in Michelangelo's footsteps.

Read more at [www.stmu.ca/SJB](http://www.stmu.ca/SJB)

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

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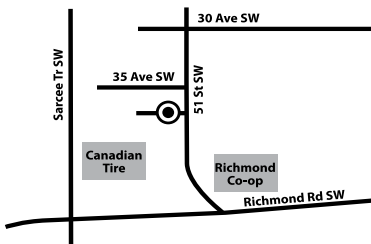
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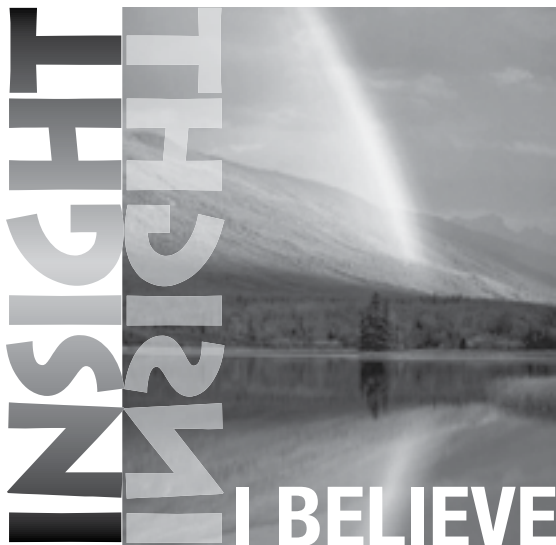
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I believe in tender moments and friendship, through  
and through.  
I believe in stardust and moonbeams all aglow.  
I believe there's magic and more there than we know.  
I believe in reaching out and touching from the heart  
I believe that if we touch a gift we can impart.  
I believe that if you cry your tears are not in vain.  
And when you're sad and lonely, others know your pain.  
I believe that when we laugh a sparkle starts to shine.  
And I just know that spark will spread from more hearts  
than just mine.  
I believe that hidden in the quiet of the night,  
there's magic moths and gypsies a fairy and a sprite.  
I believe that if you dance the dances of your heart,  
that greater happiness will find a brand new way to  
start.  
I believe the gifts you have are there for you to share.  
And when you give them from the heart, the whole  
world knows you care.  
I believe that if you give, even just to one,  
that gift will grow in magnitude before the day is done.  
I believe that comfort comes from giving part of me.  
And if I share with others, there's more for all to see.  
I believe that love is still the greatest gift of all,  
and when it's given from the heart then not one of us  
will fall.

*Author Unknown*

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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
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