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*Tim Hortons*   



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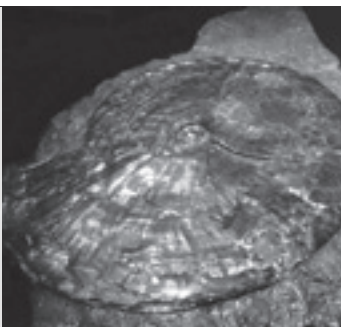
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**Editorial  
Content  
DEADLINE**

**1<sup>st</sup>**  
of each month  
for the next  
month's  
issue

**FYI**

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discovered in  
1981, is a brilliantly  
coloured gemstone  
that is mined  
exclusively in our  
prairie province.



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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

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General Comments or Questions:

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



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403.248.3234

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- West Hills/Signal Hill

- Chinook Centre
- Downtown core

## SCHOOLS

*(S) denotes Separate (FR) denotes French Immersion*

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

## CHURCHES

Springbank United  
403-288-9086

Springbank Community Church  
403.242.3431

Mountainview Lutheran  
[www.mountviewchurch.org](http://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
Springbank Heritage Club	403.242.9350
244168 RR#33	

## EMS Sledding Safety

Alberta Health Services, EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects such as trees and rocks or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Educate your family how to stay safe by following these simple reminders and have a fun day on the toboggan hill.

### Plan ahead

- Dress warmly in layers and anticipate weather changes
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones
- Take breaks to warm up out of the cold
- Ensure frostbite hasn't affected any exposed skin
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed

### Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets

### Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged

## Fostering safe communities... Emergency planning for your pet

Ensure you have a temporary, alternative place for your cat or dog to go for safekeeping in the event of an emergency.

In the event of a fire, **do not return to search for pets.** Contact 911 from a safe phone. Firefighters will search for any animals left behind in a home.

After placing a 911 medical emergency call, confine your cat or dog if a home evacuation is not required. This ensures the safety of cats, dogs and rescue personnel.

Rescued cats and dogs will be delivered to the Animal Services Centre for temporary safe keeping. Injured cats and dogs may be taken to a 24-hour vet clinic.

Contact Animal & Bylaw Services at 311 (from within Calgary) or 403-268-CITY (2489) (from outside Calgary) for information about your pet if he has been brought to the Animal Services Centre.

Animal & Bylaw Services provides free door and window stickers that notify emergency responders that pets may be in the residence. Get stickers by contacting 311 or visiting the Animal Services Centre at 2201 Portland Street S.E. during regular business hours.

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## Animal and Bylaw Services The Truth About Idling

Animal & Bylaw Services wants to remind Calgarians that idling is not an effective means of warming up your vehicle in the winter.

Idling does nothing to warm your vehicle's transmission, tires, suspension, steering or wheel bearings. Even in winter weather conditions, fuel injected engines only require between 30 seconds and 2 minutes of idling to circulate oil through the engine. In addition, idling for longer than 10 seconds uses more fuel than turning your engine off and restarting it again.

If the windows of your vehicle are clear, the best way to warm your vehicle in cold weather is to drive it, avoid-

ing high speeds and rapid acceleration for the first 5 kilometres.

When vehicles are left running while parked, they produce emissions that contribute to air pollution and climate change, affecting our health and the environment. Putting a stop to engine idling is an easy way to reduce emissions, save money, and protect your vehicle's engine!

To help reduce idling in places where it occurs most often, The City of Calgary developed two signs that can be posted in problem areas. The signs are intended to act as an instant reminder for people to turn off their engines. Visit [calgary.ca](http://calgary.ca) and search "idling" to find the "Idle Free Zone" sign and the "Fresh Air Intake" sign to download and print.

White metal idling signs are available for purchase and green plastic idling signs are available at no charge at:

Traffic Permits Counter  
Main Floor Building E, Manchester Centre  
2808 Spiller Road SE, Calgary  
Fax: 403-268-5850  
Open: 8 a.m. to 4:30 p.m. Monday through Friday



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## FEBRUARY 9 SUZIE VINNICK AT THE ENGINEERED AIR THEATRES

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## FEBRUARY 18 WINTER CARNIVAL AT FORT CALGARY

from 10:00 am – 4:00 pm. Free admission. 403.290.1875 / [www.fortcalgary.com](http://www.fortcalgary.com)



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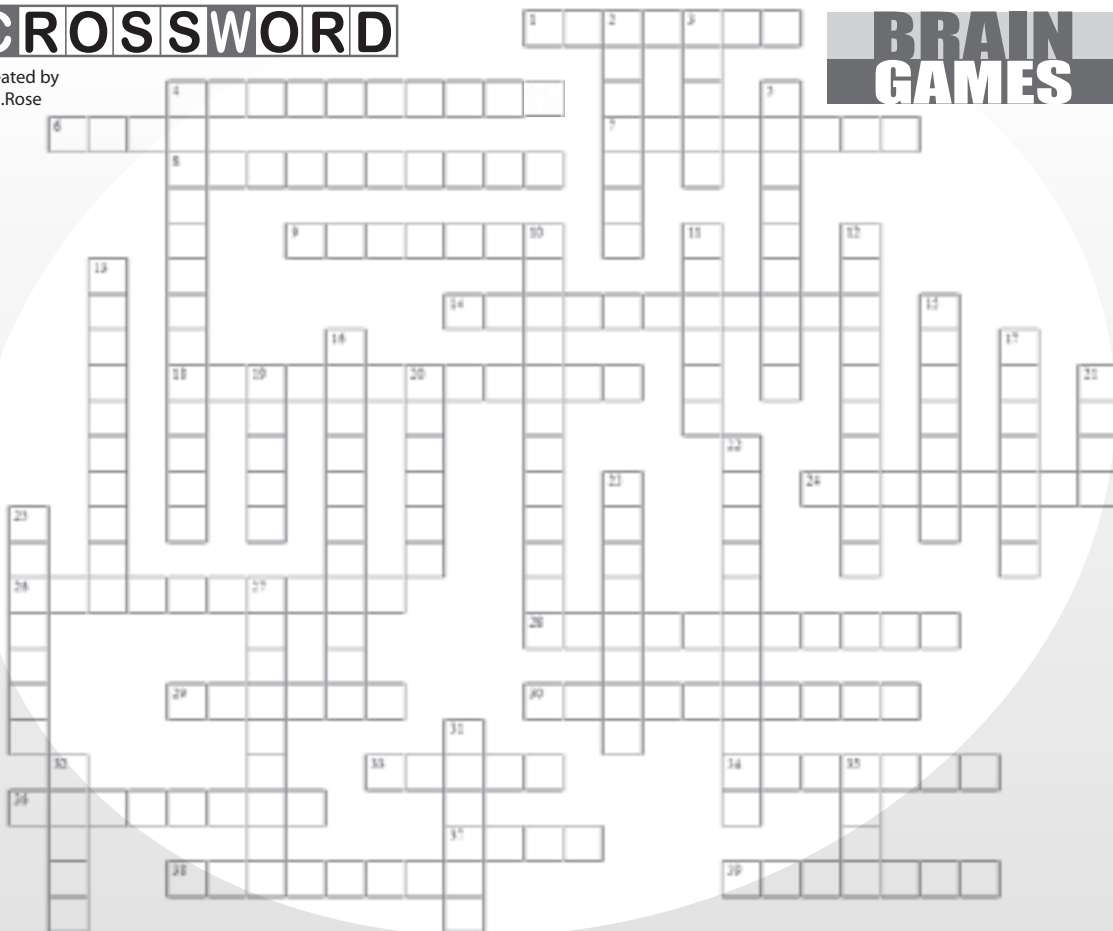
# YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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  - **February 2, 6 & 8 Falstaff** is Verdi's comic opera performed by Calgary Opera. 403.263.5428 / [www.calgaryopera.com](http://www.calgaryopera.com)
  - **opening February 7 Game Show – The Comedy You Play** at Stage West. 403.243.6642 / [www.stagewestcalgary.com](http://www.stagewestcalgary.com)
  - **February 7 & 9 Best of the Beach Boys** Calgary Philharmonic Orchestra performs at 8:00 pm both evenings. 403.571.0849 / [cpo-live.com](http://cpo-live.com)
  - **February 9 Gretchen Peters & Ellis Paul** perform at Southwood United – part of Fish Creek Concerts. [www.fishcreekconcerts.com](http://www.fishcreekconcerts.com)
  - **February 14 – April 21 NCIS: The Canadian Affair** at Jubilations. 403.249.7799 / [www.jubilations.ca](http://www.jubilations.ca)
  - **February 14 Lorraine Hartsook sings Patsy Cline** at Deerfoot Inn and Casino. Wristband 5:00 pm / Dinner 6:00 -7:00 pm / Show 8:00 pm. 403.236.7529 / [www.deerfootinn.com](http://www.deerfootinn.com)
  - **February 14 – 18 Family Quest at Heritage Park.** 403.268.8500 / [www.heritagepark.ca](http://www.heritagepark.ca)
  - **February 17 Calgary Hitmen & Regina Pats** face off at the Saddledome at 4:00 pm. [www.hitmenhockey.com](http://www.hitmenhockey.com)
  - **February 21 – 23 Helios Dance Theater** performed by Alberta Ballet. [www.albertaballet.com](http://www.albertaballet.com)
  - **February 22 David Myles (PEI)** performs fresh new music from the east coast as part of Fish Creek Concerts. Performance at Southwood United Church. [www.fishcreekconcerts.com](http://www.fishcreekconcerts.com)
  - **February 22 Prince Albert Raiders vs Calgary Hitmen** at 7:00 pm at the Saddledome. [www.hitmenhockey.com](http://www.hitmenhockey.com)
  - **February 22 & 23 Music of Nat King Cole** Presented by the Calgary Philharmonic Orchestra POPS series at 8:00 pm both evenings. 403.571.0849 / [cpo-live.com](http://cpo-live.com)
- e. & o. e.

# CROSSWORD

Created by  
B.G.Rose

# BRAIN GAMES



ACROSS

- 1 World's largest ocean
- 4 Largest freshwater island in the world
- 6 Long, detailed story
- 7 Alice in Wonderland cat
- 8 Game played with string looped over the fingers (2 words)
- 9 Annual publication of weather, moon phases, etc.
- 14 Canadian literary award (2 words)
- 18 A province and a breed of dog
- 24 Time when one day passes into the next
- 26 Soft, Italian cheese
- 28 Scottish bard (2 words)
- 29 Type of wooden percussion instrument
- 30 Canada's most important river (2 words)
- 33 Cook in an oven
- 34 Baby's room
- 36 Joints of the hand
- 37 Species of shark
- 38 "Butterflies" pasta
- 39 Calgarians look forward to this weather phenomenon

DOWN

- 2 Individual cake dessert
- 3 Boneless cut of meat
- 4 Rescue ship of lost Titanic souls
- 5 Canadian city & British Prime Minister
- 10 Visible Calgary landmark (2 words)
- 11 Table condiment
- 12 Sister city to Calgary (2 words)
- 13 Feeling mildly unwell (3 words)
- 15 Three little kittens, they lost their \_\_\_\_\_
- 16 Round red fruit with tough leathery exterior
- 17 Goods carried by a large vehicle
- 19 Cheese shaped in a round
- 20 Sewing tool
- 21 Basic rhythmic unit in music
- 22 Type of strawberry
- 23 Classic board game for 2-4 players
- 25 Percussion instrument
- 27 Animal seen in a northern Manitoba city (2 words)
- 31 Last shot of each end of curling
- 32 A heavenly cake
- 35 Woven into a thread

ANSWERS

**Across:** 1. Pacific 4. Manitoulin 6. saga 7. Cheshire 8. cat's cradle 9. almanac 14. Giller Prize 18. Newfoundland 24. midnight 26. mascarpone 28. Robbie Burns 29. claves 30. St. Lawrence 33. roast 34. nursery 36. knuckles 37. Malo 38. farfalle 39. Chinook  
**Down:** 2. cupcake 3. flet 4. Mackie-Bennett 5. Churchill 10. Calgary Tower 11. pepper 12. Quebec City 13. out of sorts 15. mittens 16. pomegranate 17. freight 19. wheel 20. needle 21. beat 22. everbearing 23. Scrabble 25. timpani 27. Polar Bear 31. hammer 32. angel 35. spun

# BASIC BISCUIT MIX

Preparing your own multi-purpose baking mix reduces time in the kitchen, keeping preparation time to a minimum. Keeping a well-stocked pantry (fridge and freezer included) also helps make home cooked meals easy and convenient, not to mention saving time and trips to the grocery store.

This is my mom's basic biscuit mix that she uses to make biscuits or a casserole topping, along with her recipe for Pizza Casserole.

## Basic Biscuit Mix

- 9 cups all-purpose flour      1 tablespoon salt
- ¼ cup baking powder      2 1/3 cups (1 lb) shortening
- 1 cup powdered milk

Mix all dry ingredients together, and then cut in shortening until crumbly and fine. Place in a large covered jar or portion into freezer bags and label. Store in the refrigerator or freezer. Makes approximately 13 cups.

## Biscuits

- 2 cups biscuit mix
- 1 teaspoon baking powder
- ½ cup milk

Combine biscuit mix with baking powder, and add milk, stirring with a fork to blend. Turn out onto a lightly floured surface and knead gently. Roll out to ½" thickness and cut with a round cutter.

Bake at 425 degrees F for 10 – 12 minutes.

## Pizza Casserole

So easy! Serve alone or with a simple tossed salad.

- 1 ½ lb. lean ground beef      • 1 small onion, diced
- 1 – 14 oz. jar/tin pizza sauce      • 1 red pepper, chopped
- 1 cup shredded mozzarella cheese      • 1 – 2 tablespoons cooking oil
- 1 cup shredded cheddar cheese

Saute onion and pepper in oil for 2-3 minutes. Add ground beef and cook until lightly browned. Place beef mixture into a 9" x 13" or 8" x 12" baking dish. Spread with pizza sauce and sprinkle with both shredded cheeses.

## Topping

- ¾ cup biscuit mix
- ¾ cup milk
- 3 large eggs

Beat eggs and stir in biscuit mix, and then slowly add milk until smooth. This mixture will be quite thin. Pour over meat and cheese in baking dish.

Bake at 350 degrees F for 35 – 40 minutes.

Enjoy!

*B. G. Rose*

# COMMUNITY READERS RECOMMEND...



## Fiction

- 419 – Will Ferguson
- Dear Life: Stories – Alice Munro
- Mr. Penumbra's 24-Hour Bookstore – Robin Sloan
- The Headmaster's Wager – Vincent Lam
- Half-Blood Blues – Esi Edugyan

## Non-fiction

- The Kind of Life It's Been (A Memoir) – Lloyd Robertson
- Dearie – The Remarkable Life of Juilia Child – Bob Spitz
- Redefining Success – W. Brett Wilson
- Decisions – Jim Treveling
- A Nation Worth Ranting About – Rick Mercer

## Children's

- Rocket Writes a Story – Tad Hills
- Who Could That Be at This Hour? – Lemony Snicket
- Young Fredle – Cynthia Voigt



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# The Do's and Don'ts of Resolutions

Is it really already that time of year again? The time when we make a list of resolutions, and then look to figure out how to hold to them? Perhaps, if you are like most, by the time you are reading this many of your resolutions have fallen by the wayside. There are likely a list of reasons for this fall. Some resolutions may have fallen due to the fact that many are typically made on January 1st, and tend to be brimming with fresh optimism for the New Year, and thus overly ambitious. Others may be born in the dull ache of the, "I'll never do that again" epiphany of regret hanging over from the previous night's excessive celebration.

Either way, the basic tenet inherent to many resolutions is the need to give up something, or stop a behavior. In and of itself, this can be a very good thing, but it is also wrought with potential failure. That is why, after many years looking at resolutions as a method to tamp down negative behavior, I now view resolutions as a way to more fully embrace positive behaviors. So, for example, if my resolution is about losing weight, my emphasis is not focused on a laundry list of foods I should avoid, but rather on activities I will undertake to get into shape. For me, this has the tendency to give my resolutions greater staying power, as they are based on participation, not deprivation. And while I think that this model of abundance, not scarcity, is a solid one, it is not a new one, and so many of you may already view resolutions this way. If this is the case, and you have taken this stance on resolutions for years, (or maybe it is new to you, but seems a sound approach), I invite you to consider having whatever activities, and actions you undertake be ones that are geared to bring you fully into being the person you inwardly feel you were meant to be. As it seems obvious that strongest resolutions are anchored in activities, actions and attitudes whose resolve not only springs from within, but also whose intentions are to bring your fullest self to the surface.

*Rev. Danah Cox*

WINTER SIGHTINGS



## Snow White

*by Cheryl Bowman - Calgary Wildlife Rehabilitation Society*

Silently flying this bird can swoop down on anything without it knowing, as its flight feathers are tipped with soft down, enabling it to fly without a sound. The Snowy Owl, a majestic bird, is the largest owl by weight with only the males being completely white.

Snowy Owls are Crepuscular, which mean they hunt and are active, both day and night, unlike other owls that are nocturnal or hunt at night. Their diet consists mostly of Lemmings which, thanks to the owls' exceptional hearing and sight, are unable to hide under snow to avoid capture.

This provincial bird of Québec, form a monogamous pair and vigorously defend their territory, even against large carnivores such as wolves. Snowy Owls migrate down to Alberta during the winter months, after spending the spring and summer in Alaska.

The Calgary Wildlife Rehabilitation Society (CWRS) receives 4-6 Snowy Owls a year, the main cause of injury is due to being hit by a vehicle. They have a well-known migration pattern in Alberta, and it is because of this that treatment needs to be administered quickly. The sooner the birds can be rehabilitated the less likely they will have to be 'over summered' as opposed to 'over-wintered' like other migratory birds.

Having the Snowy Owls released in time for their regular migration allows this bird a greater chance of survival. Should you discover an injured Snowy Owl, please visit our website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information or contact the CWRS at 403-239-2488 for assistance.



Photos by Duane Martin

# On Safari: The Adventure of a Lifetime

by Lisa Martin

We were parked in the middle of a herd of elephants in the African bush when suddenly one of them charged our open land rover, flapping his ears and trumpeting loudly. He fiercely shook his trunk at us, then turned to high tail it back to his mother's side. Unfazed by the little fellow's antics, she gently nudged him aside as if to say, "What a good boy. Now run along and play."

It was the first day of our safari at Motswari Private Game Reserve that borders on Kruger National Park in South Africa. We left camp at 6:00 a.m. sharp for the morning drive and had already seen giraffes and impalas when we came across the elephants. A group of related females with their calves, we approached to within 20 feet of them. Our guide Chad turned off the engine and we waited.

Slowly these giant animals walked around our vehicle as they grazed, using two finger-like extensions at the tips of their amazing trunks to pull tender shoots from the trees. Their movements were slow and languorous.

Their eyes have long lashes and they look at you with curiosity and intelligence. We could hear them "talking" to each other through constant low rumblings and I wondered what they were saying about us.

Later on the afternoon drive our guide Chad heard on his radio that a pride of lions were nearby feeding on a buffalo they had killed a few days earlier. It was dark by the time we found them, hidden in the thick bush. The young male and three females had encircled the carcass which by this time was only a ribcage and leg bones. Chad shone a floodlight on them and we sat very still.

Their glowing red eyes were watching us and when the female opened her mouth to yawn, I understood how they could bring down a 2,000 pound buffalo. There were remnants of dried blood on her snout as she leaned in to affectionately nuzzle the male crouched beside her. Only the sound of crunching leg bones, hooves still attached, broke the silence as those powerful jaws did their work. There is no waste in the African bush.

We, on the other hand, dined that evening in the camp's boma, a circular wooden structure open to the stars, where tables set with linen and crystal awaited us. We sampled South African wines and locally prepared foods such as kudu along with more traditional chicken, beef and vegetable dishes. After dinner John, one of the guards, escorted us back to our bungalow. Guests are not allowed to walk alone after dark because animals wander through the unfenced camp. Armed only with a flashlight, I asked him what he does if he encounters an animal on his night rounds. He threw his arms into the air, waving them wildly and laughed, "I just do this and they run away!"



In the blazing heat next day we came across a female white rhinoceros and her young calf. Although called a white rhino, her thick folded skin was actually grey. She had two horns, a long one and shorter one behind, and she looked almost pre-historic. Nearby but keeping a respectful distance was an even more massive male, the kind of animal you would never want to encounter on foot. He kept his small beady eyes on the female. Suddenly and without warning he trotted up to them when she turned and gave a loud warning "snort!" Down he dropped on all fours, as if he'd been shot! He lay there for a moment considering his options but after realizing he was getting nowhere with the lady he sauntered off into the bush.



At sunset we stopped in a clearing for our sun downer. Chad unfolded a small tin table from the back of the land rover, covered it with a white cloth and poured our drinks. The sound disturbed a lone hyena that was resting on the ground a short ways from us. She got up and stretched and then slunk away into the dusk. I stood there with my glass of wine and watched the fiery red sun slowly disappear behind the distant purple hills. Off in the distance hyenas whooped, the pack no doubt greeting the straggler we had just chased off. Another day was ending in the African bush and it was time to go.





# What the **New \$20 Polymer Bill** Means for Your Business

Isabella Pino

You may have already seen or used the new polymer (plastic) \$100 and \$50 bills, but you'll soon become more familiar with a new design. That's because the most common bank note -- the \$20 bill, underwent a polymer re-vamp and entered circulation in early November. In 2013, the Bank of Canada will release \$10s and \$5s, completing the set.

These new polymer notes are beneficial in a few ways:

1. They are hard to counterfeit yet easy to verify, thanks to leading-edge security features like metallic images, raised ink, transparent text, hidden numbers, and a frosted maple leaf window.

2. They are more durable, lasting 2.5 times longer than our current paper notes.

3. They are as easy to handle as the paper notes but feel different, making it easier for you to tell old bills from new ones.

## What you should know as a business owner

If your business uses equipment that takes in or dispenses cash—like vending machines, self serve check-outs, or ABMs—you may need to upgrade this equipment so it can recognize the new notes. Equipment manufacturers are working with the Bank of Canada to make these equipment upgrades, so they should have more information for you, such as:

- What adaptations or software changes you may be required to complete
- When these changes have to be completed by
- Common issues or challenges relating to the new notes

You should also train your staff to recognize these new notes.

## How to manage the old and new bills

As the new polymer notes become available, the Bank of Canada will remove the corresponding paper notes from circulation. The faster they can do this, the faster you and your staff can focus on verifying one style of bank notes.

You can help the removal of paper notes—and make your visit to the bank quicker—by keeping polymer and paper notes separate in your tills (one on top of the other in the same compartment, for example) and bundling these notes separately when you make your bank deposit.

Visit [bankofcanada.ca/banknotes](http://bankofcanada.ca/banknotes) for more information on this new, innovative Canadian currency.

## BRAIN GAMES

## SUDOKU

					2		7	
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		9	1				6	
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## Fifteen Minutes to LITERACY

If you are still deciding upon your 2013 New Year's resolutions, especially ones that involve the whole family, Calgary Reads has a suggestion for a family-inclusive resolution that is easy and rewarding. Why not celebrate Family Literacy Day every day of the year?

Family Literacy Day, held annually on January 27 raises awareness of the importance of reading and doing other literacy activities together as a family. This year, in honour of Family Literacy Day's fifteenth year, families are encouraged to participate in "Fifteen Minutes of Fun". To get involved, your family simply needs to practice literacy together for fifteen minutes per day. Even such a short amount of time spent learning together every day can have tremendous benefits for children and for parents.

Need some suggestions on how to get started?

- Invent a new ending to your favourite book.
- Create your family tree.
- Look up the meanings of strange words and test your family's dictionary prowess.
- Choose a family photo to talk about. When was it taken? Who is in the picture? Make up a caption to go along with the photo.
- Play a board game, do word searches and crossword puzzles together.

This year, why not resolve to adopt "Fifteen Minutes of Fun" for your family? It could very well be the easiest and most rewarding New Year's resolution you make.

*Calgary Reads helps kids learn to read. Our primary program trains volunteer tutors to work one-on-one with struggling young readers. We also offer parent and teacher learning sessions, hold school reading celebrations and organize a huge used-book sale every May. Learn more at [www.calgaryreads.com](http://www.calgaryreads.com) or find us on Facebook and Twitter.*

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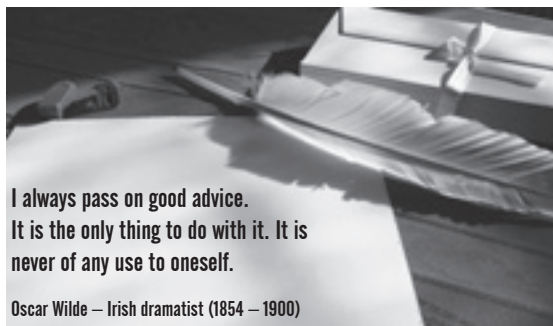
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Child Find – Alberta	403.270.3463
Cochrane Ecological Institute (Wildlife Emergencies)	403.932.5632
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre - Alberta	403.944.1414
Suicide Crisis Line	1.800.784.2433
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
OTHER	
Alberta Fish & Wildlife	1.877.944.0313
Calgary Humane Society (Injured & Stray Pets)	403.250.7722
Calgary Parking Authority (Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Seniors' Resource - SeniorConnect	403.266.6200
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403.705.3246
Road Conditions – Calgary	1.877.262.4997
RCMP – Non Emergency	403.949.7729
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## 2013 Information Evening Dates:

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

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