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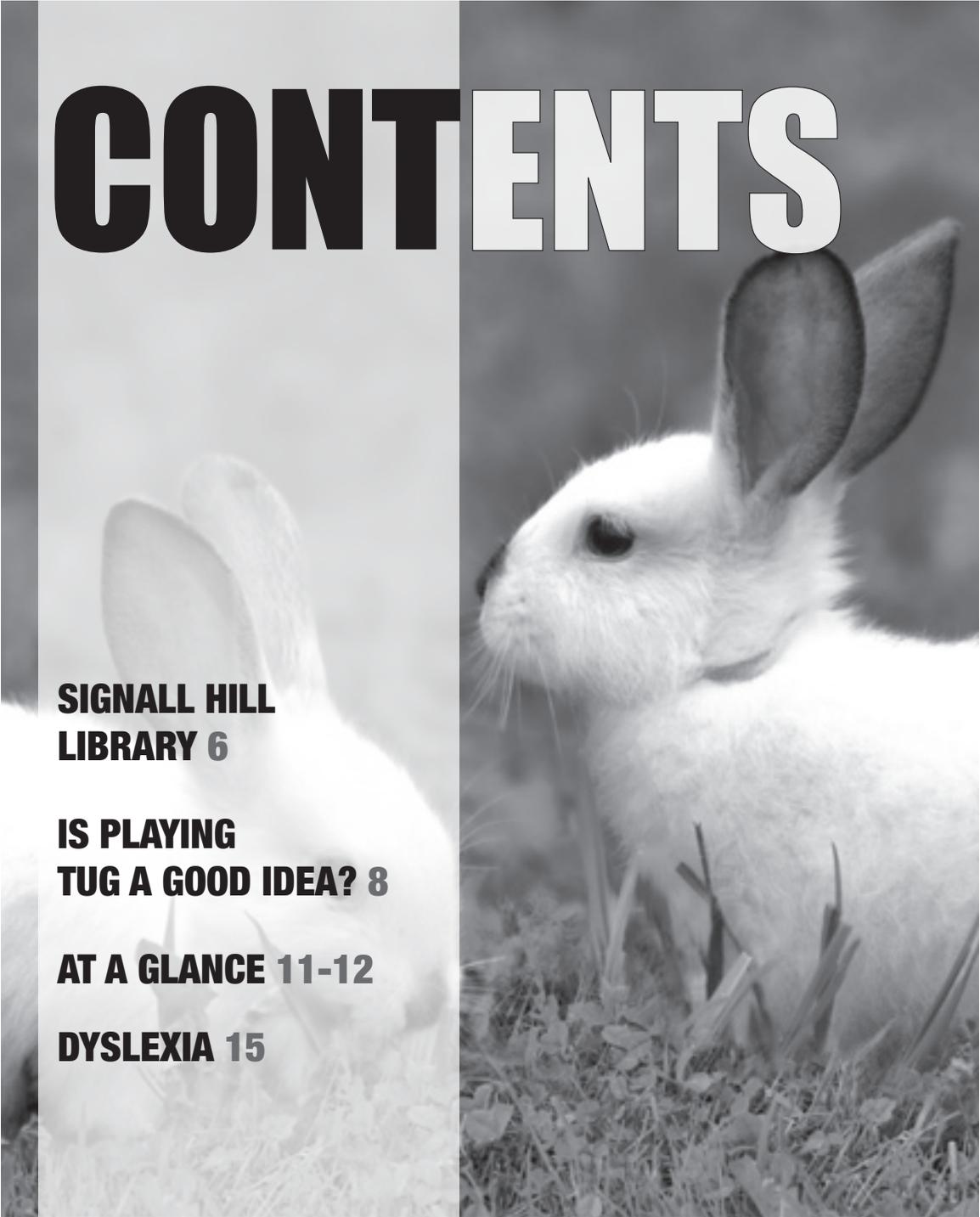
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Elbow Valley is minutes away from:

- 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

in & around your community

Alberta Parks Presentation Series

FIFTH PRESENTATION: Bears of the Bow Valley

WHEN: Wednesday, March 13th, 2013
TIME: 7:00 p.m.
PRESENTER: Randy Axani, Conservation Officer and Kananaskis District Team Lead
WHERE: Fish Creek Environmental Learning Centre

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

ADMISSION: \$6.00 per person (payable at the door cash or cheque only)

REGISTRATION: Phone 403-297-7927 or email roland.kirzinger@gov.ab.ca

SPONSORED BY: Alberta Tourism, Parks, and Recreation, Fish Creek Environmental Learning Centre and The Friends of Fish Creek Provincial Park Society

For more information, please check our website at www.fish-creek.org or contact: Roland Kirzinger, Environmental Education Coordinator Fish Creek Environmental Learning Centre 403-297-7927 or toll-free 310-0000, then 403-297-7927.

Star Night: A FREE Family event – No registration necessary

Date: Saturday, April 13th, 2013

Time: 7:00 p.m. – 10:00 p.m.

Location: Fish Creek Environmental Learning Centre, 13931 Woodpath Road SW (Access from 37 St SW and 130 Ave SW, west end of Fish Creek Provincial Park)

Come and enjoy:

- viewing the night sky through telescopes
- guided night walks
- indoor activities and displays
- learning about local night creatures

Remember:

- Dress for the weather
- Cover flashlights with red to prevent night vision loss (thin fabric or tissue paper work well)

For more information contact Julia Millen at 403-297-7926 or Julia.Millen@gov.ab.ca

Event runs regardless of the weather, cloudy or clear.

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



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news@great-news.ca

Editorial Content DEADLINE

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

Signal Hill Library

"Beware the Ides of March!"

Camp SunHaven

SunHaven is a five-day residential summer camp run by the Kids Cancer Care Foundation of Alberta (KCC). The camp is uniquely designed for children ages 7 to 17 who have a parent with cancer. The programs and activities help foster friendships and self-confidence in a supportive, team-based environment. It's a place where kids can set aside their worries for a week of fun and laughter with children in similar circumstances. Your kids will be actively engaged in age appropriate activities including swimming, arts and crafts, hiking, archery, high ropes course, camp fire sing songs, orienteering, wetland studies, survival skills and animal games. Camp will run from August 5 - August 9, 2013. Camp SunHaven is of no cost to Alberta children who have a parent with cancer.

How to Register:

1. All families must complete the online family registration form.
2. Download and complete the medical forms & waivers.
3. Send completed forms to: Kids Cancer Care Foundation of Alberta.

www.kidscancercare.ab.ca

Winter Road Driving Conditions Survey

The City of Calgary would like to know what citizens think about their Snow and Ice Control program. Calgarians are being asked to participate in an online survey regarding our winter road conditions.

You can provide feedback by accessing the following link: <http://bit.ly/WrjKs3>.

Additional information about the Roads Winter Driving Conditions Survey can be found at <http://bit.ly/WrjKs3> or by calling 403-261-7999 or emailing survey@hargroup.ca.

What *are* the Ides of March anyway? What was Shakespeare talking about in *Julius Caesar*?

You can find the answer to this and thousands of more puzzling questions in **Britannica Online**, one of many online databases in the Library's E-Library, free to Library members.

Upcoming Programs – To register: calgarypubliclibrary.com / 403-260-2620

Reading Comes Alive with Yoga

Join YogaKids in this interactive workshop where you will explore books while learning fun yoga poses. Ages 6 to 8.

Monday, March 25 from 7:00 p.m. to 7:30 p.m. OR
Monday, April 1 from 7:00 p.m. to 7:30 p.m.

Eco Yards

Learn how to make your yard eco-friendly with Laureen Rama, landscaper and author of *Eco-Yards: Simple Steps to Earth-Friendly Landscapes*.

Wednesday, March 13 from 7:00 p.m. to 8:30 p.m.

Ordinary People with Extraordinary Stories

Meet some of the many individuals doing extraordinary things to change our communities. Hear stories of what the average person can do to make a positive impact.

Friday, March 22 from 2:00 p.m. to 4:00 p.m.

No registration required.

eBook Doctor

Looking for help with OverDrive or Freeding? Drop in for one-on-one help with your eBook and E-Reader questions.

Monday, April 8 from 2:00 p.m. to 3:30 p.m.

No registration required.

Note: All Calgary Public Library locations will be closed on March 29 for Good Friday and March 31 for Easter Sunday.



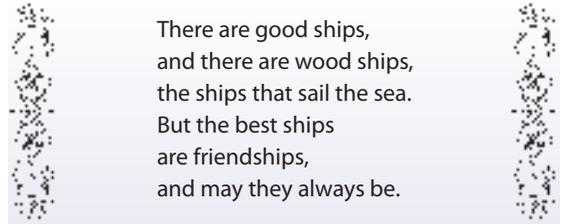
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IRISH TOAST

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and there are wood ships,
the ships that sail the sea.
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are friendships,
and may they always be.





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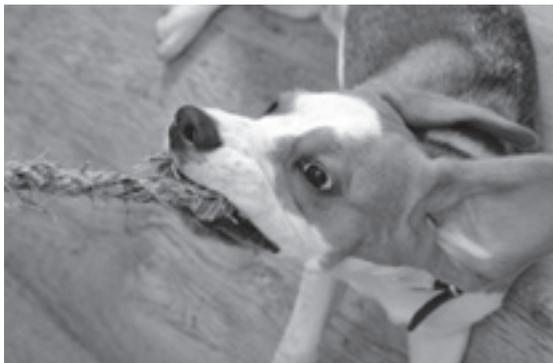
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Is Playing Tug a Good Idea?

Some outdated training theories say playing tug with your dog is a bad idea as it creates dominance in your dog. Rubbish! Playing tug is actually a wonderful game to play with your canine companion for many reasons.

Playing tug is a great way to bond with your dog and provides a healthy outlet for physical exercise and mental stimulation. Playing tug is a better choice for play over wrestling with your dog. If we are rough with our dogs – pushing and knocking them around in play - we can set the example that this is an appropriate and acceptable way to play and unfortunately, it may encourage our dogs to get rough with us in return by mouthing, jumping up and body checking.

Tug is also a great way to make training fun. You can use this game to teach and practice important skills such as bite inhibition, 'Take it', 'Drop it', 'Leave it' and 'All done'. Playing tug will also help your dog learn how to listen to you when they are excited and to put appropriate items in their mouth – the toy, not your hand or arm!

Tug should be played with the following guidelines:

- Use a specific toy that is your toy; not your dog's toy. Put the toy away when you are not using it during play.
- You determine when the game begins and ends.
- Your dog should never touch you with their teeth.
- If the dog breaks the rules, the game is over or you call a time out.
- Always tug side-to-side, never up and down, to prevent damage to your dog's neck.

Tug is but one of the fun activities that you can share with your canine companion and is rewarding for both you and your pet.

Nicky Blackshaw
Certified Professional Dog Trainer



DAYLIGHT SAVING TIME
begins Sunday, March 10 at 2:00 am

When changing the time on your clock, copiers, recording equipment, etc., change the batteries in your smoke detectors at the same time to keep your family safe.

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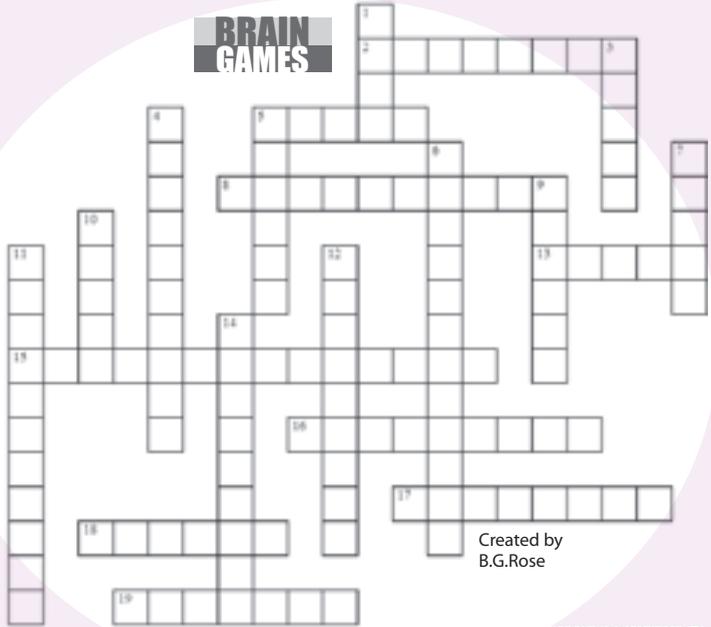
BRAIN GAMES

ACROSS

- 2 March's flower
- 5 Rodent associated with computers
- 8 Everyone is Irish on this day (2 words)
- 13 Resin from 40-million-year-old coniferous trees
- 15 We change our clocks to 'spring ahead' for this time (2 words)
- 16 Baking paper
- 17 Mad Hatter's _____ (2 words)
- 18 Percussion drums common to Latin music
- 19 Designer of the most famous decorated Easter eggs

DOWN

- 1 15th day of March
- 3 Peanuts character with blanket
- 4 Ring shaped pasta filled with meat or cheese
- 5 60s style of soul music with pop influence known as the _____ sound
- 6 Animal native to Alberta (2 words)
- 7 English word beginning with "dw"
- 9 To look for
- 10 Winnie the Pooh's favourite food
- 11 Tightly curled fronds of ostrich fern
- 12 Moving staircase
- 14 Popular Easter sweet in various shapes



Created by
B.G.Rose

Across 2. daffodil 5. mouse 8. St. Patrick's 13. amber 15. daylight saving 16. parchment 17. Tea Party 18. congas 19. Faberge Down 1. Ides 3. Lusus 4. tortellini 5. Motown 6. Bighorn Sheep 7. dwarf 9. search 10. honey 11. fiddleheads 12. escalator 14. chocolate



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YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **March 7 – April 6 Petawawa** World premiere presented by Alberta Theatre Projects. 403.294.7402 / www.atplive.com
- **March 8 The Arrogant Worms** presented by Fish Creek Concerts Series at River Park Church. 403.263.0079 / www.fishcreekconcerts.com
- **March 9 Calgary Hitmen & Lethbridge Hurricanes** face off at the Saddledome at 7:00 pm. www.hitmenhockey.com
- **March 12 Birds of Paradise** part of Epcor Centre's National Geographic Live! series with Tim Laman and Ed Scholes. 403.294.9494 / epcorcentre.org
- **March 12 Calgary Hitmen vs Medicine Hat Tigers** at the Saddledome at 7:00 pm. www.hitmenhockey.com
- **March 12 – April 7 God of Carnage** Tony award winner for best new play, presented by Theatre Calgary. 403.294.7447 / www.theatrecalgary.com
- **March 14 – 16 Mainstage Dance** at University Theatre 8:00 pm. 403.220.7202 / www.performingarts.ucalgary.ca
- **March 16 Calgary Hitmen vs Kootenay Ice** 7:00 pm at the Saddledome. www.hitmenhockey.com
- **March 21 All You Need Is Love (Beatles Tribute)** 8:00 pm at Deerfoot Inn & Casino. Wristband 5:00 pm. 403.236.7529 / www.deerfootinn.com
- **March 25 Hutchinson Andrew Trio** Contemporary Canadian jazz trio performs at 8:00 pm at the University Theatre. 403.220.7202 / www.performingarts.ucalgary.ca
- **March 30 & 31 Ballerinas, Quarterbacks & Zombies** at Telus Spark. www.sparkscience.ca
- **March 31 Hop Into Spring** Enjoy Easter activities at Fort Calgary. Free for children under 18. 403.290.1875 / www.fortcalgary.com

e.& o.e.

MARCH 10 PETER AND THE WOLF

Symphony Sundays for Kids. Calgary Philharmonic Orchestra. 403.571.0849 / cpo-live.com



MARCH 21 – 23 CELEBRATING MOZART

performed by Alberta Ballet. 403.245.4549 / www.albertaballet.com



MARCH 22 CELTIC CROSSROADS:

The Gathering Tour Concert begins at 7 pm at Jack Singer Concert Hall. 403.294.9494 / epcorcentre.org



MARCH

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**APRIL 13 & 14
CALGARY HORTICULTURAL
GARDEN SHOW**
held at Spruce Meadows. www.calhort.org



**APRIL 19
THE MOTOWN SOUND**
performed by Calgary Philharmonic
Orchestra at 8:00 pm. 403.571.0849
cpo-live.com



**APRIL 25 & 27
SWEET SOUNDS OF THE 70S:**
Paul Simon and Friends is part of the Calgary
Philharmonic's POPS series. Performances
at 8:00 pm both evenings. 403.571.0849
cpo-live.com



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

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- **April 12 – 14 The Number 14** at Vertigo Theatre's Y Stage. Friday and Saturday evening performances at 7:00 pm, matinees on Saturday and Sunday at 1:00 pm. 403.221.3708 / www.vertigotheatre.com
- **April 16 Journey to Vietnam with Catherine Karnow** Epcor Centre and National Geographic Live explore the culture of Vietnam. 7:00 pm. 403.294.9494 / epcorcentre.org
- **April 18 Chicago** opens at Stage West Dinner Theatre. 403.243.6642 / www.stagewestcalgary.com
- **April 19 The Tommy Banks Trio** performs at Heritage Park as part of their Noteworthy Nights. 403.268-8500 / www.heritagepark.ca
- **April 20, 24 & 26 La Traviata** Verdi's bittersweet love story comes alive through Calgary Opera. 403.263.5428 / www.calgaryopera.com
- **running until April 21 NCIS: The Canadian Affair** at Jubilations Dinner Theatre. 403.249.7799 / www.jubilations.ca
- **April 22 Tribute to Benny Goodman – Cedric Blary Quartet** is part of the Monday Night Jazz Series, presented by BEAT NIQ Jazz & Social Club at the U of C. Tickets available at the door. 403.220.7202 / www.performoingarts.ucalgary.ca
- **April 23 Hugh Masekela** legendary South African trumpeter visits Calgary as part of Epcor Centre's BD&P World Music Series. Concert begins at 7:00 pm. 403.294.9494 / epcorcentre.org
- **April 23 – May 26 Anne of Green Gables the musical** presented by Theatre Calgary. 403.294.7447 / www.theatrecalgary.com
- **April 26 – June 30 The Big Boom Theory** runs at Jubilations Dinner Theatre. 403.249.7799 / www.jubilations.ca
- **April 27 Deric Ruttan** at 9:00 pm at the Deerfoot Inn & Casino. 403.236.7529 / www.deerfootinn.com
- **April 30 – May 18 Red** 2010 Tony Award-winning drama presented by Alberta Theatre Projects. 403.294.7402 / www.atplive.com
- e. & o. e.



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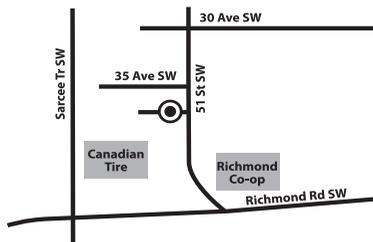
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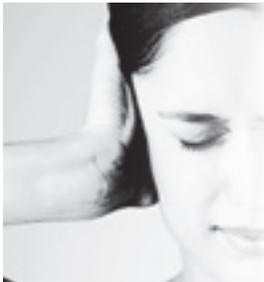
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Migraine Headache

Causes and Treatment Options

Dr. Alma Nenshi, DC

Migraines are a debilitating form of headache that lasts several hours to days, usually one sided with intense throbbing head pain, and may be accompanied with nausea, vomiting and visual disturbances such as flashes of light. Despite how common migraines are, there is surprisingly little known about what exactly causes them. Researchers believe that they are due to a combination of different factors, including genetics and environment, which cause chemical changes in the brain.

When a migraine occurs, levels of serotonin have been found to drop. Serotonin is the neurotransmitter that regulates mood, appetite and sleep. Experts believe this drop causes the trigeminal nerve, which is a major pain pathway, to release neuro-peptides into the meninges that covers the brain, causing intense headache pain.

Triggers of migraine headaches include:

- Hormonal changes in women – Particularly when estrogen fluctuates before menstruation, during pregnancy or during menopause.
- Sensory stimulation – Bright lights, glare from the sun, loud noises or even pleasant or unpleasant scents.
- Particular foods – Including red wine, caffeine, aged cheeses, chocolate and monosodium glutamate (MSG), pickled or fermented foods and the nitrates in deli meats.
- Not eating – Skipping meals or fasting.
- Changes in sleep – Both getting too much and too little sleep can trigger a migraine.
- Stress – Physical, postural, nutritional, emotional, toxins and electromagnetic.
- Medications – Particularly vasodilators and contraceptives.
- Physical activity – Intense physical exertion (including sexual activity) can be a trigger.

Your family history plays a major part in whether or not you are likely to get migraines. Of those who suffer from

them, 90 percent have a family history of migraine attacks. Although they can begin at any age, most people who are going to get migraines have had their first attack during their teenage years, and nearly all have had at least one by age 40.

Treatment for migraines can include pain relievers such as ibuprofen or acetaminophen and anti-emetics to control nausea and vomiting. For those with chronic migraines who do not respond to over-the-counter pain medication, a medical doctor may prescribe a drug such as Sumatriptan, which is similar to serotonin and reduces the vascular inflammation that is associated with migraines, in addition to reducing the action of the trigeminal nerve (a nerve needed to feel your face and activate your chewing muscles in your mouth).

In addition to avoiding the known triggers mentioned above, some migraine sufferers use various vitamins and herbal remedies such as vitamin B12, riboflavin, coenzyme Q10, magnesium citrate, feverfew, butterbur and melatonin to help them.

Studies have found that chiropractic care relieves migraines as well as medication, and with no side effects. So even if you are one of the unlucky ones for whom migraines are a fact of life, there are safe and effective ways to treat them.

511 is the new number Albertans can phone to learn about road reports and information about weather conditions across the province, or log on to the website at 511.alberta.ca.



Dyslexia

Dyslexia today is still misunderstood – even though research over the last 20 years has given us definitive insight into how our brain works when reading with dyslexia.

The International Dyslexia Association defines dyslexia as a 'specific learning disability that is neurological in origin.' This definition quite simply means that dyslexia

is a result of brain function, not a result of being lazy, uninterested, unmotivated, or whatever other label used to describe a person with this disability. A correct diagnosis is empowering and is a crucial first step in shedding the inaccurate labels.

So what can be done? Dyslexia impacts a person's ability to clearly hear the individual sounds in our language, which is critical in order to learn to read. **We must first hear c-a-t** (without seeing the letters) in order to then manipulate those sounds to make new words like **h-a-t** and then **h-o-t** to **h-o-p** and so on. Therefore, dyslexia is not a visual problem as long believed, and will not go away on its own.

Dyslexia is in fact hereditary. Not surprisingly, a parent can discover his/her own dyslexia by watching their child experience the same struggles.

It is never too late; specific phonemic and phonological awareness is crucial as is the safekeeping of self esteem. The pain of being a bright, creative person in so many ways, yet being unable to make sense of the reading process can be crushing. Don't give up!

Melane Culham, B.Ed., M.Ed., Dyslexia Specialist



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Responsibilities of dog owners in off-leash areas:

Dogs are allowed to be off-leash only in designated off-leash areas. Even in off-leash areas, dogs must be on leash in the parking lot and on the pathways. All of Calgary's pathways are on leash areas.

In an off-leash area, owners must ensure that their dog is under control at all times. Under control means that the dog must remain at such a distance from his owner so as to respond to voice, sound or sight commands. It also means that the dog must not chase, threaten or attack people or animals.

Responsibilities of dog owners on pathways:

- Owners must have their dog secured by a leash no longer than two metres.

- Owners must ensure that their dog remains on the right-hand side of the pathway unless moving around other users.
- Owners must ensure that their dog remains under control at all times and does not interfere with other users.
- Owners must not be on a bicycle, skateboard or roller-blades with any animal on a leash.

Responsibilities of dog owners in other public spaces:

Owners must not leave their dog unattended while tethered or tied on premises accessible to the public.

Responsibilities of dog owners on private properties:

Owners must ensure that their dog is not left unsupervised while tethered or tied on a private property.

For more information, visit calgary.ca and search "Responsible Pet Ownership."

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GIVING IS GREAT!



Kate Foote, Resource Development Co-ordinator for the Calgary Humane Society accepts \$260.00 cheque from Mike Russell, Owner of Great News Publishing.



The Calgary Humane Society was the recipient chosen for the Great News Publishing Staff Theme

Days Fundraising initiative for 2012, an idea sparked by Katrina Alm that was happily embraced by the staff.

Throughout the year, staff contributed a monthly fee to participate in "Theme Days" pictured below. At the end of the year, the company matched the funds raised by its employees, and a charity was chosen by way of a random draw of different charities suggested by the staff.



BUSINESS CLASSIFIEDS

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Elbow Valley. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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Contact news@great-news.ca

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

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EYES WHEN YOUR
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OUT OF FOCUS.

– MARK TWAIN

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

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at  ST MARY'S
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Earliest Disciples Did**

Friday, March 15, 7:30 pm

Fr. Michael J. McGivney Hall on campus

with Dr. Amy-Jill Levine

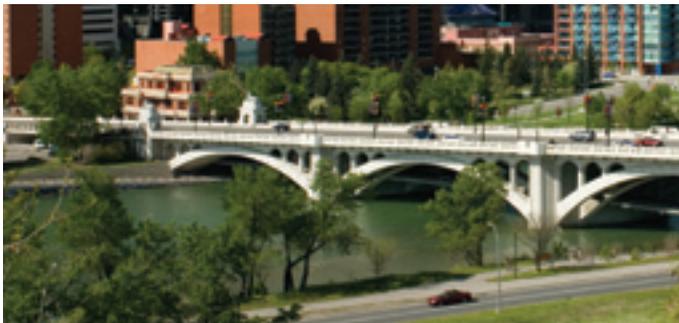
**Professor of New Testament & Jewish Studies
Vanderbilt University**

One of the foremost New Testament scholars in the English speaking world, Dr. Levine's work animates the Jewish-Christian dialogue in the world today. In this free public lecture, Dr. Levine will illustrate how knowledge of first century Judaism helps us to understand Jesus.

The Saint John's Bible will be on display at this event.

Read more at www.stmu.ca/SJB

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FYFYFY

Centre Street Bridge, built in 1916, crosses the Bow River in Calgary, and is the central point of the quadrant system of the city.

The lion sculptures were cast by Scottish mason James L. Thompson, and were modelled after the lions at the base of Nelson's Column in Trafalgar Square, London, England. After restoration of the bridge in 2001, the original lions were replaced with replicas. One of the original lions is housed at City Hall; another is in long term storage.



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