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DAY**



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1402 – 8 Avenue NW

CENTRAL

Calgary Downtown The Core
(Located on the 4th floor next to the food court in The Core Medical Centre)
417B, 751 – 3 Street SW

SOUTHEAST

Southcentre Mall
(Located on the lower level, south side, in the professional offices)
177, 100 Anderson Road SE

South Calgary Health Centre
105, 31 Sunpark Plaza SE

Sunpark Professional Centre
125, 40 Sunpark Plaza SE

NORTHEAST

Castleridge Plaza
20, 55 Castleridge Boulevard NE

SOUTHWEST

Westbrook Professional Building
200, 1610 – 37 Street SW

Mayfair Place
110, 6707 Elbow Drive SW

Aspen Landing
105, 339 Aspen Glen Landing SW



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www.radiology.ca

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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 | First Lutheran |
| 403-288-9086 | 403-242-4544 |
| Westlife Church | Rockpointe Church - Westhills Site |
| 403-242-3431 | 403-851-0011 |
| Mountainview Lutheran | Richmond Hill Baptist |
| 403-242-5000 | 403-242-1256 |
| Valley View Presbyterian | Westside Kings Church |
| 403-249-6006 | 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

calgary
reads

How do I love thee?

Mother's Day is quickly approaching, and maybe it's time to consider a fresh approach to show your mama just how much you love her. Sure, flowers and chocolates are always nice, but they are a little predictable. Breakfast in bed is a lovely idea, but let's face it, sometimes it just ends up being added work for mom herself. And not everybody is that fond of raw pancakes and burnt bacon.

Calgary Reads would like to suggest giving mom a literary gift this Mother's Day. It's a very thoughtful way of spelling out just how much you love her. Here are a few suggestions to get you started.

Write your mother a poem. Take mom to the library and help her pick out some books to read together. While you are there, let her pick out a new novel for herself. Write a story for your mama. Turn it into a book, by binding it between construction paper covers that you have decorated yourself. Take mom to the CBC - Calgary Reads Book Sale (which runs all Mother's Day week-end). Take along an extra toonie and surprise mom with a book that you bought with your own money. Or give mom a day of pampering and let her go to the book sale all by herself. Have supper ready for her when she gets home and decorate her place setting with a home-made card. Make some Mother's Day themed bingo cards and challenge your mom to a game. Or, if you are really ambitious, make mom a crossword puzzle that she can complete while enjoying her coffee.

There are so many words and ways to show your mom how much you love her. Have fun!

Calgary Reads helps kids learn to read. Our primary program trains volunteer tutors to work one-on-one with a struggling grade 1 or 2 reader at a local school. We also host school reading celebrations, hold teacher and parent workshops and organize a massive yearly book sale. www.calgaryreads.com.

MD OF ROCKY VIEW

Hours of Operation

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

Monday to Friday

Offices are closed on statutory holidays

For Building and Development Permits and all related information:

Planning & Community Services

Phone: 403.520.8166

Fax: 403.277.3066

Email: building@rockyview.ca

Road-related Maintenance concerns:

Road Maintenance Call Centre

Phone: 403.520.6378

Available 24 hours/day, 7 days/week

General Comments or Questions:

comments@rockyview.ca



news@great-news.ca

**Editorial
Content
DEADLINE**

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



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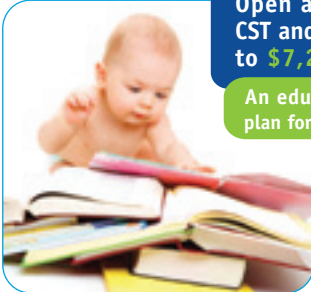
Bill: 403-605-3620 email: bewing@cirrealty.ca

Ad not intended to solicit properties already listed.

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Look for Orchids at Griffith Woods

Griffith Woods is a treasure within the city. Sitting on approximately 90 acres on the banks of the Elbow River in the community of Discovery Ridge, you can experience the calm, peace and solitude walking through the forest.

Donated by Wilbur Griffith to Parks Foundation Calgary in 2000, the park has become an important preservation area in the city. In this relatively small area, 31 plant species rare to Calgary have been identified – among those are orchid species.

The yellow lady's slipper orchid will begin to emerge in spring so if you are exploring Griffith Woods, keep your eyes open.

To protect this environmentally sensitive park, users should be mindful of staying on designated paths and respecting posted signs.



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CROSSWORD

ACROSS

- 1 Woven pie crust
- 4 Provincial flower of Ontario
- 8 A medium for carving
- 9 Trees and tables have these
- 10 Home to Mona Lisa (2 words)
- 12 TV show and cartoon character
- 14 Edible cookie zoo (2 words)
- 18 Sparkling drink named after Venetian painter
- 19 In the ____ month of May
- 20 Colour of Charlie's name

DOWN

- 2 Collective camels
- 3 Four pecks equal one of these
- 5 The Greatest Lake (2 words)
- 6 Theatre masks (2 words)
- 7 Largest lake in Banff Nat'l Park
- 11 A bird and a golf term
- 13 Common garden tool
- 15 Hat maker
- 16 Part of a strawberry and a boat
- 17 Canadian city and a dessert



**BRAIN
GAMES**

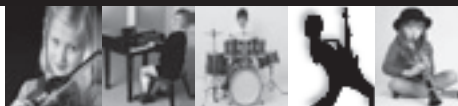
Created by
B.G.Rose

Across: 1.lattice 4.trillium 8.sopstone 9.leaves 10.The Louvre 12.Lucy 14.Animal Crackers 18.Bellini 19.merry 20.Brown
Down: 2.caravan 3.bushel 5.Lake Superior 6.comedy 7.Minniewanka 11.eagle 13.cultivator 15.milliner 16.hull 17.Nanaimo

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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.



Rich Life Recipe

by Rev. Danah Cox, BFA, M.Div.

Foodie or not, you may have heard of Oysters Rockefeller, which is arguably the most famous oyster appetizer in the world. First created at Antoine's Restaurant in New Orleans, Rockefeller's recipe has been a closely guarded secret for over a century. Further, and contrary to conventional culinary wisdom (having worked at Antoine's for years), I can say with some certainty not one leaf of spinach is found in the recipe. The truth is, though I do not claim to have any sense of how proportioned, the main suspect ingredients of this most delicious oyster dish is the nutritiously rich green tops of several other vegetables (carrots, turnips, celery). Put another way, everything that would normally be discarded from any cutting board as refuse. So, paradoxically, (and again, this is only my very well informed guess) this most delicious dish, invented to be served to impress the richest man in the world of that era, is in reality composed of healthy foods most likely considered compost in a modern kitchen. Thus the inspiration for this seemingly hoity-toity dish sprung not from a decadent model of conspicuous consumption, but rather from the opposite, as the true muse for Rockefeller was frugality.

And herein lies the life lesson I feel we might learn from all those sharp chefs facing razor thin profit margins common to all restaurants, namely to avoid waste of any sort. For, far beyond food cost concerns, the cost of waste plays out in too many ways in our lives, and world. While some might already be rightly considering wise and wonderful things like recycling, energy conservation (and not letting that kale garnish go uneaten off the next office party finger sandwich platter), I am actually talking about the moments in life which we are all guilty of squandering. Those moments that are between all of our planned activities. Be it a conversation struck at the checkout counter, a sunset seen while stuck in traffic, or a smile shared in an elevator -- these discarded moments can actually be the most nutritious, and deliciously cherished memories. Memories that turn out to be even "Richer than Rockefeller".



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Estate Planning

by Kim DesLandes

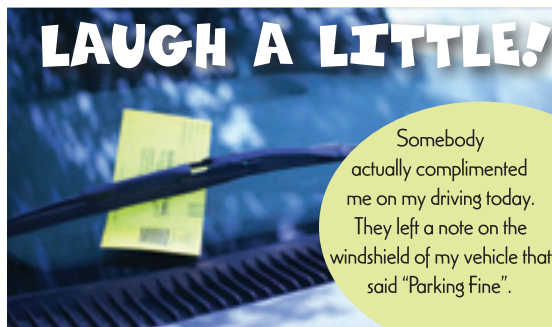
The preparation of your Will, Power of Attorney and Personal Directive is an important step in the responsible management of your family's financial and legal affairs. Whether you are married or single, with or without children, a Will is something that everyone needs. If you die intestate (without a will), Alberta law determines who will receive your money and property and who will be the guardian of your minor children.

Dying intestate means your loved ones may have to go to Court in order to deal with all of your property. This could be quite costly and time consuming.

With a Will, you will get to choose the person you want to administer your estate; you will be able to tell people what your wishes are; and you will decide who will look after your children.

With so much at stake, proper estate planning is crucial to ensuring that your wishes are carried out as you had intended.

This article is for informational purposes only. It is NOT intended to be legal advice and should not be relied upon in that respect. For your unique circumstances, please seek legal advice.



LAUGH A LITTLE!

Somebody actually complimented me on my driving today. They left a note on the windshield of my vehicle that said "Parking Fine".



Yoda Motivation

We all know how great we feel after a really solid, intense, butt kicking workout. Heck, even after a moderately intense workout we feel fantastic. Wouldn't you agree?

The very act of getting past our "why we can't" excuses and hitting the trail, the gym, our living room floor, that spin bike, or whatever our exercise of choice is makes us feel proud, empowered and impressed with ourselves. Not to mention how wonderful it is that each workout takes us one step closer to our fitness goals, whatever they may be.

Then why is it, I often wonder, that for so many of us even though we know exercise is good for us and how awesome it makes us feel, we still don't do it often enough, if even at all? These are the thoughts that run through my mind most days and most vividly one morning this spring as I was in the kitchen making my daily cup of coffee.

I heard in my head a voice like a flash of inspiration, whispering to me that said "Do or do not. There is no try." Lucky me, I had channelled master Yoda -- the cool old wise green guy from Star Wars (and my favourite character hands down). What a fabulous saying. How true it is and oh, how well it applies to getting fit! "Do or do not. There is no try".

When was the last time you tried to exercise? Did you exercise or didn't you? When it comes to getting fit you put on your exercise shoes and get to it or you don't. You make the time in your schedule and commit to actually doing a workout or you don't.

It is really as simple as that.

Julie Hodge, Fitness Expert and Lifestyle Coach



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Alberta Health Services Window & Balcony Safety

With the return of warmer weather, Alberta Health Services EMS would like to remind parents of an often overlooked hazard in the home – open windows.

Every year, paramedics respond to emergencies where a child has fallen from an open window in their house—often from the second floor. Falls such as these are preventable by taking time to assess your home and ensuring windows are safe.

Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Consider installing safety devices which limit windows opening to a maximum of 4 inches or 10 centimeters.
- Ensure the safety device can be released quickly so the window can be used for escape in case of fire or other emergency.

Windows and screens

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember: screens are designed to keep bugs out, NOT to keep children in!

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Consider installing a balcony guard to eliminate access between the vertical bars of a balcony or deck.

*AHS EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.*

Alberta Health Services What kinds of natural disasters can occur in Calgary?

If you said "none", you'd be mistaken. Many Calgarians think natural disasters like earthquakes, floods, hurricanes and tornadoes happen in other places. While we may not be subjected to huge superstorms like Sandy or Hurricane Katrina, we have our own potential problems.

As we head into spring, we are also heading into flooding season. In the spring of 2005, about 40,000 homes in Calgary suffered flood damage. More than 1500 Calgarians were evacuated in a state of local emergency. Even if you live in an area on higher ground, you may still experience flooding through basement seepage, storm water backup and sewage backup. Certain types of flood damage are often not covered by insurance policies – you should be aware of how your insurance policy covers flooding.

The Calgary Emergency Management Agency (CEMA) encourages Calgarians to be prepared for any emergency. Some of the things you can do include:


- Know the risks. For example, flooding is most common mid-May to July, but can occur at any time of year.
- Plan for an evacuation in the event you have to leave your home.
- Ensure you have a 72-hour kit stocked and ready to go. A 72-hour kit is supplies to support you and your family for 72 hours (3 days) in an emergency situation.
- Have a family plan. The most common source of stress during an emergency is not knowing where your loved ones are. Know how to contact everyone in your family.

CEMA invites you to learn more about how you can get prepared at Disaster Alley, a fun and FREE family event! Disaster Alley showcases first responders and agencies that help in emergencies. Disaster Alley is a great chance to get up close and personal to representatives – and their equipment! – from the Calgary Fire Department, the Calgary Police Service, STARS, Alberta Health Services, HAWCs helicopter, ENMAX, ATCO, Calgary Transit, and more!

Disaster Alley is Sunday, May 5 from 11 am to 3 pm, at McMahon Stadium (east parking lot).

To learn more about preparedness, visit www.calgary.ca/cema. We're prepared - are you?

NAN BOOTHBY MEMORIAL LIBRARY



405 Railway Street West
Cochrane, AB
Tel: 403-932-4353
www.cochranepubliclibrary.ca

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

PROGRAMS

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

WEEKLY CHILDREN'S PROGRAMS:

Story Time/Craft on Wed. from 10:00-10:45 am. Ages 3-5. Until June 26th. Sign-up necessary.

OINK, PEEP, BOUNCE and MOO... with the wonderful and engaging world of children's literature with Mzz Bee every Wednesday at 10:00. Afterwards, make a craft with your thriving little artist. Connect with other parents and have some fun yourself! You don't have to be 5 to enjoy the jive.

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

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

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

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

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

ADULT PROGRAMS

Did you know... the Nan offers speakers and presenters on just about every topic imaginable? You can learn

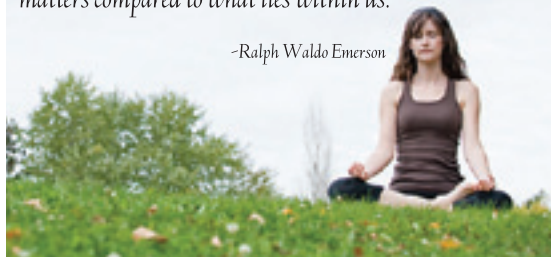
new ways of expanding your mind on so many levels... from knitting to managing aging parents. We've got it free right here for you at the Nan! Just ask our advisory staff for our monthly calendar.

UPCOMING PROGRAMS

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

What lies behind us and what lies before us are small matters compared to what lies within us.

-Ralph Waldo Emerson



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Monday to Thursday 10:00 a.m. – 9 p.m.

Friday and Saturday 10:00 a.m. – 5:00 p.m.

Sundays 12:00 – 5:00 p.m. (until May 12)

Art on the Go! Words on the Move! Gala

Join us at the Signal Hill Library for a special wine and cheese evening celebrating Calgary's traveling conversations! Enjoy live music, a unique art exhibit and share moving stories from fellow Calgarians as we celebrate our community's contribution to art and culture in Calgary. Ages 18 and over. Funded by Calgary 2012. Friday, May 10, 6:30 - 8:30 p.m. Register now.

Time to Choose: Career Options for Teens

Learn about online resources to help teens investigate careers and explore post-secondary education programs across Canada. Parents welcome. Ages 13 and up. Monday, May 6, 7:00 - 8:30 p.m.

CyberSeniors Connect

Learn from youth volunteers in this self-paced program about the Internet, including Facebook and YouTube, Microsoft Office and more. Basic computer skills required. Ages 50 and up.

Saturday, May 11 OR May 25

10:30 a.m. - 12:30 p.m.

Armchair Travel: European River Cruise

Cruise Europe's Rhine-Danube River system, discovering colourful towns and medieval castles in modern times. Presented by Judith Umbach. Tuesday, May 28, 7:00 - 8:30 p.m.

Allergy and Anaphylaxis

Learn about allergy and anaphylaxis including signs, symptoms, triggers and basic management strategies. Practice using auto-injectors and learn what to do in case of an allergic emergency. Register online at <http://fcrc.albertahealthservices.ca/ces.php>. Wednesday, May 29, 6:30 - 8:30 p.m.

Introduction to Cycling in the City

Learn the basics to keep you safe while cycling Calgary's streets. We will cover safety, path systems, road rules, theft prevention and tube patching. Presented by the Good Life Community Bike Shop. Thursday, May 30, 7:00 - 8:30 p.m.

Photo Scavenger Hunt

Join us for a digital photo scavenger hunt around the Li-

brary. Ages 10 to 14. Tuesday, May 14, 7:00 - 8:00 p.m.

To register for programs you will need to have your Calgary Public Library card number ready – everyone who will be attending a program needs to have their own card including babies.

See you soon at the Signal Hill Library!

All Calgary Public Library locations will be closed for Victoria Day on March 20, 2013.

in & around your community
cont'd ■■■

Fostering safe communities...

Spring Clean up

It's that time of the year again: spring cleaning! Here are some things to keep in mind during your spring cleanup:

- Complete a walkthrough of your property to ensure that all buildings and structures are in good repair, there is no vandalism or graffiti and no wildlife has taken up shop over the course of the winter. If you see any graffiti on your property, please report it to The City of Calgary by contacting 311 and remove it as soon as possible.
- If you plan to partake in any construction projects, please ensure any material stored in the yard is not visible from outside of the property. Only an appropriate amount of materials for the current building project is permitted and it should be stacked in an orderly and safe manner.
- Many community associations host community cleanups in the spring. These events are great opportunities to properly dispose of unwanted household items, such as electronics or old furniture. Contact your community association for the date of the cleanup closest to you.
- Hazardous materials such as gasoline, motor oil and paint cannot be disposed of with your household garbage. Visit calgary.ca to find a list of Throw n' Go locations and fire stations with special storage depots for proper disposal of these materials.

Having a tidy property increases personal and community pride. You, your family and your friends will feel comfortable and safe enjoying your yard and spending time outside.



Waxwings: Bandits and Drunks

Jenna McFarland

The beautiful waxwing is named for the red wax-like droplets of colour on the tips of its wings; reminiscent of the wax used to seal letters long ago. As if these beautiful splashes of red were not enough, the rest of its feathers dazzle with yellows, peaches, and greys, all accented with a striking black mask over its eyes, reminding us of a bank robbers and bandits from old movies. We see two

different species of waxwing regularly in the Calgary area, the Cedar Waxwing and the Bohemian Waxwing. The Cedar Waxing is the smaller of the two species and is distinguished by a light grey body and lemon yellow underbelly. The Bohemian Waxwing is larger, has a darker grey body, and a rust coloured patch of feathers under its tail. At the Calgary Wildlife Rehabilitation Society, waxwings are a common admittance

in the late fall and early spring. They are brought in to the clinic after hitting reflective windows or are rescued by members of the public after sustaining injuries during the fledgling stage of development. It is during this fledge that well-meaning members of the public, often mistake the birds' awkward flapping and attempts at flight as distress. For birds this is just a natural

~continued next page~



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Waxwings cont'd

stage in their development where they must learn to fly through trial and error. This stage is also the most vulnerable in a bird's life; they are often taken by domestic cats, attacked by other birds, or hit by cars. With waxwings in

particular, the most interesting medical condition seen at CWRS is intoxication. In the fall, right before their southern migration, waxwings fill up on leftover Mountain Ash berries off the trees and on the ground. Often by this time of the year, the berries are fermented and though still nutritious, can cause the birds to become quite

drunk. These "drunken sailors" need a little time and lots of fluids to sober up at the rehabilitation facility before they can be released to finally embark on their long journey. If you encounter any wildlife in distress please call the Calgary Wildlife Rehabilitation Society on their wildlife hotline at 403-239-2488 for advice and instructions.

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Contact news@great-news.ca

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

COMMUNITY USE-NEEDS SURVEY: Springbank United Church is a beautiful building for many purposes (Meetings / Working Mom TimeOut / Classes / Guest Speakers). Please take a 5-minute survey www.surveymonkey.com/s/8NPR8WX to help us determine the growing needs of the community. Email Vision.Springbank@gmail.com for more info.

GARAGE/ESTATE SALE: May 18, 19, 20 - 41078 Circle # 5 Estates. 10-4pm. Chesterfield bed, couch, dressers, beds, lots of misc. Everything must go.

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|--------------------------------------------------------------|----------------|
| Alberta Adolescent Recovery Centre | 403.253.5250 |
| 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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