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- Chinook Centre
- Downtown core

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

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

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Springbank Heritage Club 403.242.9350  
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**Editorial  
Content**

**DEADLINE**

**1<sup>st</sup>**

of each month  
for the next  
month's  
issue



by Cindy DeJager

# THE INDOOR GARDENER

## Plants for the Office

If you have a window with moderate light you can have a nice variety of plants to choose from. However, don't let the absence of a window deter you from adding some green to your office or desk top.



One of the easiest plants to care for is the **Heart Leaf Philodendron**. It is a hardy climber that does really well under fluorescent lighting.

**Pothos** looks similar to the Philodendron with yellow marbled heart-shaped leaves. It tolerates low light and low humidity.

**African violets** require a bit of indirect sun – perfect if your office has an east-facing window. There are so many varieties and you can pick them up in all garden centres. The flowers will definitely brighten up your desk this winter.



**Cactus** is really easy to care for and if you don't have a green thumb this might just be the plant for your office or desk top. You just need to provide bright light or better yet, a few hours of sunlight a day, and water only every couple of weeks or once a month depending on the size of your plant.

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## PROGRAMS

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

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- **Hickory Dickory Tots** (ages 0-3/parented) on Fridays @ 11-11:30 am from Nov. 8 - Dec. 20.
- **Dramatic Story and Craft Time** (ages 3-5/parented) on Wednesdays @ 10 - 10:45 from Nov. 6 - Dec. 18.
- **Musical Mites** (pre-school) on Wednesdays @ 11-11:30 from Nov. 6 - Dec. 18.
- **Cochrane Humane Society** Visits on Saturdays @ 2 - 3:00 pm on Dec. 14.
- **Sack Full-O-Fun** (ages 0-12 / parented) on Saturday Dec. 14 @ 4-6 pm.

## Adult Programs

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



The federal department of Veterans Affairs Canada states that November 11 is a day of "remembrance for the men and women who have served, and continue to serve our country during times of war, conflict and peace"; specifically, the First and Second World Wars, the Korean War, and all conflicts since then in which members of the Canadian Forces have participated. The department runs a program called Canada Remembers with the mission of helping young and new Canadians, most of whom have never known war, "come to understand and appreciate what those who have served Canada in times of war, armed conflict and peace stand for and what they have sacrificed for their country".

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# The Benefits of Potassium

By Dr. Alma Nenshi, DC

As the third most common mineral in the body, potassium is responsible for supporting a wide range of activities in the body. Without sufficient potassium, the heart, brain, kidneys and muscles would not function properly. Western diets rich in processed foods have created a population with a growing risk of potassium deficiency.

Potassium is an electrolyte that is crucial to the body's electrical circuitry so that proper signals are conducted to and from the brain and between cells. It works in conjunction with the minerals sodium, calcium, chloride and magnesium. Simply moving a muscle requires potassium. Potassium helps to regulate the heart, which is triggered by potassium to contract, squeezing blood through the body a hundred thousand times each day.

In addition to keeping our muscles and heart in good working condition, potassium is also responsible for healthy bone maintenance, protecting against osteoporosis, reducing high blood pressure, lowering cholesterol and helping the kidneys to filter blood. It can also reduce feelings of stress and anxiety and keeps the body's water levels balanced.

~continued on page 9~

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# CROSSWORD

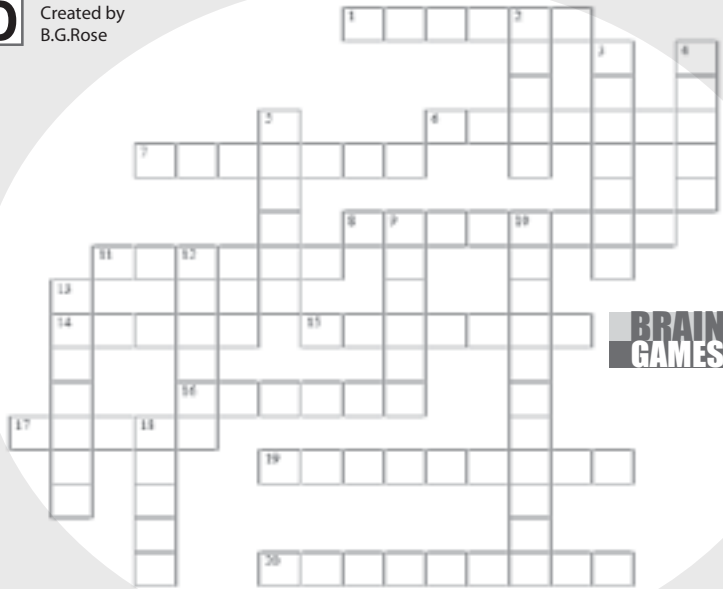
Created by  
B.G.Rose

## ACROSS

- 1 Also known as elk
- 6 Equestrian footrest
- 7 Mythical Greek horse
- 8 Tubular pasta
- 11 Cold region
- 14 Striped cat
- 15 Small amount of water
- 16 A new broom \_\_\_\_\_ clean
- 17 To marry secretly
- 19 Samuel Clemens' pen name
- 20 Large, thick-skinned, hooved mammal

## DOWN

- 2 \_\_\_\_\_ water
- 3 Sing in unison
- 4 November flower
- 5 A famous canine
- 9 Left to right
- 10 Important November day
- 12 Mac and \_\_\_\_\_
- 13 Shakespearean play set in Venice
- 18 A young dog



**BRAIN  
GAMES**

Across: 1.wapiti 6.stirrup 7.Pegasus 8.macaroni 11.Arctic 14.tiger 15.droplet 16.swamps 17.elope 19.Mark Twain 20.pachyderm Down: 2.tonic 3.harmony 4.puppy 5.Lassie 9.across 10.Remembrance 12.chesse 13.Othello 18.puppy

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# The Benefits of Potassium cont'd

The recommended daily intake of potassium is as follows:

- Infants birth - 6 months: 400 mg/day
- Infants 7 - 12 months: 700 mg/day
- Children 1 - 3 years: 3,000 mg/day
- Children 4 - 8 years: 3,800 mg/day
- Children 9 - 13 years: 4,500 mg/day
- Adolescents and Adults 19 years and older: 4,700 mg/day
- Breastfeeding women: 5,100 mg/day

Most individuals are potassium deficient. "Relying on convenience and restaurant foods and not eating enough fruits and vegetables is why so many people don't get enough potassium. Fresh and lightly processed foods, including dairy and meat, have the most potassium," according to registered dietitian, Marla Heller.

An excess of sodium in the diet (which is common) can increase the amount of potassium you need. Others at risk of potassium deficiency (hypokalemia) are those who experience diarrhea, vomiting, malabsorption syndromes (such as Crohn's disease) and excessive sweating. Alcoholics, smokers, drug users, athletes (or anyone who uses their muscles excessively), and those who use diuretics are also prone to hypokalemia. Symptoms include irregular heartbeat, muscle cramps, irritability, chronic diarrhea, weakness and stomach problems.

Food sources abundant in potassium are meat, poultry, fish (cod, salmon, and flounder), dairy products, legumes and fruits and vegetables (particularly bananas, citrus, avocados, tomatoes, potatoes and green leafy vegetables such as Swiss chard). Cooking destroys potassium, so try to eat potassium-rich foods either raw or minimally cooked (lightly steamed or roasted).

## NOVEMBER MOON CALENDAR

	New Moon Nov. 3		First Quarter Nov. 9		Full Moon Nov. 17		Last Quarter Nov. 25
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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.

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

**FIND SOLUTION ON PAGE 21**

in & around your **community**

**Yielding to Emergency Vehicles**

Time is the enemy in any emergency. You can help police, fire, and EMS get to the scene quickly and safely by following the rules of the road. It is important for motorists to understand how to safely yield right of way to emergency vehicles with lights and siren activated so that everyone stays safe.

**What to do when an emergency vehicle approaches with lights and siren activated**

- If you're in the middle of the intersection when an emergency vehicle approaches with lights and siren activated, clear the intersection.
- On a one or two lane road, motorists should move to the right side of the road and stop. Remember to signal.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal.
- Remember, emergency vehicles may need to use any available road space to maneuver. This may include the use of shoulders and left hand turning lanes to pass other traffic.

**While driving on the road**

- Drive defensively at all times. Be attentive to sirens of emergency vehicles and be prepared to yield the right of way.
- It is the law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving in the lane next to where an emergency vehicle is stopped.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Do not drive on or block the shoulder of highways if emergency vehicles require it for access. Instead, wait for the emergency vehicle to pass before merging safely back in to the flow of traffic.
- Always leave plenty of space between your vehicle and an emergency vehicle in case it should stop suddenly.



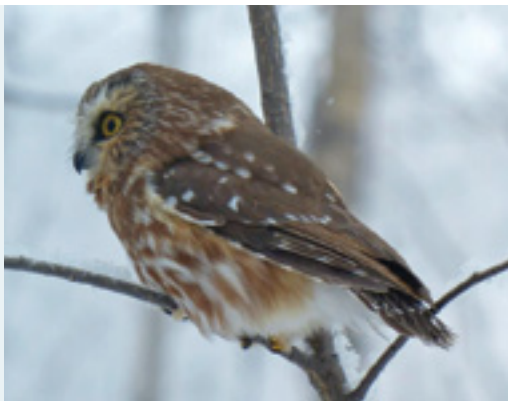
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# Tiny Tree-Dwellers: The Northern Saw-Whet Owl

Native to North America, the Northern Saw-Whet Owl is one of the smallest owls found on the continent. They range from 6.7 to 8.7 inches long and weigh from 1.9 to 5.3 ounces. When in flight, however, they appear much larger due to their wingspan of 17 to 22.2 inches. Like many owl species, the females are slightly larger than the males. Northern Saw-Whet Owls have round white faces with brown and cream outlines, dark beaks, and large yellow eyes. Some of these owls will migrate south for the winter, while some may take up permanent residence. They are named for the sound they make, which is said to resemble the sound of sharpening on a saw on a whetstone. You can hear their call more often in the springtime when they are looking for a mate, but they are vocal year-round.

These owls are completely nocturnal, and are therefore rarely seen. During the day, they rest on low branches, camouflaged by tree branches. When approached, their instincts are to remain still and silent instead of flying away, which makes them even more difficult to spot. Because of their excellent camouflage, they are not as well-researched as many other animal species in our area. Northern Saw-Whet Owls wake around dusk, when they begin to hunt. They wait patiently on branches until they detect a small mammal like a mouse, chipmunk, or vole, and then they swoop down on them. These tiny owls have excellent hearing and low-light vision, which helps them to hunt in the night.

Northern Saw-Whet Owls mainly breed in evergreen forests, taking residence in old woodpecker nests or natural cavities of trees. The females lay an average of

5 to 6 eggs per clutch, and then remain with the eggs to incubate them while the male hunts and provides protection.

If one of these little owls or another wild animal needs help, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for further instruction.

*Article by Alicia Sully; Photo by Owen Slater*



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# The West Elbow River Diversion Tunnel Another Flood Prevention Concept

By Mike Digby - Resident of Willow Park

This article discusses an alternative to the Heritage Drive Spillway Tunnel proposal by Mike Russell in October's community newsletters. Mike's rationale for water diversion is very valid, however it is an expensive option. Google search 'Heritage Drive Spillway' or visit <http://www.examiner.com/article/preventing-the-next-elbow-river-flood-calgary-1> for more background on Mike Russell's flood prevention concept.

The objective of the West Elbow Diversion tunnel is to preempt flooding of the Glenmore Reservoir and the lower Elbow River (downtown core). The intent is to minimize flood damage to the city of Calgary by diverting early flood water volumes and reducing the flow over the Glenmore Reservoir Dam. The West Elbow River Diversion Tunnel (See Figure 1) diverts water from the Weaselhead area west of the Glenmore Reservoir directly south to Fish Creek Park in the vicinity of 37 St. SW, controlled by sluice gates at the reservoir that handle a proportion of the volume.

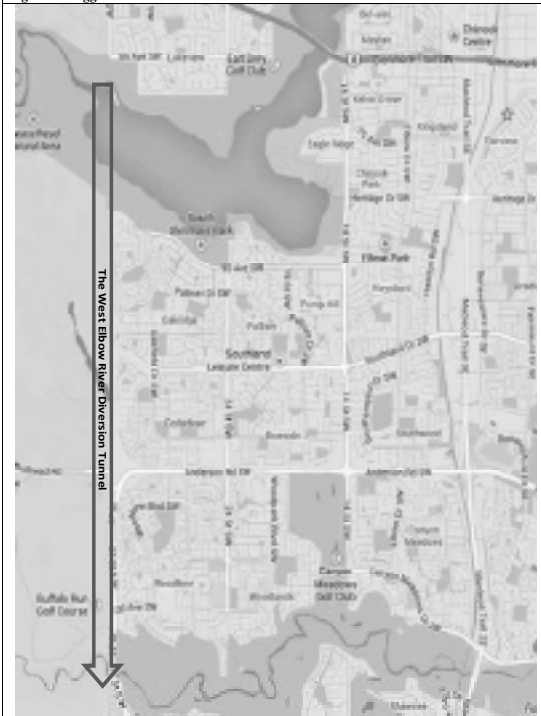
## Design considerations

Preliminary examination shows that there is an elevation drop between the reservoir and Fish Creek Park such that tunnelling is required. The length of the tunnel will be approximately 6 km. Engineering would be required to determine the size and slope of the tunnel to take the anticipated flood volume and minimize silting. The tunnel outlet location could be slightly east of the existing 37 St. bridge over Fish Creek. The route should incorporate design and construction of the new SW ring road that is currently planned along 37 St. SW.

## Environment considerations

The tunnel outlet would avoid Fish Creek bridges and other infrastructure. In the event of a flood, Fish Creek Park would be subject to some flooding from the tunnel volume as well as the natural flow in Fish Creek. However, there is a large wide flood plain from 37 St. SW to the Bow River that acts as a huge temporary surge reservoir. Most existing homes around the park are situated well above the park and would likely not be affected. Any Fish Creek Park infrastructure damage would be significantly less than the overall Calgary 2013 flood damage downstream of the dam to the Bow River. Construction disruption of the route (although longer) compared to the Heritage Drive proposal is significantly lower, especially if included in the SW ring road construction.

Figure 1: Suggested West Elbow River Diversion Tunnel



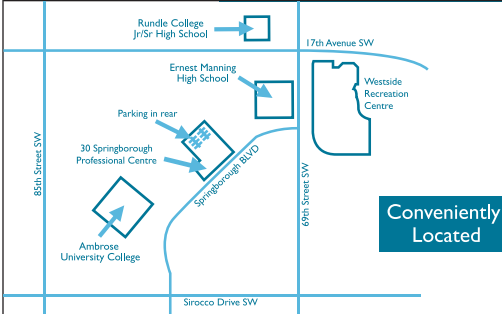
The Heritage Drive Tunnel requires either tunnelling under Deerfoot Trail or modifying Deerfoot Trail to accommodate an open channel design to reach the Bow River. The West Elbow River Diversion Tunnel route requires minimal relocation of existing underground utilities compared to the Heritage Drive Tunnel. In addition, depending on geology, tunnelling operations can cause surface impacts. Any potential surface subsidence due to tunnelling construction is not likely to affect homes along the the West Elbow River Diversion Tunnel route.

Overall, it seems that a major diversion of part of any future Elbow River flood volume is required to ensure damage on the scale seen in 2013 does not re-occur. The solution does not lie only in modifying the river profile downstream of the dam. A serious effort by city and provincial authorities is required to look at alternatives or supplementary steps to resolve the issue.

*Send comments/suggestions/concerns to [flood2013@great-news.ca](mailto:flood2013@great-news.ca)*

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## In Flanders Fields

*By Lieutenant Colonel John McCrae, May 1915*

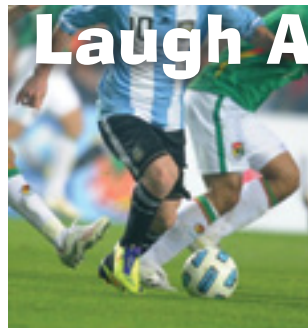
In Flanders fields the poppies blow  
 Between the crosses, row on row,  
 That mark our place; and in the sky  
 The larks, still bravely singing, fly  
 Scarce heard amid the guns below.

We are the Dead. Short days ago  
 We lived, felt dawn, saw sunset glow,  
 Loved and were loved, and now we lie  
 In Flanders fields.

Take up our quarrel with the foe:  
 To you from failing hands we throw  
 The torch; be yours to hold it high.  
 If ye break faith with us who die  
 We shall not sleep, though poppies grow  
 In Flanders fields.



## Laugh A Little!



When someone  
 tells you  
 nothing is  
 impossible,  
 ask them  
 to dribble  
 a football.


## Riding Bicycles through the Cold Season

Leaves have turned; days are getting shorter, mornings chillier. It might start snowing any day now. It is the time of year when many people put their bicycles away until spring. You need not, though: with a little bit of preparation you can continue to ride your bike at least off and on through the cold season.

As long as roads are not snowy or icy and temperatures don't fall far below zero, cycling isn't much different than walking: you need a jacket and gloves. The days when it's -30C are memorable, but there are not very many of them! Thanks to Chinooks, Calgary regularly experiences above-zero temperatures with dry roads and pathways even in the deep of winter.

Join thousands of Calgarians who ride their bicycles year-round. You don't have to do it every day, but whenever you'd be comfortable walking, you can also be comfortable riding. Continue to enjoy the health benefits of cycling by riding to work, school, or for fun through the cold season.

Winter weather doesn't keep Calgarians off the ski slopes and cross-country trails, and it need not keep them off the bike paths either. Even snow and subzero temperatures can be overcome. Proper clothing is important, and, depending on your level of comfort and commitment, you might consider adapting your bike for riding on snowy and icy roads and paths. To learn more about winter cycling in Calgary, visit [bikecalgary.org/winterriding](http://bikecalgary.org/winterriding).



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## FOR THOSE AFFECTED BY 2013 FLOODING

The Canadian Red Cross and The Province of Alberta are partnering to provide furnaces, hot water tanks and other essential heating items to eligible homeowner in flood-affected areas of Southern Alberta so as they are able to stay warm in their homes as winter approaches.

### To qualify for this program, residents:

- Must be registered with the Provincial Disaster Recovery Program (DRP) and be able to provide a DRP number
  - For information about Alberta's DRP: [alberta.ca/2013DisasterRecoveryPrograms.cfm](http://alberta.ca/2013DisasterRecoveryPrograms.cfm)
- Must be the primary homeowner on the home mortgage/title of ownership

### How do residents access the program?

Residents who meet the above criteria can contact the Canadian Red Cross at 1-866-696-6484 or visit [redcross.ca](http://redcross.ca) for more details.



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# Confusion in the Aged Pet



One of the benefits of better veterinary care, preventing and treating disease, and better nutrition is that our pets, like us, are living much longer. With extended life spans, diseases associated with old age are now being diagnosed more frequently. One of those diseases is cognitive disorder or senility or dementia. Canine cognitive disorder (CCD) is very similar to dementia in people and has been used as a model to study human dementia. A similar syndrome is recognized in elderly cats.

Symptoms of CCD include difficulty learning, breakdowns in housetraining, confusion with surroundings, changes with interactions with others, lethargy, and problems with sleeping patterns. Episodes of restlessness can occur. Some dogs will pant, pace, or even bark for no apparent reason, often during normal sleep cycles in the middle of the night. Owners of elderly cats have described similar behaviors with the cats walking about the house yowling. Many of these behaviors become cyclical with owners describing the onset of the behavior at the same time each evening when the household is winding down or the middle of the night every night.

There appears to be no breed disposition in dogs but they are typically at least 11 years of age or older. When symptoms occur other diseases need to be ruled out. Diseases that mimic dementia symptoms can include but are not limited to brain tumors, hypertension, adrenal disease, blindness, diabetes, deafness, thyroid disease, chronic arthritic pain, kidney disease, liver disease, bladder infection, and severe depression such as that brought on by the loss of an owner. A crisis in the home leading to a filthy litter box could cause symptoms mimicking dementia in a cat. Dementia may be inadvertently drug-induced while medicating other medical conditions. At the absolute minimum, an extensive history and thorough physical examination followed by blood and urine tests is essential when symptoms occur. Further testing would depend on the symptoms exhibited and initial test results.

Treatment of most behavior disorders in pets would include behavior modification techniques. These do not work well

with dementia disorders, the pet cannot be simply taught to stop the behavior. Treatment of cognitive disorders first involves treating existing medical conditions including chronic pain. Then the dementia must be treated with medications, environmental changes and a diet high in antioxidants and fatty acids. Some medications can increase the dopamine activity in the brain. There are many, many nutrients, herbals, supplements, and so on available. In my research for this article, melatonin, Gingko, coenzyme Q, and vitamin B supplementation, are just a few products being tried for dementia. Even the human drug Aricept has been tried off label in dogs with mixed results. One product our clinic was having excellent results with abruptly went off the market. Each pet responds differently to treatment, success is judged on an individual basis. Unfortunately most medications and diet changes take a few weeks, even months to assess their success or failure in each patient.

Exercise, calorie restriction, and environmental enrichment may help maintain mental acuity in pets, just as in their human counterparts. Encourage play but be careful with change. One of my clients told me her elderly dog was unable to find a room in the house any longer after it was painted?

Just like in people, not all pets will exhibit cognitive disorders with aging. For those pets that do show signs of cognitive dysfunction our tools to treat and prevent the disease are growing exponentially as our pet population grows older and advancements in veterinary medicine and knowledge are made.

*Jennifer L. Scott, D.V.M.*

**MYTH:** Habitual mouth breathing is normal in children and will not affect health or facial development.

**FACT:** Habitual mouth breathing can lead to long-term health, jaw and orthodontic issues.



myOrthodontistPatient

Habitual mouth breathing may indicate an airway obstruction. Current research shows that **airway obstructions can impair breathing quality, and cause long-term health and orthodontic complications, including:**

- Crooked teeth
- Nocturnal snoring and tooth grinding
- Choking, gasping and snorting while sleeping
- Sleep walking or sleep terrors
- Fatigue
- Mood changes
- Inattention, poor concentration and distractibility

### EARLY INTERVENTION IS IMPORTANT

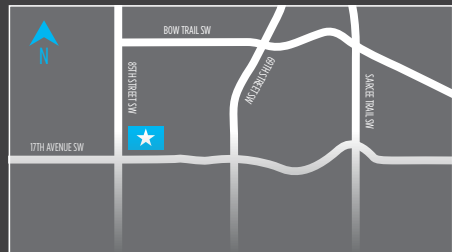
Many orthodontic problems are easier to correct if detected early, rather than waiting until jaw growth has slowed.\* Nearly 90% of facial growth is completed by age 12. Your orthodontist can recommend treatment for an airway obstruction that may:

- ✓ Influence head, face & jaw growth in a positive manner
- ✓ Improve the width of the dental arches
- ✓ Eliminate open-mouth breathing
- ✓ Enhance sleep quality and reduce snoring
- ✓ Reduce the need for more complicated treatment in the future

\*Canadian Association of Orthodontists (CAO)/American Association of Orthodontists (AAO).

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# APPLE-MAPLE POCKETS

(MAKES 4)

Chilly weather combined with an abundance of autumn apples keeps me excited about trying different ways to make a warm, comforting dessert. This has quickly become one of my favourites!

These little pockets have two textures tucked inside: the tart, crisp, Granny Smith and the tart, but tender McIntosh.

## Puff Pastry

Using a commercial brand of puff pastry keeps this recipe quick and simple. Thaw one block of puff pastry. Flour work surface and roll out to a 12" x 12" square. Cut into four equal pieces, and spread lightly with butter.

## Filling

- 1 Granny Smith apple, peeled and sliced
- 2 McIntosh apples, peeled and sliced
- 1 cup raisins - soaked in brandy\* optional
- ¼ cup brandy
- ¼ cup pecans, chopped coarsely
- 4 tablespoons maple syrup
- 2 teaspoons sugar in the raw or brown sugar
- Butter for spreading on the puff pastry
- 1 egg beaten with 1 tablespoon water, for egg wash

Soak raisins in the brandy for a couple of hours (until plump), before mixing the filling ingredients together in a large bowl.

Divide the mixture between four puff pastry squares that have been lightly spread with butter. Draw up opposite corners of each square together at the top and middle, and then "twist" the pocket closed.

Place pockets onto a sheet pan lined with parchment paper. Brush each pocket with egg wash.

Bake in convection oven at 400 degrees F for the first 15 minutes, and then increase temperature to 425 degrees F for an additional 10 minutes until the pockets are puffed and browned.

Allow to cool slightly, and serve warm with a good quality vanilla bean ice cream.

Enjoy!

*Bj Rose*

# COMMUNITY READERS

## RECOMMEND...



### Fiction

- The Language of Flowers – Vanessa Diffenbaugh
- Emancipation Day – Wayne Grady
- And the Mountains Echoed – Khaled Hosseini
- The Kitchen House – Kathleen Grissom
- Dexter's Final Cut – Jeff Lindsay
- The Bookstore – Deborah Meyer

### Non-fiction

- Back to Basics – Michael Smith
- The Boys in the Boat – Daniel James Brown
- Orr: My Story – Bobby Orr
- Boomerang – Michael Lewis
- Salt, Sugar, Fat – Michael Moss
- The True Intrepid – Bill Macdonald

### Children's

- In Flanders Fields: The Story of the Poem by John McCrae – Linda Granfield/Janet Wilson
- Diary of a Wimpy Kid – Hard Luck (Book 8) – Jeff Kinney
- The Mitten – Jan Brett



# News from the Friends of Nose Hill

by Anne Burke

Please plan to join us for our guest speaker, Dr. Alessandro Massola, a wildlife biologist, at our general meeting on Wed. Nov. 13, 2013, 7 p.m. at Triwood Community Centre, 2244 Chicoutimi

Dr. NW. Dr. Massola will share his preliminary findings from The Calgary Urban Coyote Project, supported by Calgary Parks & the Animal Control/Bylaw Department. This was a catch and release study, using GPS in Nose Hill and other City parks.

Earlier this year, the timeline to present ImagineParks to Council was this winter. A second draft was posted, with goals, strategy, glossary, and other content. This long-term vision for municipal parks and open spaces is at [www.calgary.ca/imagineparks](http://www.calgary.ca/imagineparks).

Due to the June flood response and the municipal election, some committee reports, including this one, were resched-

uled. Now the presentation to a Council Committee is slated for Spring 2014.

The Parks Department resumed work on the Biodiversity Action Plan (BAP). Stakeholder input was compiled and an outline will be circulated, for review. Each phase is expected to take about 6 weeks.

The City's Biodiversity Plan is a snapshot of The Canadian Biodiversity Plan which deals with 5 basic goals:

- Conservation
- Ecological Management
- Education and awareness
- Incentives and legislation
- International Cooperation

Our Living Legacy: a Vision for Canada deals with wild flora and fauna, protected areas, restoration and rehabilitation; sustainable use of resources, bio-safety, population and settlement; resource management and monitoring.

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## Get to know the 7 Street SW Cycle Track

Travelling from the Bow River Pathway near the Peace Bridge to 8 Avenue, the 7 Street SW Cycle Track opened at the beginning of July and is getting well used by all levels of cyclists. A cycle track is an enhanced bike lane that is protected by a physical barrier from moving cars, parked cars and sidewalks.

As Calgarians return from summer vacations, some will travel along 7 Street S.W. for the first time since the cycle track opened. The City created a guide that explains the new road features for motorists, bicyclists and pedestrians. The full guide can be found at [Calgary.ca/bicycle](http://Calgary.ca/bicycle).

## BRAIN GAMES SUDOKU SOLUTION

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

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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	1.800.332.1414
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
South Health Campus	403.956.1111
OTHER	
Alberta Fish & Wildlife	1.877.944.0313
Calgary Humane Society	403.205.4455
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
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Road Conditions – Calgary	1.877.262.4997
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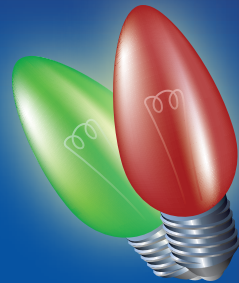
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