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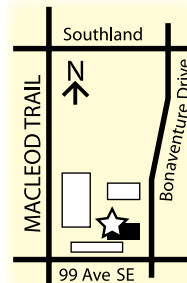
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WIC Health Sciences Institute students visit the eSIM Practice Readiness Centre at the Peter Lougheed Hospital.



Members of the Junior Robotics Club put finishing touches on their project before attending the FIRST Lego League.



Students from WIC's Business Institute visit the trading floor at the New York Stock Exchange.

GREAT NEWS PUBLISHING HAS BEEN
PROUDLY SERVING ELBOW VALLEY
FOR 4 YEARS!

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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 Schools

Elizabeth Barrett Elementary (FR) K-4	403.932.3151
Elbow Valley Elementary (FR) K-4	403.242.1117
Banded Peak School (K-8)	403.949.2292
Holy Spirit Catholic School (S) K-9	403.500.2065
École la Source (FR) K-9	403.255.6724
Ste-Marguerite-Bourgeoys (S) (FR) K-12	403.240.2007
Springbank Middle School (FR) 5-8	403.242.4456
Manachaban Middle School (FR) 5-8	403.932.2215
Bow Valley High School 9-12	403.932.9005
Cochrane High School 9-12	403.932.2542
Springbank Community High (FR) 9-12	403.246.4771
École de la Rose Sauvage (FR) 10-12	403.230.3112

WORSHIP

Springbank United	403.288.9086
Westlife Church	403.242.3431
Mountainview Lutheran	403.242.5000
Valley View Presbyterian	403.249.6006
First Lutheran	403.242.4544
Rockpointe Church -	403.851.0011
Westhills Site	
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	

news@great-news.ca

**Editorial
Content
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1st
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for the next
month's
issue



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405 Railway Street West
Cochrane, AB
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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.

- **Wiggles and Giggles** (age 0-1/parented).
Thursdays from 1:00-1:30 PM.
- **Hickory Dickory Tots** (ages 0-3/parented) on
Fridays from 11-11:30 AM.
- **Dramatic Story and Craft Time** (ages 3-5/parent
ed) on Wednesdays from 10 - 10:45 AM.
- **Musical Mites** (pre-school) on Wednesdays from
11-11:30 AM.

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 on our website.

MD OF ROCKY VIEW

Hours of Operation

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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

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General Comments or Questions:

comments@rockyview.ca



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Early Birds

The robin is the official harbinger of spring.

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in & around your community

Alberta Health Services - EMS

Bicycle Helmet Safety

Head injuries are a leading cause of serious injury and death to children on bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist, or pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury or save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example: always wear your own helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit and comfort

BRAIN GAMES

SUDOKU

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FIND SOLUTION ON PAGE 8



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

5 Ways We Unwittingly Repel Wealth and Prosperity

Studies indicate that we can actually sabotage our ability to achieve financial security. Here are some attitudes that stand between us and abundance.

- 1. We're at the mercy of money.** Earning and managing money can be so challenging, we sometimes see money as negative and energy draining. This causes us to subconsciously drive money away. Instead, see money as positive, effortless and attractive.
- 2. Money is in short supply.** We assume there's not enough money to go around and that we're going to get left out. But thinking "shortage" helps create "shortage". Instead, realize there's an unlimited supply of money and we can get as much as we want.
- 3. We don't deserve to be rich.** Since money is often tied to job performance, we think we earn what we deserve. But who can judge how much money we deserve? Take the judgment out and simply see money as an abundant resource.
- 4. Getting money for money's sake.** Greed actually repels wealth. Instead, see money as something that will help you make the world and others' lives better. An honorable intention helps create abundance.
- 5. No plan for how to use it.** If you don't know what you're going to do with money, chances are you won't get it. Make a list of all your dreams. Then you'll have specific goals to work toward.

Tania Discombe, AMP



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in & around your community

Report to Calgarians Fix a Leak

One in four toilets is silently leaking, wasting water, and costing you money.

You could save up to \$100 a year with this simple test to find and fix leaky toilets.

Visit <http://goo.gl/IAALHB> for more information.

Take the leaky toilet test

To find out if your toilet is wasting water, remove the tank lid of your toilet and follow these simple steps:



1. Drop - Put several drops of food colouring into the toilet tank and wait 20 minutes.
2. Peek - Look in the bowl. If the water changes colour, you've got a leak.
3. Repair - If the water changes, your toilet is leaking and needs repair
4. Save - Congratulations! By repairing just one toilet, you could save \$100!

What to do when you find a leak?

Follow our simple repair instructions online at www.calgary.ca or attend one of our free leak repair workshops at all participating Rona locations. Learn how to find and fix toilet leaks, and enter for your chance to win a WaterSense™ high-efficiency toilet.

You can also hire a plumber, get repair tips at a hardware store or read a how-to book or magazine with detailed instructions.

Replacement parts are readily available for under \$20. If you decide to repair simple leaks yourself, be sure to bring your old plumbing part (i.e. flapper) to the store with you. This way you can ensure you get a matching acceptable replacement part.

Use your water meter to detect leaks

1. Turn off all taps and water appliances (humidifiers, ice makers) in your home
2. Watch the triangle shaped dial on your meter

3. If it keeps turning, you have a leak in your house
4. Check your toilet, taps, humidifier, hot water heater and water softener for leaks

To detect even the smallest leak, turn off all fixtures and record your water meter reading. Leave your home for a few hours or more. If the reading changes while you are away, you may have a leak.

How often should you check for leaks?

It is recommended that you check your home for leaks twice a year. Even new toilets can leak and most toilet leaks are silent so it's important to add checking for leaks to your regular home maintenance schedule. Be aware that time-released toilet bowl cleaners that sit in your tank (rather than flush-released ones) can speed up the deterioration of parts in your toilet and cause leaks. If you use these products, you should check your toilet for leaks more frequently. In the spring, don't forget to check your outside taps for leaks too.

Please Note: The City of Calgary is not liable or responsible for the contents of any off-site pages referenced.

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Are You Exposed To Paying U.S. Estate Tax?

Ask an Expert



*Sheri MacMillan,
Senior Trust & Estate Practitioner,
President of MacMillan Estate Planning Corp.
and Host of The Strongroom on QR77*

Q We are currently looking at purchasing a recreational property in the U.S. Is there anything we should be concerned about by owning assets in the U.S.?

A Great question! Canadians who own U.S. assets or spend a substantial amount of time south of the Canadian border may be exposed to U.S. estate taxation. Without the proper protective measures in place, a Canadian may lose up to 40% of their estate's total value to U.S. estate taxes upon death. Uncle Sam may have a few unpleasant surprises for the unprepared. Spending too much time in the U.S., owning a U.S. vacation property or U.S. investments, even within a RRSP/RRIF, may result in an excessive U.S. tax liability. Fortunately, utilizing specific estate planning mechanisms may minimize U.S. estate tax. Contrary to the United States, Canada does not have a formal estate tax. However, when Canadian residents pass away, they are deemed to have disposed of all of their worldwide assets at fair market value. Consequently, a Canadian resident who owns U.S. real estate or investments may have a large "deemed" capital gain in addition to a U.S. estate tax liability. The combination of Canadian tax and U.S. estate tax could significantly reduce an inheritance's value. Ultimately, your assets both inside and outside of Canada require careful planning. In order to avoid paying unnecessary tax, it is vital to use the most qualified experts available. Always consult with a professional who specializes in U.S. estate tax to ensure you are properly protected.

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Wine and Cheese Seminar

on Thursday, April 24th AT 7:00 PM

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My pet has a rolling stone!

One common problem veterinarians see is canine and feline patients that are peeing in the house. Or the complaint may be asking to go out at all hours; or the pet's owner may see blood in the pet's urine. Any of these symptoms can show up in pets of all ages and breeds as a short term problem, or persist or reoccur over time. Many diseases can cause these symptoms or it may be a simple uncomplicated bladder infection easily treated with a course of antibiotics. I want to address a common underlying cause that your veterinarian will want to rule out if the symptoms persist; bladder stones. Stones you say? In my dog or cat? Absolutely, and they can be as varied in color, shape, and size as the stones in your back alley....within reason.

Dogs and cats develop stones or uroliths in the urinary bladder for a variety of reasons. The technical term is urolithiasis. Sometimes stones require a genetic or medical problem to be present, sometimes a diet high in chemical building blocks for the stones is to blame, sometimes it's a concurrent disease, and finally sometimes viral or bacterial infections are precursors. Certain stones are associated with particular breeds of dogs or cats, or particular age groups, but any pet can develop urolithiasis. Veterinary medicine lacks complete understanding of all the predisposing factors of stone formation.

If symptoms of increased urination or bloody urine persist in your pet, your veterinarian will ask to perform diagnostic tests including blood tests and a urinalysis. Urinalysis will often show microscopic crystals of the types of stones in the bladder, but it is not uncommon for the crystals to have coalesced or joined in a solid stone that does not pass into the urine and no crystals are seen. Radiographs (x-rays) and ultra-sound may be necessary to see the stones. These imaging tests will also allow us to see if the stones extend to the kidneys and ureters (the tubes carrying urine from the kidneys to bladder) as well.

Treatment for stones if they are identified from crystals in the urine may be a stone-dissolving medical diet. Success is measured by imaging over time to monitor dissolution of the stones, and owners warned about the possibility of blockages in the urethra. This is when a stone blocks the animal's ability to void its bladder, creating a life-threatening emergency. Many types of stones cannot be dissolved with medical management and surgery is necessary. This is followed by a life time of specialized diets to prevent stones reoccurring in a pet which is now considered predisposed to forming stones.



This week I discussed with one couple what to do with their 15 year old dog, Schultzie, who was diagnosed with dozens of oval smooth stones of varying sizes in his bladder. This was caught by accident doing an x-ray for another problem. There were no crystals to identify the stones in the bladder so we did try a stone dissolving diet unsuccessfully. Surgery is being considered for that old man at the time of this writing.

I have done many cystotomies to remove stones of all sizes. The same day I saw Schultzie, I did surgery on a dog that had only two tiny stones in her bladder but they were sharp and irregular. Every time she peed the sharp edges of the stone irritated her bladder wall and caused bleeding. I removed the stones from her bladder. She will now be kept on a diet to prevent stones from reforming.

This is a very brief overview to a potentially complicated problem that can occur in our pets' bladders. I share this with you at the behest of Tara and Schultzie's owners. They met in my waiting room, shared stone stories, and asked me to educate others about potential stones in their pets.

Jennifer L. Scott, D.V.M., B.Sc.

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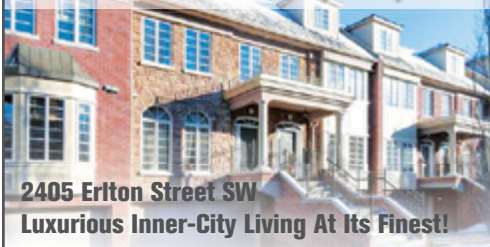
Climb 802 stairs or Race 1km and Climb 802 stairs

ALBERTA WILDERNESS ASSOCIATION

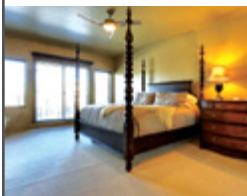
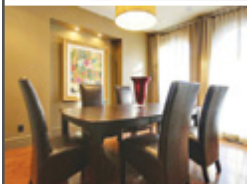
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The Canada Pension Plan (CPP) is a monthly benefit designed to replace about 25% of the average person's lifetime pre-retirement monthly employment earnings; as of 2014, up to a maximum of \$1,038.33 per month. The CPP operates in every province and territory in Canada except Quebec; Quebec has its own pension plan. The CPP is intended to be only one part of your retirement plan. Other sources of retirement income can include: Canada's Old Age Security program, private pension plans and investments. Every person in Canada aged 18 and over, who works and earns over \$3,500.00 per year must contribute to the CPP. You do not contribute to the CPP while receiving a Canada Pension Plan Disability Benefit or during periods that you have no earnings. Periods when you had low or zero earnings may affect your benefits. CPP calculations take into account both how much and how long you contributed. You can collect CPP benefits overseas. The earliest you can collect CPP is at age 60. You will pay a penalty for collecting your CPP early and that decision will lower your benefits for the rest of your life. You can start collecting your CPP benefits and continue to work. If you plan to retire please allow six months for payments to begin.

As of 2012, if you are receiving your CPP retirement pension and you are working and contributing to CPP, your contributions will not be included in your contributory period. Instead, they will count toward your post-retirement benefits. To find out how much you have contributed, you can visit the Service Canada website to view or print a copy of your CPP.

Phone 1-800-277-9914 to request a copy of your CPP Statement of Earnings be mailed to you. TTY phone number is 1- 800-255-4786. www.servicecanada.gc.ca/eng/services/pensions/cpp/retirement/index.shtml

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- ◆ Forty word limit

Laugh a Little!



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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
City of Calgary	211 and 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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Good for the Soul



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For more information

on Bursary and Scholarship opportunities please email Dr. Neil Webber at

> nwebber@webberacademy.ca

2014 Information Evening Dates:

- > Thursday, February 20 @ 7:00 pm
- > Thursday, April 24 @ 7:00 pm



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