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### Elbow Valley Community Assoc.

100 Misty Morning Dr | Calgary, AB - T3Z 2Z7

Tel: 403-240-4386

[President@elbowvalley.org](mailto:President@elbowvalley.org)

[www.elbowvalley.org](http://www.elbowvalley.org)

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



**Animal Trivia**

A father sea catfish keeps the eggs of his young in his mouth until they are ready to hatch. He will not eat until his young are born, which may take several weeks.



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# Makes the Whole World Kin

By O. Henry (source: public domain)

**The American short story writer O. Henry (1862 - 1910) was born under the name William Sydney Porter in Greensboro, North Carolina in 1862. His short stories are well known throughout the world; noted for their witticism, clever wordplay, and unexpected "twist" endings.**



The burglar stepped inside the window quickly, and then he took his time. A burglar who respects his art always takes his time before taking anything else.

The house was a private residence. By its boarded front door and untrimmed Boston ivy the burglar knew that the mistress of it was sitting on some oceanside piazza telling a sympathetic man in a yachting cap that no one had ever understood her sensitive, lonely heart. He knew by the light in the third-story front windows, and by the lateness of the season, that the master of the house had come home, and would soon extinguish his light and retire. For it was September of the year and of the soul, in which season the house's good man comes to consider roof gardens and stenographers as vanities, and to desire the return of his mate and the more durable blessings of decorum and the moral excellencies.

The burglar lighted a cigarette. The guarded glow of the match illuminated his salient points for a moment. He belonged to the third type of burglars.

This third type has not yet been recognized and accepted. The police have made us familiar with the first and second. Their classification is simple. The collar is the distinguishing mark.

When a burglar is caught who does not wear a collar he is described as a degenerate of the lowest type, singularly vicious and depraved, and is suspected of being the desperate criminal who stole the handcuffs out of Patrolman Hennessy's pocket in 1878 and walked away to escape arrest.

The other well-known type is the burglar who wears a collar. He is always referred to as a Raffles in real life. He is invariably a gentleman by daylight, breakfasting in a dress suit, and posing as a paperhanger, while after dark he plies his nefarious occupation of burglary. His mother is an extremely wealthy and respected resident of Ocean Grove, and when he is conducted to his cell he asks at once for a nail file and the Police Gazette. He always has a wife in every State in the Union and fiancées in all the Territories, and the newspapers print his matrimonial gallery out of their stock of cuts of the ladies who were cured by only one bottle after having been given up by five doctors, experiencing great relief after the first dose.

The burglar wore a blue sweater. He was neither a Raffles nor one of the chefs from Hell's Kitchen. The police would have been baffled had they attempted to classify him. They have not yet heard of the respectable, unassuming burglar who is neither above nor below his station.

This burglar of the third class began to prowl. He wore no masks, dark lanterns, or gum shoes. He carried a 88-calibre revolver in his pocket, and he chewed peppermint gum thoughtfully.

The furniture of the house was swathed in its summer dust protectors. The silver was far away in safe-deposit vaults. The burglar expected no remarkable "haul." His objective point was that dimly lighted room where the master of the house should be sleeping heavily after whatever solace he had sought to lighten the burden of his loneliness. A "touch" might be made there to the extent of legitimate, fair professional profits -- loose money, a watch, a jewelled stick-pin -- nothing exorbitant or beyond reason. He had seen the window left open and had taken the chance.

The burglar softly opened the door of the lighted room. The gas was turned low. A man lay in the bed asleep. On the dresser lay many things in confusion -- a crumpled roll of bills, a watch, keys, three poker chips, crushed cigars, a pink silk hair bow, and an unopened bottle of bromo-seltzer for a bulwark in the morning.

The burglar took three steps toward the dresser. The man in the bed suddenly uttered a squeaky groan and opened his eyes. His right hand slid under his pillow, but remained there.

"Lay still," said the burglar in conversational tone. Burglars of the third type do not hiss. The citizen in the bed looked at the round end of the burglar's pistol and lay still.

"Now hold up both your hands," commanded the burglar.

The citizen had a little, pointed, brown-and-gray beard, like that of a painless dentist. He looked solid, esteemed, irritable, and disgusted. He sat up in bed and raised his right hand above his head.

"Up with the other one," ordered the burglar. "You might be amphibious and shoot with your left. You can count two, can't you? Hurry up, now."

"Can't raise the other one," said the citizen, with a contortion of his lineaments.

"What's the matter with it?"

"Rheumatism in the shoulder."

"Inflammatory?"

"Was. The inflammation has gone down." The burglar stood for a moment or two, holding his gun on the afflicted one. He glanced at the plunder on the dresser and then, with a half-embarrassed air, back at the man in the bed. Then he, too, made a sudden grimace.

"Don't stand there making faces," snapped the citizen, bad-humouredly. "If you've come to burgle why don't you do it? There's some stuff lying around."

"Scuse me," said the burglar, with a grin; "but it just socked me one, too. It's good for you that rheumatism and me happens to be old pals. I got it in my left arm, too. Most anybody but me would have popped you when you wouldn't hoist that left claw of yours."

"How long have you had it?" inquired the citizen.

"Four years. I guess that ain't all. Once you've got it, it's you for a rheumatic life -- that's my judgment."

"Ever try rattlesnake oil?" asked the citizen, interestedly.

"Gallons," said the burglar. "If all the snakes I've used the oil of was strung out in a row they'd reach eight times as far as Saturn, and the rattles could be heard at Valparaiso, Indiana, and back."

"Some use Chiselum's Pills," remarked the citizen.

"Fudge!" said the burglar. "Took 'em five months. No good. I had some relief the year I tried Finkelham's Extract, Balm of Gilead poultices and Potts's Pain Pulverizer; but I think it was the buckeye I carried in my pocket what done the trick."

"Is yours worse in the morning or at night?" asked the citizen.

"Night," said the burglar; "just when I'm busiest. Say, take down that arm of yours -- I guess you won't -- Say! did you ever try Blickerstaff's Blood Builder?"

"I never did. Does yours come in paroxysms or is it a steady pain?"

The burglar sat down on the foot of the bed and rested his gun on his crossed knee.

"It jumps," said he. "It strikes me when I ain't looking for it. I had to give up second-story work because I got stuck sometimes half-way up. Tell you what -- I don't believe the bloomin' doctors know what is good for it."

"Same here. I've spent a thousand dollars without getting any relief. Yours swell any?"

"Of mornings. And when it's goin' to rain -- great Christopher!"

"Me, too," said the citizen. "I can tell when a streak of humidity the size of a table-cloth starts from Florida on its way to New York. And if I pass a theatre where there's an 'East Lynne' matinee going on, the moisture starts my left arm jumping like a toothache."

"It's undiluted -- hades!" said the burglar.

"You're dead right," said the citizen.

The burglar looked down at his pistol and thrust it into his pocket with an awkward attempt at ease.

"Say, old man," he said, constrainedly, "ever try opodeldoc?"

"Slop!" said the citizen angrily. "Might as well rub on restaurant butter."

"Sure," concurred the burglar. "It's a salve suitable for little Minnie when the kitty scratches her finger. I'll tell you what! We're up against it. I only find one thing that eases her up. Hey? Little old sanitary, ameliorating, lest-we-forget Booze. Say -- this job's off -- 'scuse me -- get on your clothes and let's go out and have some. 'Scuse the liberty, but -- ouch! There she goes again!"

"For a week," said the citizen. "I haven't been able to dress myself without help. I'm afraid Thomas is in bed, and --"

"Climb out," said the burglar, "I'll help you get into your duds."

The conventional returned as a tidal wave and flooded the citizen. He stroked his brown-and-gray beard.

"It's very unusual --" he began.

"Here's your shirt," said the burglar, "fall out. I knew a man who said Omberry's Ointment fixed him in two weeks so he could use both hands in tying his four-in-hand."

As they were going out the door the citizen turned and started back.

"Liked to forgot my money," he explained; "laid it on the dresser last night."

The burglar caught him by the right sleeve.

"Come on," he said bluffly. "I ask you. Leave it alone. I've got the price. Ever try witch hazel and oil of wintergreen?"

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- Will Rogers

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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



## BRAIN GAMES

## SUDOKU

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

FIND SOLUTION ON PAGE 21

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

- 1
- 2
- 3
- 4
- 5 • **March 27 – May 16 – The Miracle Worker:** Helen Keller is blind, deaf and mute. Rosebud Theatre. 1-800-267-7553 / [www.rosebudtheatre.com](http://www.rosebudtheatre.com)
- 6
- 7 • **April 30 to May 10 – As You Like It.** The Studio at Vertigo Theatre. 403-221-3708 / [www.vertigotheatre.com](http://www.vertigotheatre.com)
- 8
- 9 • **May 1+2 – Calgary International Beer Festival.** The biggest beer festival in western Canada! 403.520.5433 / [www.albertabeerfestivals.com](http://www.albertabeerfestivals.com)
- 10
- 11 • **May 1 to June 29 – Oh Boy, Buddy Holly:** 403.249.7799 / [www.calgary.jubilations.ca/](http://www.calgary.jubilations.ca/)
- 12
- 13 • **May 2 to May 31 – Dial "M" For Murder:** A gripping story of betrayal and passion. 403.221.3708 / [www.vertigotheatre.com/](http://www.vertigotheatre.com/).
- 14
- 15 • **May 2 – Neil Diamond:** Scotiabank Saddledome. 403-777-4636 / [www.scotiabanksaddledome.com](http://www.scotiabanksaddledome.com)
- 16
- 17 • **May 9 – LeE HARVeY OsMON:** Opening Brent Tyler. 7pm at Bragg Creek Centre. 403.949.4114 / [www.braggcreekperformingarts.com](http://www.braggcreekperformingarts.com).
- 18
- 19 • **May 15 – Diana Krall:** Diana Krall is a jazz pianist with over 15 million records sold worldwide. Southern Alberta Jubilee Auditorium. 403-297-8000 / [www.jubileeauditorium.com/Southern/Home.aspx](http://www.jubileeauditorium.com/Southern/Home.aspx)
- 20
- 21 • **May 16 – Regency Springtime Ball:** Fairmont Palliser Hotel on May 16, 2015. [www.facebook.com/regencyencounters](http://www.facebook.com/regencyencounters)
- 22
- 23 • **May 20 – Cowpuncher:** Late Night at the Plaza. 403-283-2222 / [www.facebook.com/latenightplaza](http://www.facebook.com/latenightplaza)
- 24
- 25 • **May 22 – A Celebration of Shostakovich and Charles de Bériot III:** 403-220-7202 / [www.ucalgary.ca/tickets](http://www.ucalgary.ca/tickets)
- 26
- 27 • **May 30 – Woman2Warrior Calgary:** New Woman's Only Obstacle Race benefitting Easter Seals Alberta and the Children's Hospital Aid Society. [www.calgary.woman2warrior.ca/](http://www.calgary.woman2warrior.ca/)
- 28
- 29 • **May 30 – Great Lake Swimmers:** Calgary Folk Music Festival Presents Great Lake Swimmers + The Weather Station. Central United Church. 403-269-3701 / [www.centralchurch.ca/centraluc.ht](http://www.centralchurch.ca/centraluc.ht)
- 30
- 31

e. & o. e.

**Improve Your Tax-Saving Fitness****The Child Fitness Tax Credit**

by Suzanne Demers – Consultant

No matter how physically fit you are, tax time can have you running to exhaustion looking for ways to save on taxes. Common tax credit and tax deductions Canadian might consider are – the spousal/eligible dependant federal credit, medical expenses and charitable donations credit, public transit federal credit – but one that may have escaped your consideration is the Child Fitness Tax Credit, and if you're eligible for it, there are some tax savings to be had. Here's how it works:

- The Child Fitness Tax Credit may be claimed by a parent for each child under 16 years of age at the beginning of a calendar year (or under 18, if the child is disabled).
- Beginning with the 2014 tax year, the federal credit may be claimed on the first \$1,000 of eligible costs, with a maximum federal tax credit of \$150.00 per child.
- Eligible costs include fees paid for administration, instruction and facilities rentals. Costs must be paid to someone who offers physical activity programs that are not a part of a school curriculum. The child's program must contribute to their cardio-respiratory endurance and contribute to at least one of the following: muscular endurance, muscular strength, flexibility or balance.
- For the 2014 tax year and prior tax years, the federal credit may be used only to reduce federal tax that otherwise would be payable. Beginning in 2015, this will become a refundable tax credit.

By running after all your eligible tax credits – including the Child Fitness Tax Credit – you'll definitely reduce your tax bill – to be sure your total financial life is as fit as it can be, talk to your professional advisor.

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# Non-toxic Cleaning with Green Calgary!

Spring is just around the corner and for many of us that means popping open the windows and cleaning away winter's dust and dirt. But before you start using the cleaners under your sink, take a moment to look at the products you have and examine the ingredients on each of their labels. You might be surprised at what you find (or don't find!).

Labelling on cleaning products is voluntary for cleaning product manufacturers in Canada; so you may not be able to find what you are spraying around the house just by looking at the bottle. Imagine eating a bowl of cereal from a box with no ingredients or an incomplete list of ingredients. What's not being listed that we're exposing ourselves to?

Because there are so few regulations limiting what companies can put into their products, most conventional cleaning supplies (even the ones that say they are "green") contain hazardous ingredients that are known to be harmful to people and the environment. The one place we can control our exposure is in our homes, by

limiting the toxic cleaners and personal care products we bring in.

- When shopping for cleaners follow these simple rules:
1. Only choose products with a full listing of ingredients
  2. Get to know the ingredients of concern and try to avoid them
  3. Look for companies with a dedication to human health and the environment
  4. Look for companies with third party certification (such as the Canadian Environmental Choice or EcoLogo)

Another option – and in our opinion, the easiest and most affordable option – is to make products yourself with just a few simple ingredients: white vinegar, baking soda, salt, lemon juice, castile soap and maybe some essential oils.

Happy spring cleaning!

*Green Calgary*

# Spring

April	melt	sunshine
birds	puddles	thaw
bloom	rain	umbrella
blossom	robin	warming
bud	season	weather
bulbs	showers	
butterfly	spring	
green		
grass		
grow		

B	G	H	N	M	U	J	C	R	V	W	J	J	E	D	Q
D	L	I	B	N	C	R	E	H	T	A	E	W	Q	R	Y
C	A	O	Z	L	E	S	R	O	S	E	L	D	D	U	P
R	D	W	O	K	O	E	B	L	T	Y	S	W	V	S	Y
V	U	Y	L	M	Q	S	R	L	N	S	E	A	Y	Z	W
D	M	N	I	B	O	R	S	G	U	X	A	R	L	Q	O
D	B	I	A	E	Y	S	Y	O	E	B	S	M	F	M	R
Y	R	K	C	N	X	P	V	B	M	P	O	I	R	Z	G
W	E	H	N	I	R	Z	O	J	B	S	N	N	E	H	S
J	L	Q	X	H	K	R	C	N	H	I	A	G	T	W	T
D	L	W	G	S	H	O	Z	O	G	A	N	H	T	S	H
I	A	G	S	N	A	N	W	T	N	P	A	U	U	D	A
I	T	R	X	U	I	E	L	T	I	R	B	U	B	R	W
H	A	A	C	S	R	E	B	J	R	I	K	K	Q	I	Z
G	K	S	C	S	M	R	U	M	P	L	Q	F	L	B	I
Q	H	S	A	K	H	S	D	K	S	K	D	J	R	L	J

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**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).

**Elbow Valley mybabysitterlist**

Name	Age	Contact	Course
Abby	13	403-455-2556	Yes
Abigail	17	705-706-4338	No
Brodie	13	403-805-1469	Yes
Brooke	12	403-212-1014	Yes
Catherine	26	514-293-1395	Yes
Celine	64	403-815-7858	No
Christoph	23	587-998-6172	Yes
Eugene	17	403-703-4488	No
Evelyn	11	403-475-0919	Yes
Harry	30	587-830-6217	No
Henry	14	403-719-8282	Yes
Jenna	13	403-242-1605	Yes
Jonahley	50	403-837-6348	Yes
Julianna	15	403-604-0034	Yes
Kaitlynn	15	403-874-4034	Yes
Karynne	26	587-354-3448	No
Kelsea	22	403-370-7170	Yes
Lauren	13	403-217-3249	Yes
Lorraine	57	587-352-5337	Yes
Maria	44	403-818-0560	No
Micah	13	403-616-0302	Yes
Michaela	14	403-630-7348	Yes
Michelle	30	403-923-5111	Yes
Nia	16	403-991-8045	Yes
Paige	13	403-241-0487	Yes
Salma	37	403-252-5052	Yes
Sam	14	403-287-3740	Yes
Sara	13	403-813-4422	Yes
Silvia	31	403-467-8756	Yes



Your body employs a number of powerful biological responses to keep you alive and healthy. Inflammation has an important role to play in the body's ability to heal, but in some situations it can become challenging.

**What is Inflammation?**

When your body undergoes an injury or encounters an infection or irritant, it uses inflammation to aid in the healing process. The body releases chemical substances into the tissue around the injury or infection, which allows blood more access to the problematic area. The skin around the inflamed area often grows red and might feel warm to the touch. Inflammation can also cause pain as the released chemicals stimulate nerve endings and make the area more sensitive. This sensitivity prompts you to give the injured area plenty of rest, helping to improve the body's ability to heal.

**Inflammation Gone Awry**

In the short term, inflammation provides a valuable service. However, inflammation can become chronic, meaning that it can last for months or even years. Chronic inflammation can occur if the body's natural systems fail to address the root cause of the inflammatory response, or if the immune response mistakenly starts to attack healthy tissue. This type of inflammation plays a role in a variety of chronic conditions, such as asthma, rheumatoid arthritis, and ulcerative colitis. Inflammation can also interfere with your life by causing congestion, fatigue, high blood pressure, allergies, and weight gain.

While everyone experiences inflammation from time to time in response to injury or irritation, some lifestyle factors can make you more prone to unnecessary inflammation. A study conducted by the Emory University School of Medicine in Atlanta, Georgia found that sleep deprivation raises the body's levels of inflamma-

# Understanding Inflammation

*By Dr. Alma Nenshi, Registered Chiropractor*

tory markers, substances in the blood that show that inflammation is present. People who are overweight and obese also tend to show higher levels of these markers. However, a study from the Fred Hutchinson Cancer Research Center in Seattle, Washington, found that post-menopausal women who were overweight or obese showed a measurable decrease in inflammation markers when they lost 5% of their body weight.

**Keeping Inflammation Under Control**

If you believe you are suffering from uncontrolled inflammation, check in with your primary care provider to rule out any life-threatening conditions. Then, schedule a time to talk with your chiropractor. A 2010 study by the University of Quebec at Montreal found evidence that chiropractic manipulation can cause inflammation markers to normalize. A chiropractor can also make lifestyle suggestions to help make sure your diet, exercise and sleep levels support a healthy inflammation response.

Inflammation is a very good thing in the right circumstances, but it can cause many challenges in the wrong ones. Certainly there is no need to keep living with painful chronic inflammation. Your solution may just be a phone call away.

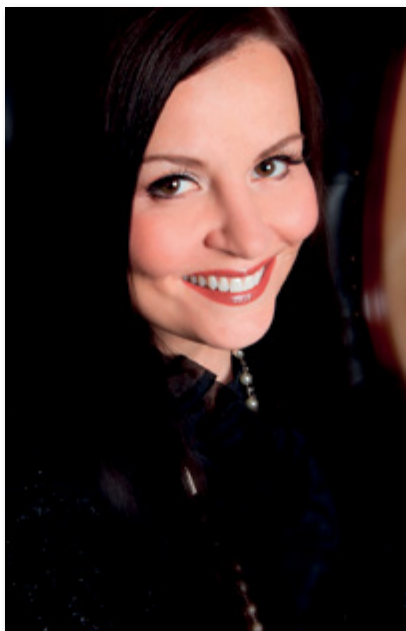
**FYI** KLUANE NATIONAL PARK, YUKON

Home to Canada's tallest peak (Mount Logan, altitude 19,551 feet), this giant park in the western Yukon—22,000 square kilometres of blue glaciers, lush valleys and untamed territory—can be seen from the sky, aboard a helicopter or an airplane equipped with skis (which allow high-altitude snow landings). Or, even better, hike it using the park's vast network of trails—you could walk for days without seeing another person.



# HOW TO SAFEGUARD YOUR RETIREMENT INCOME?

## Ask an Expert



Sheri MacMillan,  
Senior Trust & Estate Practitioner,  
CEO of MacMillan Estate Planning Corp.  
Sheri is featured on The Strongroom  
9:00 AM Saturdays on News Talk 770

**Q** Recently on a Saturday morning on The Strongroom radio program I was surprised to hear you say your clients aren't concerned about the big fall in oil prices in the past year. How can that be? I know I'm worried about what it could mean for my retirement years.

**A** The reality is that we are going to face multiple market downturns in our lives. The good news is that our retirement income doesn't have to fluctuate with the markets! One of the great opportunities we have in Canada is that we have trust laws that allow us to buy good quality investments that are not only principle guaranteed, but offer a rate of return and exceptional credit protection. The fact that our clients aren't concerned means they have a plan that is working. That for me is a fundamental result we want for every family we have the privilege to work alongside. If you have an appropriate plan design for your lifestyle for decades ahead, then when markets correct, you can weather the storm. So you won't have to wonder, "Do I have enough? Did I protect it well? Am I going to outlive my wealth?"

We have experienced a variety of market fluctuations in our almost 20 years of experience, and these market cycles have shown that being proactive and building in those safety nets and benchmarks actually works.

When we've created affluence in our life, we're going to rely upon it for decades ahead as part of our life plan. We're endeavouring to build wealth so we can enjoy a wonderful lifestyle of freedom in the retirement phases of life.

We need to be proactive in designing our estate plans to make sure we don't jeopardize the wealth that we have created.

MacMillan Estate Planning Corp. will be hosting a complimentary  
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## in & around your community

### Bicycle Helmet Safety

Head injuries are a leading cause of serious injury and death to children riding bicycles\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/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 even 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 a 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, comfort and safety.



For ten years, I was Personal Assistant to Canadian Billionaire, Ron Joyce, Founder of Tim Hortons. Imagine working with politicians, entertainers and famous personalities in a job where luxury and opulence had no limits. Understandably, I would often get asked "How did you land such a job?" As a young girl of 18, studying Office Administration, I remember very emphatically announcing: "One day, I will be Personal Assistant to a Billionaire who has his own airplane!"

Years later, I found myself working as Mr. Joyce's Secretary in the Calgary Tim Hortons office when I received the promotion to become his traveling PA. As a newly-created position, there was no formal job description prepared, and Mr. Joyce simply said to me, "Elisabeth, would you please just do one thing for me? Add value to my life."

Speechless, and in total awe of my new one-line job description, for the years that lied ahead, I focused every day on adding value to Mr. Joyce's life, starting each day with the intention "I add value today!" I went above and beyond, creating meaningful experiences for Mr. Joyce with his family, friends and colleagues. It was truly fulfilling!

Now consider this thought, that you have the same one-line job description, and that is to "add value", to your business, your spouse, your children, your friends, your community. How do you think your experience of life would change? It means changing your focus from "How do I feel, how am I being treated?" to "How can I provide value?" I know what a profound difference this shift of attitude made in my life, and continues to make each day. I challenge you to try it for just one day, and see for yourself the difference it can make.

Elisabeth Fayt



# How fast does your pet's heart beat?

You have your pet in for a routine physical examination and suddenly the expression on the vet's face becomes much more intent as they listen to your pet's heart with their stethoscope. Veterinarians listen to the rate of the heart beating, for sounds such as murmurs, and for sounds in the lungs that shouldn't be there.

Murmurs are sounds created by turbulence of the liquid, blood, moving through the tubes and valves of the heart. Sounds are symptoms; a sound is not a diagnosis. If a murmur is investigated and found to be of no consequence it is called an innocent murmur.

If your dog is a very young puppy it could simply be a murmur because the normal hole, which exists between the chambers of a foetus' heart, hasn't closed yet. The veterinarian may just recommend making a note of it and checking the puppy in a few weeks. In older dogs and cats, blood work to check for various diseases, an electrocardiogram (ECG), and radiographs (x-rays) to see the size and shape of the heart and to check the lungs are recommended. Your veterinarian may recommend referral to a specialist for a cardiac ultrasound to visualize the internal mechanics of the heart. Or a pet may be referred to a cardiologist, who may in turn recommend the pet wear a halter monitor for 24 hours to measure the heart's rate and changes through various activities.

Your pet's heart rate is measured in beats per minute. A heart rate that is too fast is called tachycardia; too slow is called bradycardia. What your pet's normal heart rate has been in past examinations is very valuable as not every pet's heart rate falls within normal limits.

Recently I examined an older cat and her heart rate was

62. Normal for a cat is about 160 to 180 beats per minute and 164 had been recorded for this cat all her life. She had developed a mass in her throat which was irritating her vagal nerve and causing the heart rate to slow. The problem wasn't at the heart at all.

Cardiomyopathy is the term for diseases of the heart muscles and how the heart is signalled to contract. Many years ago I had a client who took his Doberman out to exercise by chasing his truck (A horrible idea!). The dog came to my clinic with a heart rate of 240 which a dog cannot live long with. We gave the dog drugs to convert his heart back to a normal rate of about 80 to 100. This dog was subsequently referred to a cardiologist who treated him for a two years for a genetic disease of the heart muscle that he eventually died of.

Tachycardia in a big dog with decreased energy and otherwise a normal physical examination has also been the clue leading me to diagnose a tumour of the right atrium of the heart called a hemangiosarcoma. These tumours often start to bleed into the pericardial sac around the heart and the heart starts beating really fast because it can't expand properly in the bag filling with blood.

This is a tiny window to the many and varied diseases of your pet's body that can change the sound or rate of a heart beating. Once a specific diagnosis is made a veterinarian will discuss treatment options and prognoses with the pet owner. I can't over emphasize how important it is to have your pet examined annually and that the physical examination is the keystone to any preventative health care program.

Jennifer L. Scott, D.V.M.

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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.

**WHY: Why are zero scores in tennis called 'love'?**  
**BECAUSE:** In France, where tennis became popular, the round zero on the scoreboard looked like an egg and was called 'l'oeuf', which is French for 'the egg'. When tennis was introduced in the US, Americans (mis)pronounced it 'love'.



“When I hear somebody sigh,  
**‘Life is hard,’**  
I am always tempted to ask,  
**‘Compared to what?’”**

– Sydney Harris

**IMPORTANT NUMBERS**

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
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
Kids Help Line	1.800.668.6868
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	1.800.332.1414
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
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority (Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Seniors' Resource - SeniorConnect	403.266.6200
Elder Abuse Resource Line (65+)	403.705.3250
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	311
Elder Abuse Resource Line (65+)	403.705.3250
Kerby Centre for the 55 plus	403.705.3246
Neighbour Mediation Hotline	403.269.2707
Road Conditions – Calgary	1.877.262.4997
Weather Information	403.299.7878
Gamblers Anonymous	403.237.0654

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**Contact [news@great-news.ca](mailto:news@great-news.ca)**

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

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

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