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*A woodpecker
can peck
twenty times
a second.*



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www.elbowvalley.org

CONTENTS

Springbank Ladies Time Out 5

For your pet, come clean
with your vet 6

Want a High Five Holiday
with your Child? 8

At A Glance 10

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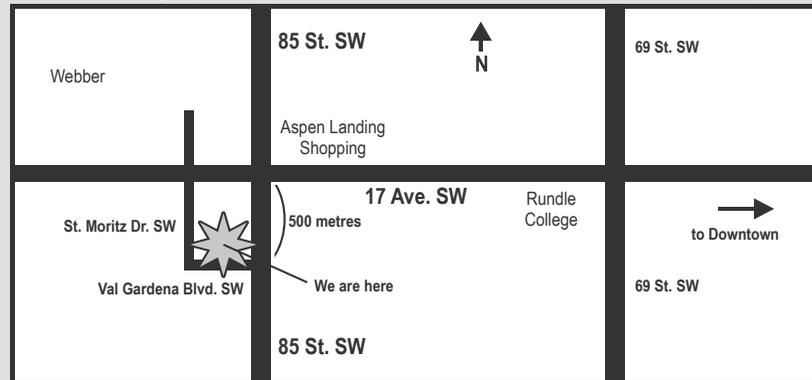
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SPRINGBANK LADIES

Time Out



Springbank Ladies Time Out provides an opportunity for women of all ages in the Calgary area to meet new people, to socialize and to participate in a variety of registered activities including cooking, yoga, arts and crafts, floral arranging and much more. Classes are held on Monday mornings at the Eden Brook Reception Centre, Lower Springbank Rd and 17th Ave SW. Please visit our website at www.springbanklto.com or Facebook/SpringbankLTO for a list of classes as well as information on registration January 11, 2016 for the winter session.

Join Springbank Ladies Time Out for our Deck the Halls Christmas Market on Monday, December 14 from 9am-12noon at Eden Brook Reception Centre at Lower Springbank Road and 17th Ave SW. You will be able to find everything from homemade artisanal items to delicious foodie treats. Vendors will be posted on our website at www.springbanklto.com. There will be door prizes, barista made coffees and holiday treats, as well as a chance to visit with friends and to share the holiday spirit! All proceeds from this event will be donated to local charities supported by Springbank LTO.

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For your pet, come clean with your vet

Every month I try to come up with an entertaining and educational article for the newsletter readers. Our new Liberal majority government has given me direction.

I have seen many dogs over my career that have ingested marijuana. They seem to love it like a cat loves catnip. Every state that has legalized marijuana has seen huge increases in cases of marijuana poisonings in dogs, and the rare cat. Since this often includes the ingestion of brownies, chocolate toxicity can complicate the treatment. Often owners are reluctant to share information. The symptoms of marijuana ingestion are similar to many serious syndromes and neurologic conditions, therefore a veterinarian without adequate information is forced to pursue expensive, sometimes invasive, tests and treatments. Your veterinarian is not required to report to anyone and confidentiality laws are in place.

Marijuana toxicity in dogs clinically resembles many serious poisonings. Dogs are anxious, panting, often vocalizing, and lethargic sometimes to the point of unconsciousness or coma. They have difficulty standing or balancing and may drool, vomit, and develop diarrhea. If comatose, the pet's blood pressure and heart rate may be very low, with respiratory depression and dilated pupils. Pets may lose bladder and bowel control. Extreme responses to noises, touch, or any sensory stimulation may initiate trembling or jerking movements that resemble seizures.

Long term effects are rare, but the pet may injure themselves while impaired and may become dangerously dehydrated if they can't drink. Vomiting may be induced by the veterinarian if the consumption of the marijuana was recent, but treatment usually is supportive nursing

care and intravenous fluids. Most cases resolve in three to twelve hours.

The pet's owner and the veterinarian are partners requiring information from each other for the best possible outcome for the pet. I have only had one client hold out on information until late into a neurological workup at a specialty center, as he had refused to disclose the pet getting into his stash even when asked directly. I don't know the final bill at the referral center. Another client this week had a pet get into the medical marijuana prescribed for a relative. Marijuana actually has many medical benefits especially in palliative cancer treatment. Another area medical science is exploring marijuana use is for many severe ocular diseases in both people and animals.

Like any prescription drug, marijuana must be locked up in your home. I have treated animals over the years that have ingested drugs ranging from Tylenol, long-acting antihistamines, sedatives, medications for mental disorders.... and the potential poisoning list grows, adding plants and cleaning substances around the home. Marijuana as it becomes more common is one drug that dogs are sensitive to and attracted to, they will actively seek it out and consume it. Marijuana has a wide margin of safety and the Pet Poison Helpline reports no deaths in the last five years. The dilemma of your veterinarian remains that many of the symptoms above could be from something imminently fatal without aggressive treatment. Frank and open discussion of your pet's history in every case is always welcome and can lead to more rapid recovery at a lesser cost.

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

in & around your community

EMS Cold Weather Safety

Alberta Health Services EMS responds to many cold weather related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes, and be prepared when out in the cold you can reduce your risk of sustaining a cold weather emergency. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets, and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin.
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip heals without complication;
- Move to a warm environment and immediately, but gently re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze solid;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed;
- Call 9-1-1- or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is crucial. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 9

DECEMBER MOON CALENDAR



Last Quarter
December 3



New Moon
December 11



First Quarter
December 18



Full Moon
December 25

Want a HIGH FIVE holiday with your child?



The holiday season is a busy one for every family. In the hustle of the season, we want to encourage you to make time for simple ways to connect with your little ones.

READ! Reading aloud to your child 10 minutes a day builds their brains and the bonds you have with them. (Make sure a book is one of the gifts your child receives this holiday) Take them to the library. Visit a used book store or an independent book store (Calgary has four independent book stores!).

SING! This is the season for songs. Turn up your iPod. Sing in the car, at home or at the dinner table. Ask your child what their favourite is, share your favourite song. Practice their school choir repertoire together. Don't worry if your singing ability shatters china or has dogs howling, singing has been scientifically proven to reduce stress, lower anxiety and increase endorphins.

TALK! Talking to your child builds their brain architecture. Research has shown that children from talkative families may have heard 30 million more words directed to them by age 3 than children from less-talkative families! And the same research study showed that the more words the children had heard by age 3, the better they did on tests of cognitive development. This is important. Talk in the car, talk while you

buy groceries...talk, talk, talk. And use kind words, only kind words.

PLAY! Turn off the TV and go outside. Make a snowman, catch a snowflake on your tongue or fill the yard with snow angels. Pack a travel game for the long traffic waits that occur this time of year. Pull out a board game for chilly nights at home. Make play dough. Playing helps your children develop language, social skills, physical coordination, emotional maturity, and exploration skills without them even knowing it! Schedule play into every day!

LOVE! This is the season to share and demonstrate empathy with your child. Take them shopping to purchase a gift for a child in need. Ask them to donate part of their allowance to provide a dinner for someone who is homeless. Have them create a holiday card for a lonely senior. Building compassion in your child increases their capacity to identify, understand, manage, and express a full range of positive and negative emotions in a productive way.

Happy holidays!

These tips brought to you by High Five, a group of agencies helping families obtain information and services to raise happy, healthy children.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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BRAIN GAMES

SUDOKU

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

THE HUMAN BODY

trivia

By the time you turn 70, your heart will have beat some two-and-a-half billion times (figuring on an average of 70 beats per minute.)



JANUARY 7 TO 11 – SPIN
 Theatre Calgary partners with One Yellow Rabbit to present a musical cabaret where bicycling is the inspiration. Spin is inspired by Annie Londonderry who was the first woman to ride a bicycle around the world in 1894. www.theatrecalgary.com



JANUARY 28 TO FEBRUARY 7 MY FAMILY AND OTHER ENDANGERED SPECIES
 Using puppets, My Family and Other Endangered Species follows Phineas William Walsh, who has a deep knowledge of the natural world, and the problems his family are going through. www.vertigotheatre.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- 1
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- 4 • **October 21 to January 31 - Proudly They Served: Canadian Women's Army Corps in WWII:** Learn more about the role Canadian women played in the Second World War and visit the Lougheed House's exhibition on the history of the Canadian Women's Army Corps (CWAC.) www.lougheedhouse.com
- 5
- 6 • **January 3 – Calgary Flames & Tampa Bay Lighting** face off at 7:00 pm at the Saddledome www.calgaryflames.com
- 7
- 8 • **January 3 – Calgary Hitmen & Brandon Wheat Kings** face off at 1:00 pm at the Saddledome www.hitmenhockey.com
- 9
- 10 • **January 13 – Calgary Flames vs Florida Panthers** at the Saddledome 7:30 pm www.calgaryflames.com
- 11
- 12 • **January 17 – Vance Joy: 'Fire and the Flood'** North American Tour with Calgary's own Reuben and the Dark. www.vancejoy.com
- 13
- 14 • **January 17 to 18 - National Geographic Live - Gorongosa Reborn: A Cameraman's Journal:** Mozambique's Gorongosa National Park was a jewel of Africa's parks system until civil war nearly destroyed it. Join Bob Poole as he takes us deep into the African wilds where he worked with rangers and scientists to save a lost Eden in one of the biggest conservation projects on the planet. www.artsccommons.ca
- 15
- 16 • **January 19 to February 28 - The Little Prince — The Musical:** The Little Prince tells the familiar story of the pilot who crashes his plane in the Sahara Desert and then meets a young prince from an asteroid. What follows is a story all about life in another world and among the stars. www.theatrecalgary.com
- 17
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- 20 • **January 30 – Calgary Hitmen vs Prince Albert Raiders** at the Saddledome 7:00 pm www.hitmenhockey.com
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