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- 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-Bourgeois (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 - Westhills Site	403.851.0011
Richmond Hill Baptist	403.242.1256
Westside Kings Church	403.777.0800
St. Martin's Anglican Church	403.249.3014
St. Michael Catholic Community	403.249.0423

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 DEADLINE

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

CLOUD 9 Snow Removal

**Bragg Creek & Priddis Area
Contact Kerry 403-615-6123**

Laugh a Little!



I believe that if life gives you lemons, you should make lemonade... And try to find somebody whose life has given them vodka, and have a party. - Ron White



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
Christoph	23	587-998-6172	Yes
Elizabeth	21	587-999-5901	Yes
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	14	403-874-4034	Yes
Lauren	13	403-217-3249	Yes
Mackenzie	14	403-805-6223	Yes
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	12	403-241-0487	Yes
Polina	13	587-296-1650	Yes
Salma	37	403-252-5052	Yes
Sam	14	403-287-3740	Yes
Sara	13	403-813-4422	Yes
Silvia	31	403-467-8756	No

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

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.

TD Wealth

Wealth Seminar Series

- Retirement Planning Amid Global Uncertainty January 14, 2015
- Tax – Efficient Investing February 11, 2015
- Estate Planning – Passing On Your Wealth April 8, 2015

Hosted by Investment Advisors Wendy Farch and Liz Desjardins

Time : 10:30 – 11:30 a.m.

Location: Cochrane Toyota Community Room
8 River Heights Dr. Cochrane, AB

RSVP : (403) 503-4411



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GINGER

has many roles
other than just being an anti-nausea herb

Well we know that ginger has anti-nausea properties. It also helps with loss of appetite, motion sickness, nausea due to chemotherapy, flatulence, indigestion, asthma, coughs and bronchitis. One can also see over-the-counter preparations for natural anti-nausea products.

Well, ginger has even more surprising benefits. It has been used for over 2,000 years in Chinese medicine as well as in Ayurvedic medicine.

In Ayurveda it helps in reducing Vayu, which if increased causes various diseases. According to one research, it has a beneficial effect on colon inflammation (which may be a precursor to colon cancer). It also helps in reducing inflammation and pain. The juice of ginger as a home remedy is used to heal burns. Another research showed beneficial effects on ovarian cancer. For more information visit <http://www.medicalnewstoday.com/articles/265990.php>.

It is used in cooking for helping with digestion rather than just being used for flavouring. And because I love ginger I was very happy to know that it helps in assisting with blood glucose levels. According to another research, it may improve long-term sugar control in type 2

diabetes. For more info for this please visit <http://www.diabetes.co.uk/natural-therapies/ginger.html>.

Surely ginger is a spice to have in your kitchen. Personally, I prefer the organic powder.

Before starting to use on a regular basis, consult a health care provider as ginger can interfere with certain medications like blood thinners, aspirin and others and it also interacts with certain health conditions.

Kosha Vaidya MBBS, CH CHT



coffee trivia

Finely grinding coffee beans and boiling them in water is still known as "Turkish Coffee." It is still made this way today in Turkey and Greece or anywhere else Turkish Coffee is served.

PREPARING STUDENTS TO THRIVE IN UNIVERSITY AND BEYOND



For more information on Webber Academy please attend one of the following Information Evenings:

- > Thursday, January 8, 2015, 7pm
- > Thursday, February 19, 2015, 7pm
- > Thursday, April 23, 2015, 7pm



WEBBER ACADEMY

For more details visit: webberacademy.ca

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FIND SOLUTION ON PAGE 17

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Reading Resolutions

Family Literacy Day, held annually on January 27, was established 16 years ago to raise awareness of the importance of reading together as a family. Created by ABC Life Literacy Canada, the literacy initiative encourages entire families to work together to develop better reading and writing skills. Reading together sets a good example for children, fosters literacy skills in youngsters and keeps parents' own skills sharp.

Observing Family Literacy Day is only the first step. Like anything else, becoming skilled at reading requires practice. So this year, why not resolve to make family literacy a daily habit in your home?

Here are tips to make your family's reading resolution a success:

- Set an example for your children – let them see you read and hear you discuss what you have read
- Have lots of books in the house
- Set up cozy, well lit spaces for reading
- Give books as gifts
- Make regular trips to the library to stock up on books for the whole family
- Encourage your children to read both fiction and factual books
- Have your children read out loud to you and to lots of other people too
- Encourage your children to read the words that surround them every day – store signs, roads signs, flyers, labels and recipes

Having your children read a book more than once is a great way to boost their confidence in reading and improve their speed. With a little imagination, a little encouragement and a lot of everyday reading, your whole family will help build their brains—and bonds!

For more family reading tips, visit calgaryreads.com.

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Fax: 403.277.3066

Email: building@rockyview.ca

Road-related Maintenance concerns:

Road Maintenance Call Centre

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Dr. Victor Fadayomi

Female Family Physician

Dr Rosario Guevara MD

Sledding Safety

Alberta Health Services, EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects such as trees and rocks or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Educate your family how to stay safe by following these simple reminders and have a fun day on the toboggan hill.

Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.



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Feb: Fridays Feb 6, 13 & 20
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Northern Pygmy Owl

Small But Fierce

Article: Janis Turner

Photo: Dan Arndt

You can guess just by its name that the Northern Pygmy Owl (*Glaucidium gnoma*) is very small, because that's what the word "pygmy" means. This little bird of prey is just 16-19 cm tall and weighs between 48 – 60 g. Size certainly doesn't dictate how it lives as it hunts birds and mammals much larger than it is. It has a small head, stout and sturdy body, short rounded wings and a long tail. Females are slightly larger than males.

This little owl is non-migratory (even in Alberta), and lives in mature or second growth woodlands that have open spaces (like meadows). You might see it perched on a treetop, listening and looking for prey during the day (although it will also hunt at night), or you might hear it "tooting" to announce its territory.

The Northern Pygmy Owl is known for its feather markings. It is described as "earless" because it has no feather tufts on its head. The bird has brown upper parts with small light spots on the head, back and wings. The male is greyish brown with fine white spots, the female tends to be a darker brown. The under parts are white, streaked with brown, and the brown tail is barred. The beak and eyes are yellow. These little owls have markings called 'false eyes' that look like "eyes in the back of their heads". They are large black eye-spots bordered with white, which help them look bigger than they are, confusing predators and mobs of songbirds that might otherwise attack. Sometimes they also try to conceal themselves by erecting little feather tufts, compressing their body feathers, and placing one wing across the front of their body to blend into the woodland around them. After all, when you are as small as a Pygmy Owl, you can be prey as well as predator.

The Northern Pygmy Owl usually fly short distances, from perch to perch, just above the ground with a low

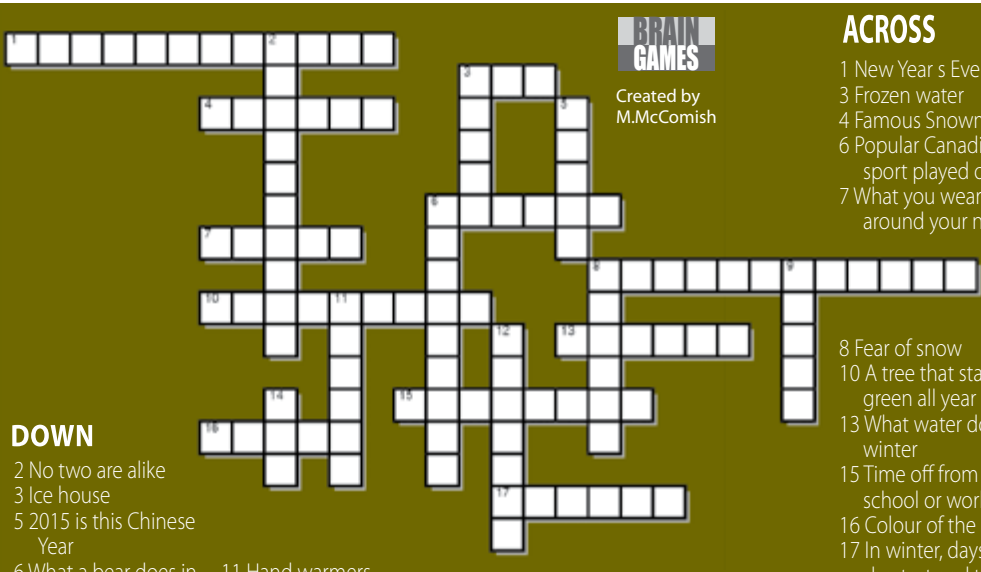
rise and fall to their flight pattern. They hunt for small to medium sized birds (waxwings to chickadees) and small mammals (mice, moles, voles, chipmunks) and sometimes insects, and even small reptiles and amphibians. These owls must hunt and feed throughout the day in order to meet the needs of their small, but high energy consuming bodies. They use a perch and pounce technique when hunting, switching their tail excitedly from side to side like a cat when focusing on prey, then zig-zagging from branch to branch before dropping straight down onto their prey. Prey is usually carried off to feeding sites. They are able to carry prey three times their own weight.

Northern Pygmy Owls are seasonally monogamous, which means that they stick to one mate for the breeding season. They take over holes in trees made by woodpeckers and northern flickers that they can move into as nest sites. They raise 3 to 7 owlets after an egg incubation period of about 4 weeks. The young are hatched in one day, with the male bringing food to the female and young. Soon the females start to forage for food to help feed the young, and the pair will feed and protect them until they fledge (3 to 4 weeks) and protect them for the same length of time after fledging.

What's unusual about these owls is that they are noisy flyers, not silent predators as you would expect. Because they don't eat large amounts of feather, fur and bones, their pellets are formed infrequently, are very small (3 cm), and fall apart quickly after discharge.

If you find an injured or orphaned Northern Pygmy Owl, or other wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society for further instructions 403-239-2488.

CROSSWORD



BRAIN GAMES
Created by
M.McComish

ACROSS

- 1 New Year's Eve song
- 3 Frozen water
- 4 Famous Snowman
- 6 Popular Canadian sport played on ice
- 7 What you wear around your neck
- 8 Fear of snow
- 10 A tree that stays green all year
- 13 What water does in winter
- 15 Time off from school or work
- 16 Colour of the snow
- 17 In winter, days are shortest and the ___ are longest

DOWN

- 2 No two are alike
- 3 Ice house
- 5 2015 is this Chinese Year
- 6 What a bear does in winter
- 8 Snowman's nose
- 9 A cold bear
- 11 Hand warmers
- 12 Winter activity on ice
- 14 All snowflakes have this many sides

Across: 2.snowflakes 3.igloo 5.sheep 6.hibernates 8.carrot 9.polar 11.gloves 12.skating 14.six **Down:** 1.auldlangsyne 3.ice 4.frosty 6.hockey 7.scarf 8.chionophobia 10.evergreen 13.freeze 15.vacation 16.white 17.nights

Attention Calgary property owners

On Jan. 5, 2015, The City of Calgary will mail the 2015 property assessment notices.

Your notice contains important information, including your Access Code to register for the Assessment Search website.

For more information, visit calgary.ca/assessmentsearch.

On the Assessment Search website you can access:

- › detailed information about your own property(s).
- › real estate market sales information used to prepare assessments.
- › summary information on other properties for comparison.

Assessment Search – getting started

First-time users will need to complete a two-step registration process:

1. Create a City of Calgary myID account.
2. Link your property assessment to your myID account. When you receive your 2015 assessment notice in January, go to calgary.ca/assessmentsearch and sign in with your myID. Enter the Roll Number and Access Code displayed on your notice.

2014-2361

calgary.ca | 403-268-2888



Onward/ Increase online services for citizens.

**FEBRUARY 5 TO APRIL 12
... AND THEN, THE LIGHTS
WENT OUT:**

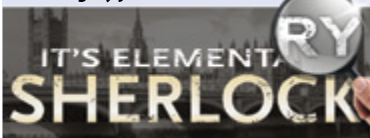
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- **November 14 to February 15 – Pirates of the North Saskatchewan III:** From the creators of our pirate adventures one and two, Jubilations is proud to present the final swashbuckling tale! 403.249.7799 / www.calgary.jubilations.ca
- **January 31 to February 22 – Loose Moose Theatre for Kids: Treasure Island.** 403.265.5682 / www.loosemoose.com
- **February 2 – Calgary Flames vs Winnipeg Jets at the Saddledome.** 7:00 pm. www.calgaryflames.com
- **February 6 to 21 – The Hobbit:** This adaptation of Tolkien’s classic is a fast paced retelling of the tale of Bilbo Baggins. Ages 8+. 403.216.0808 / www.storybooktheatre.org
- **February 10 to 15, 17 to 22 – Disney’s Beauty and the Beast:** Experience the romance and enchantment of Disney’s Beauty and the Beast! 403.297.8000 / www.jubileeauditorium.com
- **February 12 – Linkin Park:** The Hunting Party tour with Rise Against and Of Mice & Men. 7:00 pm at the Saddledome. www.linkinpark.com
- **February 13 – Calgary Hitmen vs Saskatoon Blades** at 7:00 pm at the Saddledome. www.hitmenhockey.com
- **February 14 – Cannibal Corpse and Behemoth with special guests.** 7:00 pm at the MacEwan Ballroom. www.cannibalcorpse.net
- **February 18 – Calgary Flames & Minnesota Wild** face off at 7:30 pm at the Saddledome. www.calgaryflames.com
- **February 20 – Black Veil Brides:** The Black Mass tour with Memphis May Fire and GHOST TOWN. 6:30 pm at the MacEwan Ballroom. www.blackveilbrides.net

e. & o. e.



7 Helpful Tips for a Good Night's Sleep

Does the recent time change have you feeling a little groggy? As we re-adjust those sleeping patterns and enter into the busy holiday season it's important that we don't forget to make sleep a priority.

Did you know not getting enough sleep can make it harder for you to lose or maintain weight? Lack of sleep has been shown to increase your risk of developing high blood pressure, diabetes and depression. At least seven hours of sleep a night is recommended for adults.

Here are some helpful tips for a good night sleep:

- Keep your bedroom quiet, dark, and temperature-controlled at night and bright in the morning.

- Use your bed only for sleep i.e. no eating or working in bed.
- Instead of watching TV, reduce overstimulation by reading a book.
- Get up at the same time every day; this will help you fall asleep right away every night.
- Even if you are tired, avoid afternoon naps. This will allow you to fall asleep quicker at night.
- Refrain from eating heavy meals or spicy foods two hours before bedtime.
- Exercise regularly; this will help you become a "good tired" at night.

by Jennifer Eriksson

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People have been told for years that eating more fruits and vegetables is good for you and can improve your life. Well, it turns out that eating more fresh fruits and vegetables can actually *extend* your life, and add years to it.

That's the message of a study conducted at University College London, and published recently in the *Journal of Epidemiology & Community Health*. The researchers used data from the Health Survey for England to analyze the eating habits of over 65,000 people considered representative of the English population between the years 2001 and 2013. What they found was that the more fresh fruits and vegetables these people ate – at any age – the less likely they were to die.

This study is the first to compare the consumption of fruits and vegetables with rates of cancer, heart disease, and all-cause deaths in a nationally-representative population. It is also the first to link health benefits to per-portion quantities of fruits and vegetables, and the first to identify the types of fruits and vegetables with the most benefit.

The figures are compelling and consistent. Eating 1-3 servings of fresh fruit and vegetables per day decreases your risk of death in the three categories (cancer, heart disease, and all causes) by 11%, 9%, and 14%, respectively, compared with eating none. Eating 3-5 servings per day decreases these risks by 19%, 18%, and 29%, respectively. Eating 7 or more servings of fruit and vegetables per day decreases your risk of dying from these causes by a whopping 25%, 31%, and 42%, respectively.

The researchers also found that fresh vegetables have a more significant effect on longevity and lowered mortality risk than fruits, with each daily vegetable

portion added to the diet lowering mortality risk by 16%. Eating salad lowered mortality risk by 13% for each portion added daily, and fruit lowered mortality risk by 4% for each added portion.

Interestingly, the researchers found no benefits to longevity from fruit juice, as opposed to fresh, whole fruit. Furthermore, canned or frozen fruit appeared to actually *increase* risk of death by 17% per portion. The researchers attributed this to the fact that most canned and frozen fruits contain high sugar levels, and that the negative health impacts of the sugar may outweigh any benefits.

Lead author of the study Dr. Oyinlola Oyebode says of the findings, "We all know that eating fruit and vegetables is healthy, but the size of the effect is staggering. The clear message here is that the more fruit and vegetables you eat, the less likely you are to die at any age. Vegetables have a larger effect than fruit, but fruit still makes a real difference. If you're happy to snack on carrots or other vegetables, then that is a great choice but if you fancy something sweeter, a banana or any fruit will also do you good."

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

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Deadline – 1st of each month for the next month's publication


Contact 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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It's okay to live a life others don't understand.

- Jenna Woginrich

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*Sheri MacMillan,
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