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**Editorial  
Content  
DEADLINE**

**1<sup>st</sup>**  
of each month  
for the next  
month's  
issue



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**Here's to another great year, in Canada's greatest city.**

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# ROCK GARDENS

Barbara Shorrock

By the end of January, the Calgary gardener has had a pretty good rest, and is possibly thinking of what might be a good project for the coming spring and summer. Let me help you...

The newest book in my library came as a Christmas gift from another gardener, and I offer it to you as inspiration for a project that can be as small as a generous shallow bowl or as large as an acreage. The Prairie Rock Garden by Donna Balzer isn't a new book (published in 2000 by Red Deer Press) but the ideas it contains are as current as the day she wrote it. Drawing upon her experience as the first horticulturist for the Calgary Zoo and Botanical Gardens and designer of many commercial and private landscapes, she leads the reader through planning, material choices, construction and finally planting a new garden that features rock as its prominent feature.

What is a rock garden, exactly? Briefly, it is a combination of rocks and plants in a single space. Some people will emphasize the geological – choosing big dramatic stones, with low plantings. Another gardener will have a dazzling array of alpine perennials that live naturally on rocky slopes with only a small fraction of the rocks visible to give structure to the scene. There is no right or wrong – what pleases the creator is the best way. There are, however, a few rules: The first to consider is location - where in your garden this feature should be, and how it will be oriented to the sun. Because the focus of this book is the prairie environment, she emphasizes the power of the sun and lack of natural moisture for a great part of the year. The rock garden can face any direction, but its design and choice of plants will vary considerably depending upon how much direct sun it receives during the growing season. The second most important consideration is slope, as it must have good drainage or the alpine plants will not thrive. Third, what is your style? Do you love the precision of a formal garden such as the

Japanese, with its carefully chosen and placed rocks and minimal plantings? Do you tend more towards the informality of the English country garden, with lush foliage and overlapping textures? Or perhaps you are drawn to the natural scenes around us such as a river cutaway, prairie coulee or mountain slabs and faces with their rocky cracks and crevices. The design section of the book was my favourite part, as she takes us through all the different styles, complete with photos of both nature and local gardens fully planted and complete.

Texture of both the hard and soft material needs to be considered, as does ones budget. A small space using local rocks you have gathered on your travels through the province may cost almost nothing except for your time and energy. If you choose to buy your stone, landscape suppliers and garden centres will give you many options, among which our local tufa is the most lightweight and porous. The Rocky Mountains are all limestone, so this material is abundant and available in a range of colours. Sandstone, fieldstone and river rock also make attractive designs. For the ambitious project, bobcat and crane may be involved, along with strong labourers and a substantial bank account.

Once you have the bones of the rock garden constructed (having followed the practical advice in Chapter 4) you get to choose and plant the alpine plant varieties that will thrive in their new home. Pages of detailed descriptions and many photos help with this part, followed by instructions on how to maintain your new rock garden. If you have planned carefully, it should be a joy for many years to come, with four season beauty and minimal work.

Barbara Shorrock is a local gardener and member of the Queensland Garden Club, which meets every first Wednesday of the month in the Queensland Community Centre. Everyone is welcome.

## Elbow Valley mybabysitterlist

Name	Age	Contact	Course
Abby	14	403-455-2556	Yes
Abigail	18	705-706-4338	No
Alana	24	587-888-4854	Yes
Alison	24	587-999-1278	Yes
Amber	30	587-438-4789	Yes
Anna	15	587-284-1954	Yes
Avery	14	403-891-8149	Yes
Blaise	24	587-223-8583	Yes
Brodie	14	403-805-1469	Yes
Brooke	13	403-212-1014	Yes
Camila	27	403-680-0942	No
Catherine	27	514-293-1395	Yes
Charlee	17	587-225-6323	Yes
Christina	24	587-855-5074	Yes
Christoph	24	587-998-6172	Yes
Connie	16	403-862-2081	No
Danita	21	403-990-0205	Yes
Elaura	18	403-471-5051	Yes
Elizabeth & Michelle	20	403-918-2035	No
Emily	23	403-999-8525	Yes
Erika	18	403-685-4645	Yes
Eugene	18	403-703-4488	Yes
Evelyn	12	403-475-0919	Yes
Genevieve	25	581-307-6165	Yes
Harvinder Kaur	31	587-830-6217	Yes
Heather	29	403-966-5233	Yes
Henry	15	403-719-8282	Yes
Jakarta	18	403-808-8503	No
Jamie-Lyn	21	403-892-0176	No
Jenna	14	403-242-1605	Yes
Josefa	25	587-437-1252	Yes
Julianna	16	403-604-0034	Yes
Kaitlynn	15	403-874-4034	Yes
Lauren	14	403-217-3249	Yes
Lilly	15	403-719-8282	Yes
Maddy	18	587-888-7298	Yes
Maddy	18	587-888-7298	Yes
Makenzie	18	403-796-7733	Yes

Maria	45	403-818-0560	No
Maude	15	587-890-2828	Yes
Maxine	13	403-455-8427	Yes
Megan	24	403-861-3718	Yes
Michaela	15	403-630-7348	Yes
Michelle	31	403-923-5111	Yes
Nia	17	403-991-8045	Yes
Paige	14	403-241-0487	Yes
Ria	20	403-470-9783	No
Salma	38	403-252-5052	Yes
Sam	15	403-287-3740	Yes
Sarah	23	819-679-3059	Yes
Silvia	32	403-467-8756	Yes
Siobhan	22	403-923-9499	No
Sydney	24	403-993-5441	Yes
Yena	19	403-479-7911	Yes
Zandra	21	403-828-8259	No

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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).

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Article by Cheryl Bowman  
Photo by Niket Sura

## Tiger in the Sky



The Great Horned Owl is the most common owl in North and South America. These magnificent birds are most recognized by their 'plumicorns' which resemble horns or cat like ears. These raptors are very adaptable using several different types of hunting skills to capture their prey as well as having a wide variety of prey.

It is this adaptability for hunting that they received their nickname 'Tiger in the Sky'. The Great Horned Owl will dive, wings bent, talons outstretched to silently capture unsuspecting prey, including prey that outweighs the bird itself. They also swoop low along the ground to grab any variety of smaller prey and interestingly they are known to walk along the ground to capture yet other types of prey.

The Great Horned Owl is a solitary bird except for mating. It is at this time that the smaller male owl will roost close to the nest of the larger female until all the young

fledge, and at this time will again leave. The owls do not build their own nests but rather prefer other bird nests.

The most common injury the Calgary Wildlife Rehabilitation Society sees in these raptors are injuries from window strikes or of being hit by a vehicle. Owls that are received with injuries from window strikes have a better chance of rehabilitation. Owls brought in with injuries from a vehicle strike are more difficult to rehabilitate due to broken bones and open fractures.

Should you find an injured Great Horned Owl, please call the Calgary Wildlife Rehabilitation Centre at 403-266-2282 as soon as possible for further instruction. These are powerful birds and must be handled with care, however every moment counts.

If you catch a glimpse of the Great Horned Owl in their natural environment, remain quiet and still and enjoy the wonder of this beautiful Tiger in the Sky.

## Elbow Valley



### Real Estate Stats

Last 12 Months Elbow Valley  
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
January 2016	\$0	\$0
December 2015	\$1,259,866	\$1,126,666
November 2015	\$349,000	\$305,000
October 2015	\$847,966	\$825,300
September 2015	\$819,450	\$795,000
August 2015	\$984,500	\$942,133
July 2015	\$1,058,000	\$974,152
June 2015	\$1,166,222	\$1,095,000
May 2015	\$1,438,142	\$1,315,714
April 2015	\$1,566,300	\$1,459,333
March 2015	\$1,594,250	\$1,455,000
February 2015	\$0	\$0

Last 12 Months Elbow Valley  
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
January 2016	11	0
December 2015	6	3
November 2015	5	1
October 2015	5	3
September 2015	9	2
August 2015	9	6
July 2015	9	8
June 2015	10	9
May 2015	7	7
April 2015	7	3
March 2015	15	4
February 2015	14	0
<b>Total</b>	<b>107</b>	<b>46</b>

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avenue  
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## MARCH 5 BLITZ SNOWSHOE FUN RUN — LAKE LOUISE

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## MARCH 5 TO 6 CALGARY MAPLE FESTIVAL DES SUCRES

Running all weekend at Heritage Park, this event is a celebration of francophone music, culture and food. [www.calgarymaplefest.com](http://www.calgarymaplefest.com)



## MARCH 18 TO 28 SPRING RALLY IN THE ALLEY

This annual, family-friendly event offers a range of activities centered around different modes of transportation. [www.heritagepark.ca](http://www.heritagepark.ca)



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

- **January 16 to May 31 - Body Worlds Vital:** The exhibition celebrates the living human body and allows visitors to learn about human anatomy in a far more real way than any textbook. [www.sparkscience.ca](http://www.sparkscience.ca)
- **March 3 - The Harlem Globetrotters:** The Harlem Globetrotters, a world-famous exhibition basketball team, combines athletic feats and teamwork with theatre and comedy. [www.harlemglobetrotters.com](http://www.harlemglobetrotters.com)
- **March 3 - Sgt. Pepper's Lonely Hearts Club Band:** The Art of Time Ensemble is a chamber group that merges chamber music and pop music in this concert. The ensemble reinvents The Beatles' soundtrack to The Summer of Love. [www.calgaryphil.com](http://www.calgaryphil.com)
- **March 4 to 13 - The Big Taste:** Each year for The Big Taste, a number of Calgary restaurants offer prix fixe menus, giving Calgarians the chance to try the best of what each restaurant offers. [www.calgarydowntown.com](http://www.calgarydowntown.com)
- **March 5 - The Black and White Ball:** Decidedly Jazz Danceworks' annual fundraising party is a black and white evening. Dress up in your finest (make sure it's black or white) and dance the evening away. [www.decidedlyjazz.com](http://www.decidedlyjazz.com)
- **March 13 to 15 - Earth Science for Society Exhibit:** Earth Science for Society (ESfS) is a free, family-friendly event that is open to the public. It showcases the importance of Earth Science in our everyday lives. [www.esfscanada.com](http://www.esfscanada.com)
- **March 17 to 19 - ACAD Student's Association Spring Show + Sale:** See what Calgary's up-and-coming young artists have produced during their school year. [www.acad.ca](http://www.acad.ca)
- **March 24 to 29 - Disney On Ice presents Dare to Dream:** Disney princess stories are coming to the ice. The whole family will have fun seeing these favourite stories come to life on the ice rink. [www.disneyonice.com](http://www.disneyonice.com)
- **March 29 to April 9 - Taking Flight:** Festival of Student Work: Each year, the Taking Flight festival showcases the range of work conceived, directed and performed by University of Calgary graduate and undergraduate students. [www.scpa.ucalgary.ca](http://www.scpa.ucalgary.ca)
- **March 30 to April 16 - Macbeth:** Darkness, dishonesty and murder fill Shakespeare's supernatural tragedy Macbeth. Macbeth timelessly highlights how ambition can cause one's downfall. [www.shakespearecompany.com](http://www.shakespearecompany.com)



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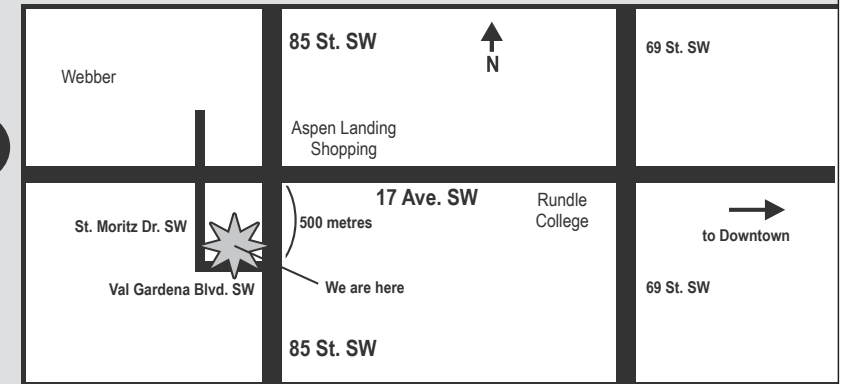
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Dentists understand the frustrations patients experience when there is a single tooth or a few teeth that don't look quite right. But there are methods to improve the look of teeth without resorting to significant preparation of teeth!

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

**FIND SOLUTION ON PAGE 15**



# What should I do if my child is sucking his/her thumb?

The habit of thumb sucking can be a nightmare for most parents but it is comforting and calming for the child. Your child probably practiced this habit while in the womb and perfected it as an infant.

**Should you be worried?** Should you get medical help? According to the American Academy of Pediatric Dentistry, most children will stop sucking their thumb between the ages of 2 and 4. If the habit is discontinued by age 4, most children will not develop damaging concerns for their teeth or jaws until their permanent teeth begin to appear. Having said that, it is always easier to eliminate this habit when kids are younger and the habit has not become a norm for them.

The **type of thumb** sucking is also critical. If your child only places the thumb in his/her mouth passively, there is less damage to teeth and jaws versus if they were aggressively sucking the thumb causing a negative pressure leading to narrowing of the upper jaw. The consequences of this habit continuing into age 5 and 6 will be

flared upper front teeth and/or these teeth not coming into proper position due to the constant presence of the thumb. If your child is still sucking after age 4, it is time to consider taking action

**How do I help as a parent?** If you identify the time your child is most likely to such his/her thumb (sleeping, watching television, etc.) consider distracting them with a substitute activity, such as rubber ball to squeeze or a water bottle to hold on to when watching television, holding a stuff animal while going to sleep, etc. The key is to notice when and where sucking occurs and to try to divert her/his attention by offering an alternative. Praising and positive reinforcement works better than scolding. Children often suck their thumb when feeling insecure or anxious. Focus on correcting the cause of the anxiety and provide comfort to your child. If the child is older than age 5, although it becomes harder to eliminate the habit but at this age you can involve the child in actively coming up with a plan to stop the habit as a family.

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



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**IN & AROUND  
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**February Is Heart Month**

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

**February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

**Know the signs of a heart attack**

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

**Reduce your risk**

• Heart attack risk factors include:

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable(\*) risk factors and learn to be heart safe.

**What to do when seconds count**

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

**Dental Pain in Pets**

If you have ever had a cavity, dental abscess, or fractured crown you may remember the pain you experienced probably made it difficult for you to concentrate on any task. Eventually you would seek dental treatment or rely on pain control to function. I see dental disease in almost every pet I examine in my veterinary clinic. Unfortunately preventative dental care is not something that most pet owners start early and continue daily. If there is a line of hot red swollen inflammation along your pet's teeth, put your nail against the edge of the gum where it meets the tooth. Does your pet wince and pull away?

Taking care of your pet's teeth can be time-consuming and expensive. Owners tend to ignore the teeth because they don't see them, but healthy teeth are directly linked to your pet's short and long-term well-being. I can't count the number of clients who have told me a month after a dental treatment that their elderly pets start playing with toys again and they didn't appreciate the discomfort their pet must have been experiencing.

Put to rest the belief that pets fed hard foods don't get dental disease. The value of specialized diets and dental products is limited, but really, if there was some magic component added to food that eliminated dental disease, wouldn't people be eating it to avoid our own dental disease and the ensuing costs.

Pets, ideally, should have their teeth brushed daily. Use a soft small tooth brush. Finger brushes don't work. Use pet toothpastes that do not foam or contain sodium bicarbonate so they can be swallowed. They come in flavours ranging from tuna to chicken to beef. Yum, yum! Many of my clients have even taught their pets to tolerate electric tooth brushes.

A few pets will not allow brushing under any circumstance. These pets will have to rely on the limited benefits from chewing products as well as a specialized

dental diet. None of these products out-perform the physical action of daily tooth brushing. Never give your pet hard bones, ice, and very hard toys.

Ideally pets should have regular preventative cleanings. Veterinarians offer every tool available to minimize the risks associated with general anaesthetic. Veterinarians doing pet dentals use ultrasonic scalers, drills, polishers, and advanced dental radiology to do as thorough a job as your own dentist and their staff. No self-respecting pet will tolerate a complete scaling and polishing below the gum line conscious.

I recently did a dental cleaning of a young dog's mouth expecting no or little disease. Visual examination prior to the cleaning everything looked good, but I discovered four deep pockets between the gums and four teeth. Dental radiographs confirmed the bone around the roots of the teeth was being eaten away by infection. The removal of diseased teeth allows a better chance to keep the surrounding teeth healthy. This disease would never have been discovered without a proper examination of an anaesthetized pet.

Superficial scraping of visual tartar only hides disease and lulls a person into thinking their pet's mouth is healthy.

Rotten teeth and gums can be a portal to bacteria entering the blood stream and traveling throughout the pet's body. Dental disease advances more quickly when pets have other illnesses such as kidney disease or diabetes, and dental disease can make other diseases more difficult to control. When the teeth hurt it can also cause an otherwise sweet pet to become cantankerous. Our pets are living longer than ever with advances in veterinary medicine and so your pets are going to need those healthy teeth longer...start brushing early.

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

# 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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on Thursday, March 3<sup>rd</sup> at 7:00 PM  
and Wednesday, March 30<sup>th</sup> at 7:00 PM

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