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	5							
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								8
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	9	5			3			

FIND SOLUTION ON PAGE 12

the italian farmhouse



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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		811
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 Safe Canada		403-202-5900
Distress/Crisis Line		403-266-4357
ENMAX – Power Trouble		403-514-6100
Poison Centre - Alberta		1-800-332-1414
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		403-537-7000
SeniorConnect		403-266-6200
Calgary Kerby Elder Abuse Line		403-705-3250
Alberta One-Call Corporation		1-800-242-3447
City of Calgary		311
Social Service Info & Referral		211
Community Mediation Calgary Society		403-269-2707
RNR Lockworks Ltd.		403-479-6161
Road Conditions – Calgary		511
Weather Information		511
Gamblers Anonymous		403-237-0654

Just a friendly reminder...

Please be advised that construction bins are not permitted to be placed on the roads here in Elbow Valley. This also includes unhitched trailers. Also, street parking is restricted to the hours of 8:00 a.m. to midnight. Help keep the roads clear!



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Elbow Valley my babysitter list

Name	Age	Contact	Course
Abby	16	403-455-2556	Yes
Alexander	16	587-436-4809	Yes
Anna	16	587-284-1954	Yes
Mackenzie	15	403-208-2122	Yes
Megan	17	403-968-8187	Yes
Michaela	16	403-630-7348	Yes

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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.

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Shawna Lalande-Weber 403-208-1515 Go to www.calgaryacademyoftennis.com
to register for programs

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9:00 - 10:00 am
(Ages 5-7 years)

10:00 - 11:00 am
(Ages 8-10 years)

11:00 - 12:00 am
(Ages 11-16 years)

DATE	TIME	AGE	LEVEL	COST
July 3 - 7	6:00 - 7:00 pm	6 - 9 years	Beginner/Novice	\$75.00
	7:00 - 8:00 pm	10 - 16 years	Beginner/Novice	\$75.00
	8:00 - 9:00 pm	16+ Adults	Beginner/Novice	\$75.00
July 10 - 24	6:00 - 7:30 pm	6 - 9 years	Beginner/Novice	\$100.00
	7:30 - 9:00 pm	10 - 16 years	Beginner/Novice	\$100.00
July 17 - 21	6:00 - 7:30 pm	6 - 9 years	Beginner/Novice	\$100.00
	7:30 - 9:00 pm	10 - 16 years	Beginner/Novice	\$100.00
July 31 - Aug 4	6:00 - 7:00 pm	6 - 9 years	Beginner/Novice	\$75.00
	7:00 - 8:00 pm	10 - 16 years	Beginner/Novice	\$75.00
	8:00 - 9:00 pm	16+ Adults	Beginner/Novice	\$75.00
August 7 - 11	6:00 - 7:30 pm	6 - 9 years	Novice/Intermediate	\$100.00
	7:30 - 9:00 pm	10 - 16 years	Novice/Intermediate	\$100.00
August 28- Sept 1	6:00 - 7:30 pm	6 - 9 years	Novice/Intermediate	\$100.00
	7:30 - 9:00 pm	10 - 16 years	Novice/Intermediate	\$100.00

• Note: To ensure quality instruction, programs will be limited to 10 kids per class.
(Jr. sized Tennis Rackets and Tennis Balls will be made available) Wilson Rackets are available for purchase.
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RESIDENT PERSPECTIVES



Living in Harmony with Calgary Wildlife

By: Dr. Jennifer L. Scott, D.V.M.

One of my favorite things about Calgary is the animals in my yard. Calgarians encounter wildlife daily. I yield to deer weekly while driving. I've named the skunk living under our front porch "Fifi la Peuw". There's bats and owls in my backyard, and I cut walks short when coyotes are stalking my dogs in off leash areas. With spring comes the robins and the rest of the migratory birds, as well all the species that hibernate reappear. Then the babies appear.... Calgary is a city immersed in parklands and forests. Unfortunately, this often puts wildlife in conflict with the human inhabitants.

Good Samaritans are the bane of all baby animals. My staff and I spend hours on the phone arguing with well-intentioned determined people desperate to save the baby hare, fawn, or fledgling alone and uninjured. Does leave fawns for long periods of time, but are usually within hearing distance. Fawns and baby hares are naturally camouflaged and have no scent. Mother hares feed babies incredibly rich milk returning to feed them typically only at dusk and dawn. Baby hares run around within a day of birth. If you find a baby hare in a precarious position like on a road just tuck them somewhere safe nearby and walk away. Animals adapt behaviors to decrease the chance of predators finding their young. Respect this wisdom.

Many people incorrectly think a baby removed from the area cannot be returned. With a few species, a touch means rejection by the parents, but often if we can convince people to quickly put the baby back, parent animals will resume their duties.

Fledgling birds on the ground are in the precarious position between leaving the nest and flying. This doesn't

occur instantaneously. The parent birds will follow the fledgling and feed it on the ground while it learns to fly. If flight school is in your backyard, keep children and pets away. If the baby is still a helpless nestling and fell out of the nest too early, return the bird to the nest. If the nest has fallen, secure an open container with drainage holes and the fallen nest inside back in the tree. Most baby birds, squirrels, and hares die of infection when people attempt to hand-raise them, not to mention missing out on life lessons from their parents. A wild animal's best chance of survival is with its parents, NOT you.

If you have concerns about wild creatures in your yard call the Alberta Institute for Wildlife Conservation Hotline at 403-946-2361. They are a charitable foundation with extensive facilities designed to accept all species of wildlife. They can also give you advice to deal with unwanted wildlife sharing your home, such as skunks, raccoons, bats, squirrels, and pigeons. Check out their website; www.aiwc.ca.

Many veterinary clinics will take in wildlife brought to us by the public. At my clinic, some animals are held briefly and released, especially the drunken waxwings eating fermented berries in the fall or birds simply stunned by flying into a window. A very few animals are immediately humanely euthanized because their injuries are too severe. Most animals are checked over and transferred to AIWC which has a fleet of volunteer drivers. An information sheet is filled out for every wild animal admitted, ideally to try to eventually release it to home territory, as well as for education and funding purposes. Volunteer if you really want to learn how to help our wild neighbors.



- Blue and Gold
- January Snow in the Forest
- Hawes Pass Lookout Autumn Trees

Photos by Jean Geddes

PHOTO



A Summer View From My Deck. Photo by Jean Geddes



Hoarfrost on Grasses. Photo by Jean Geddes



Spring Storm
Photo by Shaanee Salt

Christmas Day Snow
Photo by Jean Geddes



GALLERY



BRAIN GAMES SUDOKU

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

DOLLARS & SENSE

The real way to build an emergency fund

Suzanne Smith-Demers – Consultant

It's an unsettling fact: most Canadians don't have money put away for an unexpected event. According to a 2015 survey by Pollara, 44% of Canadians have less than \$5,000 set aside for unexpected expenses, and a quarter of working Canadians are living paycheque to paycheque with no emergency cash at all.

Here's how to build an emergency fund:

How much? Ideally, your fund should equal three to six months of your take-home salary but at the very least, it should cover basic needs, like buying food and paying the household bills.

How? Build it steadily, progressively and as aggressively as your finances will allow:

- Determining how much you need in your emergency fund and how long it will take you to reach your goal using monthly contributions.
- Authorize automatic monthly payments from your chequing and/or paycheque account to your emergency fund account.
- Trim unnecessary monthly bills and put that money into your emergency fund.
- When you get a bonus or an unexpected tax refund, put some into your emergency fund and perhaps into an RRSP, and, yes, set aside a few dollars for fun.

How not to? Even if you have a line of credit, you still need an emergency fund. Drawing on a line of credit increases your debt and whatever you buy with it will cost even more because of the interest you'll pay. Don't be tempted to use that emergency fund for a vacation or another impulse purchase, it's for true emergencies only!

How to make it grow? Turn your emergency fund into an investment in a money market mutual fund or a high interest savings account.

Emergencies are a fact of life but you can cushion the effects when you're financially prepared.

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FOR ARTS' SAKE

Why Art Matters

By Tasha Komery

Many of us enjoy the experience of seeing a live show, be it music, dance, or theatre. We leave these experiences feeling more inspired, more creative, and more at peace with the world around us.

But in the grand scheme of things, does art really matter? Does it really have a powerful impact on our lives, on our health, on our community, and on our society?

We have solid research on the impact of the arts on the economy. In the *Arts Impact Alberta 2014* study, the Alberta Foundation for the Arts (AFA) found that "the total output of the sector is roughly \$347 million". Additionally, the not-for-profit arts organizations that Alberta Foundation for the Arts funded provided approximately 700 full-time and 2,700 part-time positions with the majority (85%) of Albertans reporting that the attend at least one arts event per year.

It seems the arts do improve our society. But what about us, personally? A recent study from The University of Western Australia has found that "participating in the arts for just two hours a week can improve mental health and wellbeing". Participants surveyed were asked how they felt after the experience, and the respondents used descriptors like "optimistic", "useful", "relaxed", and "good about myself". One of the study's co-authors concluded: "arts engagement increases people's happiness, confidence, and self-esteem, while reducing stress and social isolation".

Fortunately for us, Calgary is a great city to get out and experience art, whether it is in a gallery, on a stage, at a festival or even taking an art class. For a good overview of the breadth of arts and culture in Calgary, visit lifeincalgary.ca/todo/arts-culture

This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues including the Jack Singer Concert Hall, as well as resident companies: Alberta Theatre Projects, Calgary International Children's Festival, Calgary Philharmonic Orchestra, Downstage, One Yellow Rabbit, and Theatre Calgary.

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



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SAFE & SOUND



ATVs

Be as Safe as Possible

As snow-blowers and shovels are tucked away for another season, Albertans are venturing outdoors to enjoy the spring weather. Alberta Health Services (AHS) is reminding all Albertans, and particularly parents of children less than 16 years of age, to make ATV safety a priority.

There are significant risks associated with the use of ATVs. Children less than 16 years of age have not yet developed to the point of having the strength, skills or judgment needed to operate an ATV, and this includes ATVs marketed as 'child-sized'.

Parents of children less than 16 years of age are advised to ensure they do not drive or ride in an ATV.

Albertans **16 years of age and older** are urged to take the following precautions to ensure their ATV excursions are as safe as possible:

Get Trained

Before you hit the trails, get formal hands-on training from a recognized/trained ATV instructor. Don't be shy about refreshing your training seasonally.

Wear the Gear

A helmet can save your life: from 2002 – 2013, 41 per cent of ATV-rider deaths in Alberta were due to head injuries. In 77 per cent of these head injury deaths, the ATV riders

were not wearing a helmet. In addition to a helmet, always wear a jacket, long pants, goggles, boots and gloves.

Look First

Be sure you're aware of the weather forecast, fire outlook/potential, and any hazards (geographical, animal or human) that the trail(s) you're on could pose.

Buckle Up

Be sure that you're fastened in properly, and that all gear and equipment (including your ATV restraints) are in proper working condition before you hit the trails.

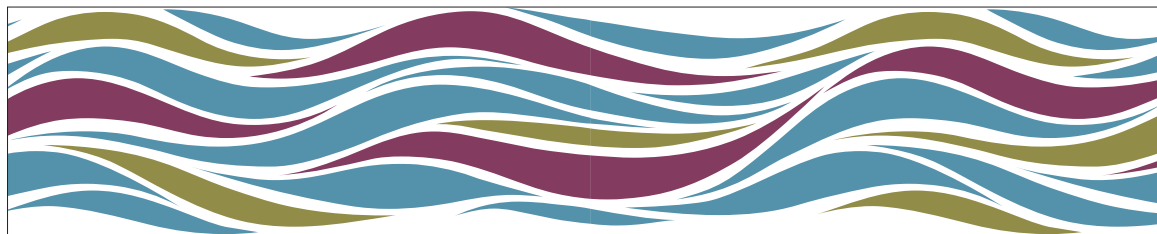
Drive Sober

Don't drink or do drugs before or while operating an ATV. 55 per cent of those who died in ATV crashes between 2002 and 2013 tested positive for alcohol.

Seek Help

Before you head out on the trail, let others know where you're going and when they should expect you back. This helps your loved ones know when to call for help if you've been gone too long. Take a cell phone or working radio with you, as well as a first aid kit. Never hesitate to call for help if you're stuck, have damaged your ATV, or are injured.

For more information on ATV safety and injury prevention in Alberta, visit <http://www.albertahealthservices.ca/injuryprevention.asp>.



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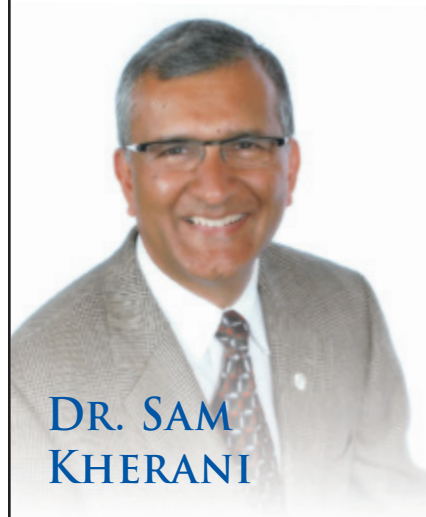
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