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Discovery Ridge Community Association

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GREAT NEWS PUBLISHING HAS BEEN PROUDLY
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Book Trivia

Margaret Mitchell wrote *Gone with the Wind* between 1926 and 1929. In her early drafts, the main character was named “Pansy O’Hara” and the O’Hara plantation we know as Tara was called “Fountainey Hall.”

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your COMMUNITY business of the month

Aspen Hill Montessori

Discovery Ridge Community

Aspen Hill Montessori has been a welcome educational fixture for preschool parents in the 69th / 85th street corridor communities for the past 7 years. Located in a dedicated school space attached to West Springs Free Methodist Church, the school accepts children starting at age 2 through 5 into it's Bambini and Casa programs. Based on the teaching approaches of education futurist Maria Montessori, the school's programs emphasize tactile experiences with life-like materials, and exposes children to world geography, science, nature, arts and language.

"Montessori learning is a practical, hands-on approach to gaining skills," says the school's owner, Monique Barrie. "By creating a child-sized environment and allowing children to direct their own work choices, they push themselves further in learning. The Guides (teachers) are in the classroom to support and further the lessons the children choose for themselves. A Montessori approach encourages children to ask the big questions, and gives them the tools to work at solving them themselves."

A community resident, Ms. Barrie purchased the business from another local resident three years ago when her daughter was still in preschool. Her intent with each passing year is to give the Aspen area community parents a quality choice for local education, staffed by leading, Montessori-trained teachers. "It's important that parents have options when it comes to educating their children," says Barrie. "More and more families are looking for more than just a nanny or a daycare experience – people want their children to gain something while away from home. Our school helps to provide that option in a safe, comfortable space with modern Montessori equipment."

The school has definitely succeeded! Extremely popular with area parents, the school's limited space is usually sold out more than a year in advance. "Quality experiences, a calm and well-kept classroom, and full-day availability make Aspen Hill Montessori a top rated choice for families," says Barrie. "We keep an active wait-

ing list for interested families, as situations change all the time. We do encourage everyone interested in placement to submit an application form and fee to ensure that they are called first if space becomes available."

Of particular interest is the school's summer activity program, offered three years running to resounding success. Offered in July and August on a week-to-week basis, the program invites all children ages 3 through 12 to participate in crafts, games, physical activity and learning. Families do not have to be school-season participants to register for the summer programs. "The curriculum offered in the summer program is much more relaxed, and is not only focused on Montessori learning," says Barrie. "Our intent is to offer a fun, safe, full-day environment for families with working parents. Often, families will sign up for the entire summer of activities as it reduces the stress of transporting children to various summer camp locations each week."The summer program accepts registrations ongoing as space permits.

Aspen Hill Montessori is an accredited facility, with before and after care for full-day students, as well as morning and afternoons-only programs for children not quite ready for full day. Families interested in school year options, or in the summer program, are encouraged to learn more about the school online at www.aspenhillmontessori.ca.

Discover our upscale Montessori school nestled in the heart of West Springs, close to home and designed for the aspiring learner. Now registering for our Summer Adventure programs! Fun and activities for ages 3 through 12. Learn more at www.aspenhillmontessori.ca.

Aspen Hill MONTESSORI

Your Child... Your Choice... Your Montessori

MAY 6 AND 7 CALGARY INTERNATIONAL BEERFEST

The Calgary International Beerfest occurring May 6 and 7 at the BMO Centre and will be the largest beer festival in Western Canada! More info at www.albertabeerfestivals.com.



MAY 20 AND 21 E.T. FILM WITH ORCHESTRA

Experience Steven Spielberg's classic film in a new way — screened while the Calgary Philharmonic Orchestra performs John Williams' Academy Award-winning score live. www.calgaryphil.com



MAY 21 KENT SANGSTER'S OBSESSIONS OCTET

Jazz YYC presents the Obsessions Octet. The group is a Juno Award-nominated ensemble that mixes classical tango and jazz. www.jazzyyyc.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- 1 • **February 3 to May 29 - Herein We Dwell: Unexpected**
- 2 **Images of Calgary in the 1890s:** A rare glimpse into the
- 3 everyday life of 1890s Calgary is presented with little-seen
- 4 historical images of early neighbourhoods and people.
- 5 www.lougheedhouse.com
- 6 • **April 22 to June 26 - Young Frankenstein:** Young
- 7 Frankenstein tells the story of Frederick Frankenstein, Victor
- 8 Frankenstein's grandson, and how he inherits the family's
- 9 estate in Transylvania. With the help of two sidekicks, he
- 10 tries to fill his mad scientist grandfather's shoes. www.stagewestcalgary.com
- 11 • **April 28 to May 1 - Arab Nights Film Festival:** The
- 12 Calgary Arab Arts and Culture Society presents the annual
- 13 Arab Nights Film Festival at Festival Hall. The organization
- 14 uses a variety of film to present a positive view of Arab life
- 15 and society. www.calgaryarabartsociety.ca
- 16 • **April 29 to May 5 - 2016 YYC Taco Fiesta:** The city's first
- 17 YYC Taco Fiesta kicks off on April 29. It is a week-long
- 18 celebration of the best tacos in the city. The inaugural
- 19 food festival comes to a close on May 5 with a Cinco de
- 20 Mayo bash. www.yycacofiesta.ca
- 21 • **May 2 to 21 - Flora and Fawna's Field Trip:** As well as
- 22 developing survival skills and creating crafts that your
- 23 mom will love and put up on the fridge, the heartwarming
- 24 play is all about the power of being a little bit different.
- 25 www.lunchboxtheatre.com
- 26 • **May 6 to 8 - Jane's Walks:** Jane's Walk is a weekend
- 27 festival of free neighbourhood walking tours. Register
- 28 to learn about different neighbourhoods and buildings
- 29 in the city from passionate volunteers, and share your
- 30 knowledge of the areas, too. www.janeswalk.org
- 31 • **May 13 to 15 - Calgary Reads Big Book Sale:** More than
- 1,000,000 used books can be purchased over the three-day event. As well as a shopping event, there are also special events taking place during the three-day sale. www.calgaryreads.com
- **May 26 to 29 - Ella:** This isn't the story of Cinderella that you already know and love. The local opera company takes Rossini's *La Cenerentola* and performs it with a few Calgary twists. www.cowtownoperacompany.com
- **May 28 - 2nd Annual Bridgeland Cultura Fest:** Spend a day exploring the neighbourhood of Bridgeland this spring. The second annual Bridgeland Cultura Festival showcases all that the neighbourhood has to offer. www.facebook.com/Bridgeland-Cultura-Festival-520066664797700/



The Book Truck

Your library on wheels is out and about in Calgary! Visit calgarylibrary.ca/booktruck to see where The Book Truck will be next and to request The Book Truck at your event.

Westbrook Library

Coming soon! Celebrate Westbrook Library's Grand Opening on Saturday, April 23. Visit calgarylibrary.ca for details.

Play!

Play Spaces at Calgary Public Library are designed to give parents and caregivers colourful, fun, and playful spaces to help babies, toddlers, and preschoolers develop skills that will prepare them for reading and success in school.

Library Play Spaces include areas to promote learning in all sorts of interesting ways:

- Reading and games with puzzles, books, quiet games
- Dramatic play and storytelling with puppets, costuming, play materials
- Large and small building activities with Duplo, blocks, shapes, mixed materials
- Writing and creative arts with paper, paints, white boards

Our latest vibrant, interactive, and playful Early Learning Centre is now open at Fish Creek Library!

Teen Takeover!

The last week of April is Youth Week 2016! This year, the library is hosting Teen Takeovers: we'll turn over seven libraries to teens, and have plenty of games, snacks, and activities for them to enjoy. See calgarylibrary.ca for locations and times.

Authors Live at Calgary Public Library

An Evening with Lawrence Hill

Lawrence Hill reads from his award-winning book, *The Illegal*, which tackles the timely topic of refugees.

Monday, April 18, 6:30 p.m.

Central Library

An Evening with Wade Davis: *White Darkness and the Living Dead*

Wade Davis recounts his work investigating zombies and the Haitian voodoo culture, where he was propelled into a world beyond his imaginings and developed an appreciation of a fascinating and complex culture.

Thursday, April 21, 7:00 p.m.

Central Library

To register, visit calgarylibrary.ca



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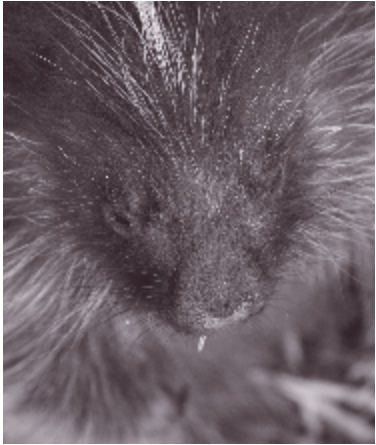


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Article by J. Turner
Photo by Andrea S. H. Hunt

The Porcupines – A Prickly Subject

The North American Porcupine, *Erethizon dorsatum*, Canada's second largest rodent (after the beaver), is a well known mammal, with many legends related to it. It was a part of the life of early settlers and First Nations communities across the country, the quills (or spines) being dyed and used for decorative purposes, and the meat providing food through the winter.

The porcupine, when described, seems an odd looking animal, having: a short blunt nose, small (short sighted) eyes, almost invisible short round ears, orange continuously growing front teeth, humped shoulders, bowed legs, long curved claws for climbing trees, a thick rounded muscular tail, and a soft woolly undercoat with long yellow tipped guard hairs that conceal its quills. It plants its feet fully on the ground when walking (like humans and bears), moving with a slow swaying walk, and a clumsy looking gallop when threatened. The larger male porcupine can weigh up to 18 kgs (40 lbs) and be up to 90 cm (36 in) long (not including its tail of up to 30 cm or 12 in long).

This usually quiet, peaceful animal lives alone for most of the year, in a well-treed area, just going about its business. It's a herbivore eating a diet that varies from season to season: mostly inner bark and things like pine needles in the winter; when the sap rises in the spring,

adding leaves and catkins to its diet; over the summer enjoying herbs, dandelions, thorn apple, clover, grasses, water lily and arrowheads; and seeking out beech and acorn nuts, wild fruit, and raiding cornfields and orchards as fall comes. The porcupine relies on its nose to find food, and knowledge of its home territory, as it rarely strays far from its den (in caves and crevices, under logs or rocks) to find food.

But what about the stuff of legends? The porcupine's most well known feature are those quills, some 30,000 of them. Many believe that porcupines 'shoot' quills at their predators to drive them away. The quills are actually modified (keratin coated) thick hairs and there are none on the muzzle, legs or under part of the belly. Quills are longest on the back and tail (up to 10 cm or 4 in) and when raised push the guard hairs forward forming a crest. Each quill is hollow and embedded in the skin, where they are attached to a small muscle that pulls it upright in the fur when the animal feels threatened. Quills have black tips and yellow or white shafts. The tip tapers to a fine point covered by dozens of small black barbs, which feel rough to the touch. When they are moist (such as when embedded in skin) they swell up working the quill into the flesh. When a porcupine feels threatened, it will chatter its teeth to warn off its predator and make for the closest shelter (rock, log, or up a tree). If caught on the ground it pulls its head in, stomps its back feet, stands up its quills, and lashes its tail sending loose quills through the air, appearing to "shoot" them at the threat. All a predator has to do though is touch a porcupine with raised quills for the quills to transfer to them. If treed, the porcupine will only act if the threat climbs the tree, then it will back down the tree flicking its tail and sending quills flying. In addition to being used for defence these air filled quills make excellent flotation devices for accessing food sources growing in watery areas, and help insulate the animal in the winter.

The porcupine's most troublesome habit (as far as humans are concerned) is its penchant for chewing to keep the size of its front teeth in check. It is known to chew tires, leather, and wood in areas where humans (unwittingly) provide the materials. They will chew on cast off antlers and bones where there are no humans around.

If you find an injured or orphaned porcupine, or other wild animal or bird, please contact the Calgary Wildlife Rehabilitation Society for further instructions.

IN & AROUND CALGARY



The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation that's left behind when owners don't pick up after their pets.

Cleaning up your dog's waste is part of being a responsible pet owner and helps keep our yards, parks and off-leash areas safe and healthy.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye, and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, check out our P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) program at calgary.ca/puppy.

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“We All Live Downstream: Part 1 - Storm water Runoff and the Lower Elbow River”



What is storm water runoff?

When it rains or when snow melts, water not absorbed into the ground runs across the land often flowing into the nearest stream, creek, river, lake, or ocean.

As urbanization and development occur the amount of permeable land cover decreases and the flow of storm water across the land increases.

The problem with storm water is that as it travels across the landscape it picks up pollutants along the way. These pollutants can include: fertilizers, pesticides, oil soap, sediment, wildlife and pet waste, grass clippings, leaves and salt. If there are enough pollutants (quantity and concentration) entering a water body, water quality is effected which in turn affects the health of terrestrial wildlife, aquatic life and recreational users.

High storm water flows also contribute to erosion, flooding and drought. As an example a parking lot under a 25mm rain event will shed 16 times the amount of water as a meadow. In addition, storm water from hard surface areas flow into receiving water bodies at a

faster rate and with more energy not allowing time for absorption and recharging of groundwater and contributing to erosion.

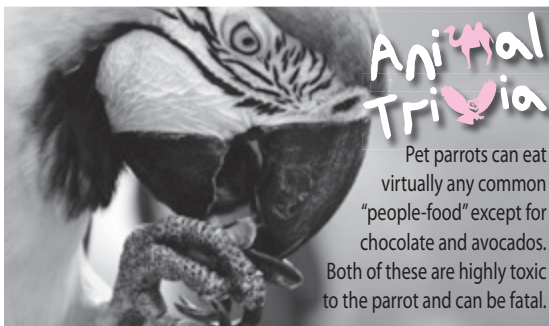
In established areas, developed before the 1980's in Calgary, all catch basins directed runoff to rivers and creeks without prior treatment. If storm water infrastructure has not been considered in the pre-development stage conventional storm water treatment is often difficult to achieve as space is limited and retrofits are generally expensive. **Here, is where it hits home on the Elbow.**

From the base of the Glenmore Dam to the confluence of the Bow River there are 85 storm sewer outfalls dumping untreated storm water into the Lower Elbow River. That is a lot of outfalls for such a small river. The sewers or catch basins drain a catchment area of 1,874 hectares (4,630 acres) located mostly on the west side of the Lower Elbow River. And yes, this untreated storm water does affect water quality, flooding and erosion in the Lower Elbow River.

Stay tuned for **Part II of “We All Live Downstream,”** next month. In the meantime have a look at the catch basins in your neighbourhood and imagine all that “stuff” ending up in the Lower Elbow River!

Robin McLeod

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus)



HOME GARDENING WITH BARBARA



EL CHARCO DEL INGENIO

Barbara Shorrock

the nights were cold (zero plus or minus a few degrees) and the days sunny and dry. There was water in the reservoir (you could easily walk across the dam to the undeveloped part of the preserve) but our guides told us the reservoir would be dry by May, the month when rains typically begin. Within a few weeks, water will be pouring over the dam and flooding the canyon below, causing the revitalization of the flora where everything that has been patiently waiting bursts into leaf and bloom, creating a totally different experience for the human visitors. At the time of my visit, the landscape was dry and dusty, with little colour beyond the gold of the grass and various greens of the cactus. Many specimens have been rescued, such as the giant barrel cactus which grows up to ten feet high and lives for over a hundred years. Rescued plants often come as a result of road building or commercial development somewhere in Mexico.

My January trip to **San Miguel de Allende** in central Mexico included a guided tour of **El Charco del Ingenio**, a botanical garden not far outside the city. The park is a nature preserve on both sides of a deep canyon with dam and reservoir. The preserve is large, covering many hectares, and primarily natural, created 25 years ago for the purpose of environmental conservation, and operated by a Mexican non-profit organization. The garden was inaugurated on July 1991 during a total eclipse of the sun, with much ceremony and fanfare.

There are three distinct **ecosystems** in the park: 1.) **Dry scrubland**, the typical landscape of the Mexican highlands, featuring tough grasses, cactus and trees like acacia. 2.) The **canyon** with its craggy rocks, caves, sheer cliffs and pools fed by natural springs. 3.) **Wetlands** surrounding the banks of Las Colonias reservoir in the heart of the garden with 13 man-made islands, created in co-operation with the Audubon Society to provide a variety of bird habitats for both indigenous and migratory birds. San Miguel has a large birding group who gather here in the early mornings and late afternoons to watch and photograph the impressive variety of species. Of particular interest is the “murmuration” of the Bronze Cowbirds as they assemble in great clouds to prepare to roost in the evening, their wings creating the distinctive murmuring sound like no other.

The areas we toured had hiking paths, art installations by local and international artists, and a large greenhouse which houses the species too tender to survive the local temperatures. Everything in this garden is native to Mexico, and is primarily comprised of cacti and succulents. Because it was winter

The area has a rich history dating from Colonial times to the 20th century. Water was originally taken by metal aqueducts to factories in the town, powering industry. You can still see some of the pipes along the canyon walls. The permanent pool, deep in the depths of the canyon, arises from the main spring that gives El Charco its name. The pool can be seen from the trail, but it would take a strong and courageous hiker to get down to it, and then back up again. Regular tourists can just look and take photos from above, which was a relief. The greenhouse area is more manicured, with a great variety of stunning agaves, which are considered the “Tree of Life” for their many uses as food, medicine, textiles and ornaments. El Charco offers a variety of educational programs to both children and adults. There are also many cultural and musical events representing modern and ancient times. We saw an amazing picture of a small symphony performing a concert way down in the canyon, complete with grand piano. One visit to this garden is definitely not enough.

Barbara Shorrock is a gardener, book lover and keen traveler. She can be found at the Queensland Garden Club the first Wednesday of most months.

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Insect Trivia



Most knowledge about 3D vision has come from vertebrates, however, a team from Newcastle University, UK publishing in *Scientific Reports*, confirm that the praying mantis, an invertebrate, does indeed use stereopsis or 3D perception for hunting.

www.sciencedaily.com



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The Trudeau government unveiled a budget that should give all Canadians reason to be concerned. The Liberal campaign promised significant spending on infrastructure which would result in no more than a \$10 billion budget deficit. Canadians endorsed that plan last October. Now however, in less than six months the government has introduced a budget projecting a deficit in 2016-17 that may end up being triple that amount.

Having such out of control spending is the wrong path for the country. That was clearly the message delivered by a number of prominent Albertans at a pre-budget round table that I hosted in Calgary with the Leader of the official Opposition in January.

The House of Commons all party committee on physician assisted dying tabled its report on February 24th in response to the Supreme Court ruling last year. The government is required to enact legislation by June 2016 and the report is expected to form the basis for such legislation. The full report can be viewed at www.ronliepert.ca/pad/.

I was pleased during this session of Parliament, to introduce a private members bill called "Life means life" and if passed would give judges and juries, in sentencing those convicted of the most heinous crimes, the ability to ensure the criminal never walked the streets of Canada again. While this legislation may not serve as a deterrent to others it clearly would provide peace of mind to those victims of such a crime.

I was also pleased to deliver a member statement on the importance of the Energy East pipeline to our economy and pay tribute to Calgary businessman and philanthropist Ron Southern on his passing in January. If you would like to follow my work representing you on the hill, please visit www.ronliepert.ca/my-work/ which gives you access to all my speeches, votes, and interventions in the House and at committee.

The House Finance committee, of which I am vice chair, held a week long session of pre-budget consultations in Ottawa, prior to the budget being delivered. The committee heard from a number of Albertans, especially

those in the energy industry, of the dire circumstances many Albertans are facing today. The Official Opposition is committed to ensuring Alberta's voices are heard in these difficult times. While the government does not seem to be in any rush to have new pipelines built we believe an indication of support to move our product to tidewater would be a strong signal to industry and provide hope for those who may have lost their jobs or are concerned about losing employment.

Please feel free to call 403-292-6666 or email ron.liepert@parl.gc.ca with any questions or concerns you may have.

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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.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 15

BUSINESS CLASSIFIEDS

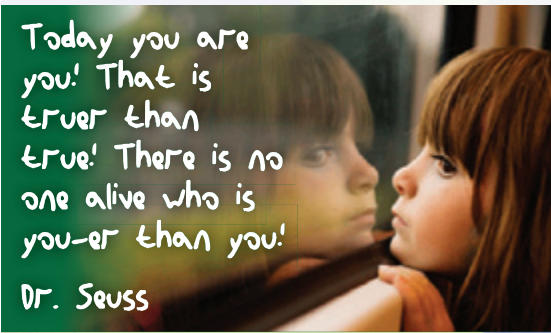
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K2 BOOKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.



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Communications & Community Liaison:
Eileen Badowich, CAward6@calgary.ca
www.calgary.ca/ward6 • f t

Community Cleanup

With our unseasonably warm weather this winter, spring is in the air! The month of April begins Community Cleanups, also known as dumpster day or recycling day. This is an important community building event which provides an opportunity for neighbours to meet their fellow community members and helps build a sense of neighbourhood. I enjoy being part of this day, and look forward to seeing you there. Community Cleanups are scheduled from 9 am - 2 pm and are hosted by your Community Association. The organized free Community Cleanup events save residents the trip and cost of going to the landfill for items that cannot be picked up by home service. The City of Calgary supplies Community Associations three packer trucks with crews (two for waste and one for organic materials) and funds for advertising and promotion, gloves, garbage bags, food and refreshments for the group of community volunteers. Learn more and find out about restricted items at calgary.ca (search for **About Community Cleanups**). You can confirm your community's date by going to calgary.ca, and search for **Community Cleanups Schedule**. Contact your Community Association to volunteer or if your community is not listed, encourage your community to register with the City for this free service. Did you know yard waste makes up over one-third of garbage from an average single-family home? By composting yard waste, you keep it out of the landfill, which reduces the impact on our environment. You can bring your yard waste to your Community Cleanup for free, but the landfill accepts your yard waste all year long at standard landfill fees. You can also pick up free mulch! Please visit calgary.ca (search for **Spring yard waste drop-off at City landfills**).

Spring Clean-up is an annual street sweeping program that removes sanding materials and debris that have accumulated on roads and along major sidewalks and boulevards during the winter months. With the good weather this year, we have been able to get out and start some of our street sweeping earlier than usual.

Many roads have been pre-swept, which will make street sweeping more efficient this spring. This also provides the environmental benefit of reducing the material that ends up in our catch basins. The Spring Clean-up program officially begins April 4 and runs until the end of June. Go to calgary.ca/sweep for details including when your street is scheduled to be swept!

Upcoming Councillor Chats

Councillor Chats are another opportunity for us to meet to discuss any issues that are important to you. Please join me for an informal conversation on **April 14, 2016 from 5-7p.m. at West Side Recreation (Party Room)**. All Ward 6 residents are welcome to attend.

You can also join the Ward 6 Team and City of Calgary business units in a tradeshow-style open house! Ask questions, receive relevant information from over 20 City of Calgary departments, and speak with me on **May 19, 2016 from 5-8p.m. at Strathcona Community Association (Main Hall)**.

Stay up-to-date by signing up for The Ward 6 Report, my bi-monthly email update for residents about community news and projects impacting Ward 6 communities at calgary.ca/ward6connect.

BRAIN GAMES SUDOKU

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

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To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to DIS@great-news.ca

IN & AROUND CALGARY

EMS: 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.

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	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
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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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

Name	Age	Contact	Course
Rhea	16	403-532-0294	Yes
Shannon	15	403-663-0212	Yes

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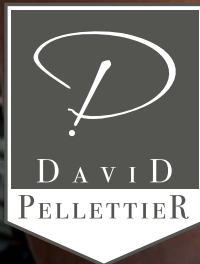
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