



YOUR OFFICIAL COMMUNITY NEWSLETTER

The Breeze

March 2010

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Somerset~Bridlewood Community Association
www.SomersetBridlewood.ca



Come and join in on the fun on Saturday, April 3 starting at 11:00 a.m. for an

Easter Egg Hunt

at the Somerset Water Park Party. More details on page 6.



GOING ABOVE AND BEYOND...



\$469,900



10 Everwillow Close SW

Just like new - Jaymen Masterbuilt 2 storey home located in the heart of Evergreen. All stucco exterior with an extra layer of insulation. Inside you'll find carpet and ceramic tile on the main floor with a very open concept design.

\$399,900



2512-19 Street N.W.

Beautifully renovated bungalow, within 5 minutes of Foothills Hospital, U of C and S.A.I.T. Basement is fully finished with built in desk and a bedroom with a full size window + new bathroom. New kitchen with granite counter tops and top of the line appliances.

SOLD



319 Silverado Bank Cl. S.W.

Unique design with great open concept feeling to it. Gourmet kitchen, with granite countertops and plenty of storage space. 9" ceilings with hardwood and ceramic tile floors throughout. Unfinished basement with large windows and high ceiling. Located right next to a playground.

"Joe was the most knowledgeable and considerate of our needs and was a great help in supplying us with all the information we needed in making the decision to buy! Thank you for your hard work, dedication and guidance through the negotiations. We are pleased to recommend Joe without hesitation."

- Barry & Lee S.

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PRESIDENT'S MESSAGE

It's been a busy few months for our board and a great start to 2010. Do you have your 2010 Somerset Bridlewood Community Association Membership yet? We're currently working on a new, more interactive website and I'd love your input on what you would like to see on our community website. What would encourage you to go to our community website? What would make our website useful to you and your family?

We now have a Community Garden Committee that is working very hard to first find us a convenient location in the community to build our Community Garden and we do hope to have shovels in the ground this spring for a successful planting in 2010! I think this will be a great way to get your hands dirty, enjoy fresh vegetables, get to know others in our community and donate a portion to those who I'm sure will greatly appreciate fresh rather than canned vegetables.

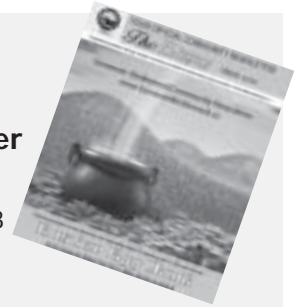
We are waiting to see a copy of the application that has been filed to change the land use and structure area plan for the



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Your Official Newsletter



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Somerset - Bridlewood Community Association Contacts



Have you visited our community website: www.somersetbridlewood.ca

Mailing Address: Somerset ~ Bridlewood Community Association

Box 69056 Bridlewood Postal Outlet, Calgary, AB T2Y 4T9

General Newsletter inquiries: Editor@somersetbridlewood.ca

Newsletter Ad Inquiries: newslettersales@mindsdesign.ca or phone: 403-257-8345

Executive Directors

President	Alia Vanzhov	president@somersetbridlewood.ca
Vice President	Karen Taylor	vicepresident@somersetbridlewood.ca
Secretary	VACANT	secretary@somersetbridlewood.ca
Treasurer	Curtis Cameron	treasurer@somersetbridlewood.ca

Directors

Community Infrastructure	Alia Vanzhov	infrastructure@somersetbridlewood.ca
Community Garden Director	David Zradicka	CommunityGarden@SomersetBridlewood.ca
Membership/Volunteers	Sharmaine Cameron	membership@somersetbridlewood.ca
Funds Development	Anoop Kapoor	funddevelopment@somersetbridlewood.ca
Newsletter Editor	Alia Vanzhov	editor@somersetbridlewood.ca
Social Director	Sandy Grant	socialactivities@somersetbridlewood.ca
Public School Liaison	Sheila Swan	publicschooliaison@somersetbridlewood.ca
Webmaster	Curtis Cameron	webmaster@somersetbridlewood.ca
Seniors Liaison and SFCRA	Frank Roper (403-201-3968)	seniorliaison@somersetbridlewood.ca

For inquiries about **Waterpark Maintenance Fees or Waterpark concerns issues**, please contact the Somerset Resident's Association at 403-807-8736.

CPS Liaison: phone 403-266-1234 or www.calgarypolice.ca

City of Calgary Community Recreation Coordinator - Heather MacKay-Forrest
email: hmackay@calgary.ca or phone 403-537-7581

Somerset Resident's Association: somersetresidents@shaw.ca

Scouts Contact: Andrea Shaw scouter.andrea@shaw.ca 403-256-0165

IMPORTANT PHONE NUMBERS

24 Hour Emergency Services 911 (Crime in Progress ,Injury Accident, Life Threatening Incident)	24 Hour Crisis/Suicide Line 403-266-1605
City of Calgary Info 311	Child Abuse Hotline 1-800-387-5437
Natural Gas Emergency 403-245-7222	Kid's Help Phone 1-800-668-6868
Enmax (electrical) 403-514-6100	Alberta Senior's Info. Line 1-800-642-3853
Non-emergency Services:	City Hall 403-268-2111
City of Calgary Info. 311	Mayor's Office 403-268-5622
Police (Non-Emergency) 403-266-1234	Environmental Canada Weather 403-299-7878
Fire 403-287-4299	Community Transit 403-262-1000/403-974-4000
Ambulance 403-261-4000	Calgary Parks & Rec. 403-268-3888
C.O.P.S. 403-216-1114	Health & Hospital:
Constable for the Somerset ~ Bridlewood District	Calgary Health Link Nurse (24 hours) 403-943-5465
(450 Midpark Way) 403-569-6800	Rockyview Hospital 403-943-3000
Federal Government 1-800-0-Canada	Children's Hospital 403-229-7211
	South Calgary Health Centre 403-943-9500
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Somerset~Bridlewood Community Association Membership Application Form



Family Name: _____ Date: _____

First Names: Males: _____ Females: _____

Address: _____

Postal Code: _____ Home Phone: () _____

Email: _____

Would you be interested in Volunteering with the Community Association?

Please circle your answer. Community Events: Yes / No Board of Directors: Yes / No

Memberships run for one year from January 1st to December 31st of the current year. The cost is \$20 per household address. **Mail to: SBCA, Membership, Box 69056, Bridlewood RPO, Calgary AB T2Y 4T9**

Please allow 3-4 weeks for your membership card to arrive in the mail.
Buy your household card today at South Fish Creek Recreation Association main desk.

www.somersetbridlewood.ca



SBCA Annual Easter Egg Hunt

Come and join in on the fun on
Saturday, April 3 starting at 11:00 a.m. for an
Easter Egg Hunt at the Somerset Water Park.

There will be games, crafts, fun and plenty of prizes.

This event is for children 10 years of age and
younger and is FREE to those families who
have a 2010 Somerset-Bridlewood Community
Association Membership. Children of non-members
can participate at a cost of \$3.00 per child.

*Community Association memberships can be purchased at the
event or by visiting www.somersetbridlewood.ca.*

Looking forward to seeing you on Saturday, April 3.

*Please note as it's difficult to predict how many will attend, this event
will run while the prizes last or 1pm, whichever is sooner.*



PRESIDENT'S MESSAGE

Continued from Page 3.

Shawnee Golf course. As I understand it, the purchaser is hoping to build 1100 homes on the land of the golf course. Not only would it be a shame to lose a golf course in Calgary, but also unfortunate to lose the green space, which is already limited within our city. This would also greatly affect traffic in our community, especially on James McKeivitt. There will be an Open house in the coming months where you can voice your opinion on this change; details will be posted either here in the newsletter or on bold signs throughout the community.

Saturday, April 3 is our Annual Easter Egg Hunt for children ten and under, at the Somerset Waterpark. See page 6. I hope to see you there.

Thank you for your community support!

*Alia Vanzhov, President
Somerset ~ Bridlewood Community Association
www.somersetbridlewood.ca*

PLAYGROUND BUILD

This spring a 2nd playground will be constructed at Somerset School. This unique playground will feature a few Calgary firsts and be used by all children in the community, whether they attend Somerset School or not.

We would love your help on May 13 – 15th. This build will happen all day Thursday, Friday and Saturday from 8 am till dark. Shifts of four hours each are available.

Some of the jobs require lifting where as others are simply sorting and counting pieces. Many hands make the work go quicker and we'll keep the food and beverages flowing all day for you.

If you are interested in helping out, please contact Rick Bayer via email at rbayer@telus.net or phone 256-3167 (work) or 256-3229 (home).



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make Somerset a
better place
to play for
all kids!**

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COMMUNITY CORNER

BRING A FRIEND NIGHT CONTINUES...



**264 SOMERSET BRIDLEWOOD
SCOUT GROUP**

Beavers (boys and girls aged 5-7 years) can join our Colonies for the night on Tuesday, March 23rd

Cubs (boys and girls aged 8-10 years) can join the Pack for the night on Wednesday, April 14th!

As per last month, please call Andrea to RSVP for a time and location at 403-256-0165. It's a great opportunity to see what's going on, chat with the Leaders and see if your kids will like it (who knows....maybe you will too!)

This month the Cubs are working on their Kub Kars in anticipation of the upcoming Rally, while the Beavers are making Beaver Buggies AND looking forward to sleeping over at the Calgary Zoo!

If you are interested in finding out more about the Scouts in your neighbourhood, please contact Commissioner Andrea Shaw at 403-256-0165



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**THE COMMUNITY ASSOCIATION IS CELEBRATING
MARCH MEMBERSHIP AWARENESS MONTH.**

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THINGS TO DO - FRIENDS OF FISH CREEK

Learn Something New!

Friends of Fish Creek Provincial Park
Society- Speaker's Series

Amphibian Ecology and Diseases in the North West Territories

*Danna Schock, PhD Faculty of Veterinary Medicine,
University of Calgary*

Thursday, March 25

7:00 pm to 8:00 pm (Doors open at 6:30 pm)

Fish Creek Environmental Learning Centre
13931 Woodpath Rd. SW, Shannon Terrace Area

These events are free for Friends' members and \$5.00 for non-members. Because of the interest in the Speaker's Series program, patrons members are now be asked to register for each presentation by contacting the Friends at **403-238-3841** or **info@friendsoffishcreek.org**.

Amphibians are integral components of food chains, linking aquatic and terrestrial ecosystems. They are also important indicators of ecological health and change since they require healthy ecosystems that include breeding areas (often ponds), foraging areas, and places for over-wintering. Unfortunately, amphibian populations are experiencing catastrophic declines as a result of habitat loss/degradation, commercial overharvest, and infectious diseases. Two pathogens implicated in amphibian declines – ranaviruses and chytrid fungus – are being studied in the Northwest Territories. The Canadian North is not necessarily the first place people think of when it comes to studying amphibians. However, the rapid rates of climate change and industrial development in the North create opportunities to use northern amphibian populations as a model to better understand disease dynamics.

This presentation will introduce you to the ecology of these remarkable creatures, draw attention to the causes and consequences of global amphibian declines, and highlight recent findings from the ongoing research in the North.

Thursday, April 29 - The Importance of Riparian Areas
*Kathryn Hull and Amanda Halawell, The Alberta Riparian
Habitat Management Society*

Friends of Fish Creek Quiz Question

Fish Creek Provincial Park is home to a variety of wildlife species, which animal has caused quite a stir in recent years and has been mistaken for both a housecat and a cougar? *Look for the answer in the Newsletter*

Alberta Parks and Protected Areas

Friends of Fish Creek Provincial Park

Quarry of the Ancestors: Preserving Oil Sands Prehistory

*Darryl Bereziuk Archaeological Survey, Historic Resources
Management Branch, Alberta Culture and Community Spirit*

•Wednesday, March 10th at 7:00 p.m.

Fish Creek Environmental Learning Centre

13931 Woodpath Rd. S.W. Shannon Terrace Area

West end of Fish Creek Provincial Park

(Access off 130 Ave. SW and 37 St. SW)

Admission: \$6 per person

Discover the "Quarry of the Ancestors", a series of important archaeological sites within the heart of the mineable oil sands region of Alberta. Learn of the extensive outcropping of distinctive, high-quality stone that was quarried in ancient times for use in tool-making and used regularly over the last 10,000 years. Hear of the results from industry-funded archaeological studies that have led to a proposal to designate the Quarry of the Ancestors as a Provincial Historic Resource effecting long-term conservation for this site.

Taking It Outside

Friends of Fish Creek - A Public Education Series

Nature Observations

*Patsy Drummond is the Environmental Education
Coordinator at Fish Creek Provincial Park*

Saturday, March 13th, 2010

9:00 a.m. to 12:00 noon

Fish Creek Environmental Learning Centre

13931 Woodpath Road SW

West end of Fish Creek Provincial Park

(Access off 130 Ave. SW and 37 St. SW)

\$15 per person, includes coffee, tea and muffins

Nature: it's all around us. We exist in nature but rarely do we understand its language. Nature "speaks" in patterns, bird songs and animal tracks. This half day session will help you put the pieces of the nature puzzle together and lead you to a deeper understanding of nature's processes.

For more information, please check our website at www.fish-creek.org or contact: Roland Kirzinger, Teacher in Residence and Outreach Specialist, Fish Creek Environmental Learning Centre (403) 297-7927 or toll-free 310-0000, then (403) 297-7927.



THINGS To Do

Quilt Canada 2010 April 26 – May 1 Telus Convention Centre



Do you appreciate the artistry and handiwork that goes into a beautiful quilt? Are you a quilter yourself, or do you know someone who quilts? Then you will surely enjoy Quilt Canada 2010 – a huge event coming to Calgary at the end of April. Come on down to the Telus Convention Centre, and bring a friend!

Quilt Canada is sponsored by the Canadian Quilters' Association (CQA) and is hosted in different Canadian cities every two years. The event features a judged show, special quilting exhibits, a quilting fashion show, professional quilt appraisals, and an extensive merchant mall – and most importantly offers dozens of exciting quilting workshops taught by internationally known quilting instructors over four days.

Workshops range from "Fantastic Fabric Faces" to "Beautifully Embellished Landscapes" to "Take Your Quilting to the Digital Realm". Many more workshop titles are available on the website www.canadianquilter.com – follow the links to CLASSES for a full description of every workshop; then follow the links to REGISTRATION. You can enroll as a day student, or for the full event. Please register soon to reserve your spot!

One of the special exhibits will be a showcase of antique vintage quilts with an Alberta connection – these will show a variety of quilting styles throughout Alberta's history, up to Canada's centennial year 1967. If you think you have an heirloom quilt at home, bring it in to be appraised! Quilt Canada offers a convenient opportunity to have a professional insurance appraisal done by certified quilt appraisers. Find out how much your grandmother's bedspread might be worth! The Quilt Canada website provides details on how and when to have your quilt appraised.

Day admission to the Showhalls is \$15, or \$25 for a three-day pass. Additional fees apply to attend workshops. A Professional Development Conference happens April 26-27, and the main show runs from Wednesday April 28 through Saturday May 1 at the Telus Convention Centre in downtown Calgary. Showhalls open daily at 10am, and stay open late on Thursday until 9pm.

For more information, please visit the website www.canadianquilter.com and click on Quilt Canada; or email QC2010@shaw.ca.

Carolyn Jurek, daughter of a quilter and CQA volunteer

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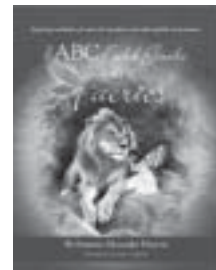
403-466-6292

THINGS To Do

Tuscany Book Swap

Saturday, March 13, Susanne, The Sunshine Faery will be selling and autographing her book, The ABC Field Guide to Faeries with proceeds going to The Tuscany School Naturalization Project.

Please visit: www.abcfairies.com for more information.



Salsa for a Cure

Saturday March 20, 2010 from 10:00 am - 6:00 pm in the Sunridge Mall Centre Court (2525 36 Street Northeast Calgary). Free salsa (and other latin dance) lessons from professional instructors every hour with dancing all day long. Fundraising items for sale will raise donations for two worthy causes: The Tour for Kids (supporting the Kids Cancer Care Foundation) and The Weekend to End Women's Cancers. Susanne, The Sunshine Faery will be there selling and autographing her book, The ABC Field Guide to Faeries with proceeds going towards these worthy causes.

Looking forward to seeing you there for this fun-filled day.



FREE THINGS TO DO

The City of Calgary Community and Neighbourhood Services Children and Youth Programs For more information contact 311

Deer Park Girl Talk

This amazing girl's only program will introduce girls to a variety of recreational games and social issues. Plus, build a strong foundation for future, healthier lifestyle choices.



Cost: Free (Girls only)

Ages: 11 – 17

Day: Mondays 4:00pm – 6:00pm

Location: 77 Deerpoint Rd. SE (Deer Park United Church)

Start & End: January 18 – March 22, 2010

Riverbend Youth Drop-In

The City of Calgary in partnership with the Riverbend Community Association is launching a youth recreation drop-in for those aged 11 – 17. This particular sports drop-in is centered on the activity of choice for the night. Come and get active while meeting new people.

Cost: Free **Ages:** 11 – 17

Day: Tuesdays 4:30pm – 6:00pm

Location: Riverbend Community Association - 19 Rivervalley Drive SE

Start & End: January 19 – March 23, 2010

VAULT

VAULT is a youth volunteer program where members will participate in monthly meetings to develop leadership skills and have an opportunity to implement their skills in volunteer opportunities once a month.

Cost: Free **Ages:** 12 – 17

Day: Thursdays 5:00pm – 6:30pm

Location: CNS South Area Office 502 Heritage Dr. SW (Rose Kohn Arena Building)

Start & End: January 14, February 11, March 11, April 8

A Taste of the Arts

This program will provide children from the surrounding community an opportunity to participate in activities that help them express themselves through the arts.


Cost: Free

Ages: two age groups 6 – 11 & 12 - 17

Day: Thursdays 4:00pm – 6:00pm

Location: 77 Deerpoint Rd. SE (Deer Park United Church)

Start & End: January 21 – March 25, 2010



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FAX (866) 431-3902
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Hull/Woodridge Drop-In

A free drop in recreation program for children ages 6-11 years old on Tuesdays from 4:30-6:00, focussing on sports, active games, and healthy living, beginning January 19th.

Cost: Free **Ages:** 6 – 12

Day: Tuesdays 4:30pm – 6:00pm

Location: TBA

Start & End: January 19 – March 23, 2010

McKenna Kids / McKenna Youth

A free drop-in recreation program for children ages 6 – 11 years old and youth ages 12 – 17 on Tuesdays. The children's group meets from 4:30-6:00 and the youth group meets from 6:00-8:00. Both programs focus on recreation, positive friendships, and a fun atmosphere.

Cost: Free **Ages:** two age groups 6 – 11 & 12 - 17

Day: Tuesdays

Kids 4:00pm – 6:00pm / Youth 6:00pm – 8:00pm

Location: #36 McKenna Way SE

Start & End: January 19 – March 23, 2010

Bannister Kids / Bannister Youth

A free drop-in recreation program for children ages 6 – 11 years old and youth ages 12 – 17 on Thursdays. The children's group meets from 4:00-5:30 and the youth group meets from 6:00-8:00. Both programs focus on recreation, positive friendships, and a fun atmosphere.

Cost: Free **Ages:** two age groups 6 – 11 & 12 - 17

Day: Thursdays

Kids 4:00pm – 5:30pm and Youth 6:00pm – 8:00pm

Location: #18 Bannister Rd SE

Start & End: January 21 – March 25, 2010

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FREE THINGS TO DO - COMMUNITY AND NEIGHBOURHOOD SERVICES

Millrise Girl Talk

This amazing girl's only program will introduce girls to a variety of recreational games and social issues. Plus, build a strong foundation for future, healthier lifestyle choices.

Cost: Free (Girls only)

Ages: 11 - 17

Day: Tuesdays 4:00pm - 6:00pm

Location: Our Lady of Peace School (14826 Millrise Hill SW)

Start & End: January 19 - March 23, 2010

Millrise Hockey

A free drop-in grassroots hockey program for youth ages 11 - 17 on Fridays. Both programs focus on grassroots hockey skill development and shinny hockey in a fun atmosphere.

Cost: Free **Ages:** 11 - 17

Day: Fridays 3:00 - 5:00pm

Location: Millrise outdoor rink - right beside Our Lady of Peace School (14826 Millrise Hill SW)

Start & End: January 22 - March 12, 2010

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NEWS FROM OUR SCHOOLS

Calgary Board of Education Trustee Report



A few months ago the Board provided Calgarians with some information on the recommendations it put forward to the Alberta Government regarding possible ways to make reductions to school board budgets. Now that the budget has been announced, the Board is pleased to see that Minister Hancock has been responsive to feedback provided by school boards and other

stakeholders in this year's budget.

While the reductions many were anticipating for Education are not a reality, there are still some potential budget implications for the CBE. Recent wage increases granted to teachers and staff will have an impact on how the Board is able to allocate its budget dollars, as Alberta Education has asked school boards to pay for the current year's wage increases for the time being. Education Minister Dave Hancock plans to request additional funds from the Treasury Board to help cover some of these costs, but it will not be known until later this Spring if any of the additional funding will be granted.

Trustees also recently provided input to the government on the School Act. The Board's suggested changes would allow the CBE to be responsive to changes as they occur and better prepare students for future success. If you'd like to review these recommendations in full, please visit: www.education.alberta.ca/media/1164781/calgaryboardofeducation.pdf.

Another important consideration for 2010 is the fact that Calgarians will be going to the polls this year to elect their school board trustees at the same time they elect their aldermen and mayor. The Board encourages interested citizens to learn more about what is involved in serving as school board trustee. If you have a passion for education and want to help CBE students reach their full potential, we invite you to attend an event on the evening of Wednesday, May 12 to learn more about this exciting opportunity. Or you can visit: www.cbe.ab.ca/trustees for more information.

If you have any comments or concerns, I'd be happy to speak with you. Feel free to contact me at 403-294-8120 or kpkryczka@cbe.ab.ca.

Karen Kryczka, Trustee, Wards 11 and 13



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Le Roi Daniels School



Le Roi Daniels is part of The Traditional Learning Center - an alternative program within the Calgary Board of Education, committed to providing an excellent academic program and character education to its students.

Some features of this program are: school uniforms, direct whole group instruction, early literacy development, sequential learning that is structured, enriched and purposeful, a school environment to develop responsible citizenship, and French as a second language starting in grade 1.

This program is academically rigorous with regular homework and is designed for students who are motivated to work with teachers and parents. There is also a parent commitment to support and foster students abilities to achieve excellence in a structured, virtues-oriented environment. Program entry is available at any grade level.

Kindergarten registration is currently underway. Please visit our website for more information and to download forms. www.cbe.ab.ca/b320

47 Fyffe Road SE. 403-777-6420 www.cbe.ab.ca/b320/



NEWS FROM OUR SCHOOLS

Bridlewood School

Your new public school has an official name. **Welcome to Bridlewood School.** Since last month the temporary office for Bridlewood School has opened in Midnapore School located at 55 Midpark Rise SE. Registration for Kindergarten students is ongoing. Registration for Grades 1-6 students begins on March 1, 2010. Students in Kindergarten to Grade 5 and who currently attend Midnapore School will be registered at Bridlewood School automatically. A parent or legal guardian must register all other students. Registrations will be accepted 8:30AM-3:00PM Monday-Thursday. Beginning March 1.

We look forward to seeing you.

The temporary Bridlewood School website is located at <http://www.cbe.ab.ca/schools/underdev/bridlewood/bridlewood.asp> and has a few pictures of the inside of the school.

If you require additional information or have questions please call our office at 403-777-6259.

Jeff Hutton, Principal

ÉCOLE ST. MATTHEW ELEMENTARY/ JUNIOR HIGH SCHOOL

St. Matthew School is now accepting registrations for the following programs:



- Late French Immersion Gr. 7-9
- Continuing French Immersion Gr. 7-9
- English Elementary & Junior High
- Full Day Kindergarten Info Night – April 29th @ 6:30 pm

For more information, please contact the school office at 403-500-2030 or view our updated school web page at www.cssd.ab.ca/schools/stmatthew

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COMMUNITY CORNER

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Friday - Saturday 10 a.m. – 6 p.m.

Sunday Noon – 5 p.m.

Telephone: 403-221-2072



page. You do not need to 'return' a borrowed item. Once the lending period has elapsed, the title is automatically 'returned' to the library. No more fines for late books!!

Register for programs at calgarypubliclibrary.com, in person, or by calling 403-260-2620.



A valid Calgary Public library card is required to attend all programs.

March at Shawnessy Library

PROGRAMS FOR ADULTS

- **Creating Work/Life Balance:** professional certified coach Lisa Dare will help you identify your priorities to create an action plan to enhance your life. Thursday April 15th from 7:00 – 8:30 p.m.
- **Adult Book Club:** Tuesdays, March 23rd, and April 27th 7:00 – 8:30 p.m. or Wednesdays, March. 24th, and April 28th 2:00 – 3:30 p.m.
- **All Sorts Writers' Workshop:** Bring your passion for writing and share your work in creative facilitated sessions. All genres welcome. Featured writer guests. Co-presented with **St. Mary's University College**. Thursdays, March 11th, and April 8th 1:30 – 3:30 p.m.

FIFTY AND FORWARD

- **Making Your Money Last: 10 Principles for Living in Retirement.** Get helpful tips on protecting your investments and receiving a steady income. Presented by Dave Canary of Edward Jones. Lunch will be provided. Ages 50 and up. Friday April 16th 1:00 – 3:00 p.m.

PROGRAMS FOR CHILDREN

- Does your grade 3 – 6 child need help with their homework? Why not register them in **Homework Help**. Students meet on Wed. evenings 7:00 – 8:00 until March 24th with trained volunteers for fun literacy activities and help with their homework.

PROGRAMS FOR TEENS

- **Teen Writers Club:** Bring your passion for words together with other teens in these creative writing workshops. Explore fiction, non-fiction, poetry, and lyrics. Ages 13 to 15. Tuesdays, March 9th, and April 13th 7:00 – 8:30 p.m.

Download E-Books from Calgary Public Library. Using the service is easy! With download media available 24/7 your library is always open. Get started with a Guided Tour or our Quick Start Guide. Lending periods can vary from title to title. Additionally, you can set personalized default lending periods on a format-by format basis at the Lending Periods



Disclaimer

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those for the Community Association. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.



COFFEE TALK

Wildlife 101: Coyotes

Since its inception in 1993 the Calgary Wildlife Rehabilitation Society has received thousands of calls relating to coyote and human interactions. The coyote is considered the most persecuted animal in North America an unwarranted designation.



The coyote is a very intelligent and adaptable animal, as most pest species are, because they have learned to adapt around us and do not flee in the face of increasing human encroachment on natural habitats.

The majority of calls we received were from residents of new communities that used to be grassland or farmland; on the perimeters of the city; close to farmland or those that back onto ravine or natural areas. These areas are natural wildlife corridors where coyotes, deer and small mammals frequent in search of food.

The coyote lives in mixed grassland area and their diet consists mainly of rodents (mice voles, pocket gophers, Richardson ground squirrels etc.), hares and rabbits. Coyotes living near urban areas have been known to hunt cats or small dogs on occasion, but are most active at night and rarely stray away from their natural food source.



Coyotes breed during the months of February and March. During this time many people will hear an increase in their barking and howling. Their young are born in late April or May.

Many of the calls we received from residents

were concerned with the safety of their children due to coyotes in the field close to their homes. Conflicts or attacks on people are rare and are usually the result of people coming too close to a mother trying to protect her den site. Education is the key to ensuring safety, respect and harmony with all wildlife species.

We take great pride in looking out our windows to view the mountains and foothills we are lucky to live by and enjoy the accessibility of those natural amenities. But with that beautiful landscape also resides a variety of wildlife that call it home. It is important to understand that as a community we bare a large responsibility to understand the wildlife around us.



Quick tips to reduce your interactions with coyotes:

1. Good housekeeping:

- Maintain a clean yard free of debris; remove old wood piles or garbage as they can house mice.
- Have secure covered garbage containers and try not to place your garbage out until your garbage collection day.

Note: For food waste such as meat or fish, etc. add a small amount of household ammonia to the garbage bag before disposing. Ammonia is a common animal deterrent.

- Maintain the area around any birdfeeders by cleaning regularly. Loose feed attracts mice.

2. Be a responsible pet owner:

- You can minimize coyote and other wildlife interactions by keeping your pets in at night.
- **DO NOT** allow your pets to roam free or unsupervised for long periods of time.
- **DO NOT** place food outside for any domestic pets. This will only encourage wildlife to frequent the area.

Note: The City of Calgary does have Bylaws to promote responsible pet ownership. Please refer to the city of Calgary's website for more information. (www.calgary.ca)

3. Take time to educate yourself about the wildlife in your community and make it a positive experience.

For more information on wildlife and our society visit our website, www.calgarywildlife.org

*Nicola Murphy,
RAHT, Site & Wildlife Manager
Calgary Wildlife Rehabilitation Society*



Neil
Lauzon



Dana
Wilkie

403-818-3649

Feature Listing

*2 Storey, 2740 sq ft + 928 full bsmt development. Main floor features Kitchen, Nook, Great room, Den, Formal dining room, custom half bath with vessel sink, leg Mud room with maple cabinets, 2 closets and lockers. Gourmet kitchen with top of the line appliances, chestnut stained maple cabinets. Tile throughout main floor including kitchen, nook, mudroom, pantry and half bath.

*Upper floor features oversized bonus room, large 2nd and 3rd bedrooms, laundry room and master suite with 5 pce ensuite, walk in closet and a separate retreat area.

*Basement is fully developed by the builder and features 4th bedroom, games room, family room and a 3 pce bathroom.

*Other features include 9'foot ceilings, dual fireplace between great room and den, low E windows, tile in upper main bathroom and ensuite are heated, sound system throughout home with controls on each floor and on patio and Hunter Douglas 2"Wind plug throughout.

*Landscaping includes sod, exposed patio and walkway, and partially finished fence.

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COMMUNITY CORNER

How to Hire a Personal Trainer

By Peder Lodoen, Fitness Director
Trico Centre for Family Wellness

If your New Years Resolution is failing, your motivation is dipping or you are having trouble getting started with a fitness program, consider hiring a Personal Trainer (PT). Here is a list of important factors and questions to help you hire the best PT for you.

What are your goals and expectations?

Write out your goals. Weight loss, flexibility, strength, motivation, someone to have fun and socialize with, are just some goals to consider. Overall fitness and health is often the main objective but there are usually more specific goals that should also be identified. If you have an injury and your goal is rehabilitation, you do not want a PT who specializes in sports or athletic programs. Most PT's specialize in some aspect of fitness -pick a PT that best fits your needs.

"Hard Skills" Certification and Education.

Every PT should be certified. Trainers also need to stay current as most certification programs require continuing education. The fitness industry is always changing and growing. This is good and bad - good because we are always learning and doing things better, and bad because there are a lot of gimmicks out there. Your trainer should know the difference. Experience is another factor to look at. We are all different and an experienced trainer will know how to handle each client based on things they have already been through.

Relationship.

Are you ready to put your body in the hands of someone you don't like or just can't seem to bond with? Trainers "soft skills" are extremely important to your success and enjoyment. A good trainer will be able to communicate with you both verbally and physically. They will cue you on form, alignment and technique so the verbal is huge but it should also start with a proper demonstration. Fitness should be fun and if you are not enjoying your sessions and don't feel a connection, a change is in order.

Business.

You have spent good money on this and the business side of it should be straight forward and clear and then, not get in the way. Your PT purchase should clearly lay out all the policies for your fitness club and then it should be getting down to work. A trainer may know all their stuff but if you can't get a hold of your PT or are they bad at returning emails or phone calls, this is unprofessional. Proper boundaries are another factor to consider, guidance, jokes; and interruptions are things a good PT will use effectively.

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FRIENDS OF FISH CREEK

Quiz Answer from page 10



The bobcat; the number of bobcat sightings in and around Fish Creek Provincial Park has increased in recent years. Park visitors are sometimes alarmed when they see a bobcat and may confuse it with a lynx, cougar, or large housecat. In the winter months, the best place to spot a bobcat in Fish Creek is up in a tree. The bobcat, *Lynx rufus*, can be recognized by its short, stubby tail, and is closely related to the lynx. Bobcat tracks have been seen in the west end of the Park and this animal has also been recorded by the Park's wildlife cameras. Bobcat tracks are twice as large as those of a domestic cat and are similar to those of a dog or coyote. The Park environment provides these adaptable hunters with an abundance of prey including wildlife like hares, squirrels, fawns, and birds. Occasionally frogs, snakes, and free ranging pets may also become food for the bobcat. In the Park this animal needs to look out for predators like coyotes, and throughout its range, is preyed on by wolf, bear, and cougar. Typically the bobcat will shy away from humans and if you see a bobcat do not be alarmed, just give the animal plenty of space and respect.



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~ Irish Blessing

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Shure, the whole blue vault of heaven is
wan grand triumphal arch, An' the earth below is gay
Wid its tender green th'-day, Fur the whole world
is Irish on the Seventeenth o' March!

~ Thomas Augustin Daly

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'Tis like a morn in spring.
With a lilt of Irish laughter
You can hear the angels sing.

~ Author Unknown



Dr. Irene Phillips

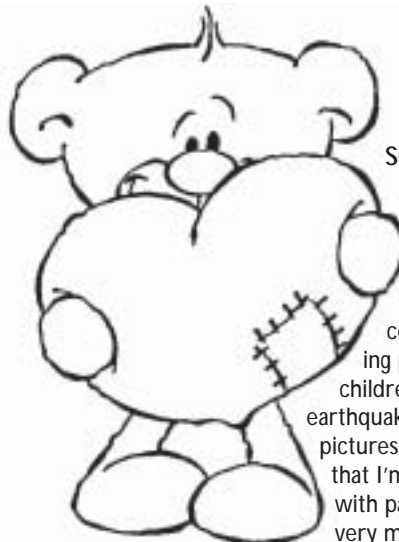
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kids stuff, banks, dentists, and animal
care clinic we also have a tanning
salon, ladies workout centre and
an expanded dance studio for
the kids. Getting rid of the winter
blahs was never so easy.



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CIVIC CHAT

Alderman Diane Colley-Urquhart

You can contact my office regarding any civic matter at 403-268-1624 or by email at dcolley@calgary.ca. Alternatively, you can contact '311'.



Diane as Deputy Mayor dropping the puck for the Calgary Hitmen Olympic Torch Relay Celebration

It is time to do something more about the lack of **Snow Removal** on residential streets. Simply put, the citizens I represent expect better. As a member of the Audit Committee, Council approved our Value for Money Audit on the entire City Snow Removal Policy. It will provide a comprehensive review of the snow removal budget and process, and will look at the policies of other Canadian Cities. I hope to serve on the Task Force. Please email me any ideas or opinions you have on this so they can be included in the Audit.

There was minimal support for my **Winter Tires** motion to look at mandatory use on all vehicles. I learned more about rubber than I ever thought possible! Winter tires are designed to maintain grip, even in freezing cold temperatures. Regular and all-season tires become hard and slippery when the temperature drops. Winter tires are also better able to help vehicles maintain traction, allowing them to come to a stop in less time. Having winter tires does improve safety on the road and I felt it would be valuable to get the discussion going. It was a good debate. We will move forward on looking at winter tires for first responder and emergency vehicles. Go to my website to see the motion and research we did on this issue, and check out my appearance on Alberta Primetime.

http://www.albertaprimetime.com/Segments.aspx?FlashVars=Video/PT_snowTires.flv



Here's Your Opportunity to Save Lives!

Where: South Fish Creek Recreation Association (Food Court)
100 - 333 Shawville Blvd. SE
When: Saturday, March 20th
9:00 am - 2:00 pm

Call 1-888-2DONATE (1-888-236-6283)

for more information, or to book an appointment to donate. Appointments are recommended to help reduce clinic line-ups and waiting times.



There has been recent coverage on a number of **Police Officer Complaints**. As a Police Commissioner for the past two years, one of the key mandates of the Calgary Police Commission (CPC) is police oversight. All complaints against any police officer are taken very seriously and there are a number of rigorous avenues that are undertaken. The Complaint's Director works out of the Police Commission Office, which is an independent arm's length body from the Calgary Police Service (CPS). I also serve on the Complaint's Oversight Committee of the Commission and we review monthly all complaints being investigated by our Complaint's Director. Citizens can call the Director to seek guidance in discussing and/or filing a complaint. The Director also works very closely with the Professional Standards Department of the CPS. Chief Hanson also conducts internal reviews of officer conduct. This is a fair, transparent and timely process that I believe is important for citizens and police officers.

The **Shawnee Golf Course** has been sold and the owners have filed an application with City planners to redevelop the 135 acre site. There are two parts to the application which the City circulated to a number of key community stakeholders in February. This initial circulation included a three week window to give feedback. The City, the Shawnee Evergreen Community Association, and the applicant will be conducting open houses to get feedback. In particular, it is the responsibility of the applicant to conduct several community meetings to seek feedback and address issues that the residents of Ward 13 & 14 may have. This application will have significant impact on all of Ward 13, so it is important for you to give me your feedback and opinions. There will be plenty of time for everyone to have their say. Please call my office at **403-268-1624** if you have any questions. Go to the website for all documents related to this application.
aldermandiane.ca

"Your luck is how you treat people"
~ Author Unknown

CIVIC CHAT

SHAWNEE GOLF COURSE REZONING



As Chairman of Alderman Colley-Urquhart's Land Use Mobility Advisory Council (LUMAC) for Ward 13, I

want to take this opportunity to apprise you of a land use matter coming forward. As you may know, the Shawnee Slopes Golf Course was sold to a private developer last year. The 135 acre site is in the community of Shawnee/Evergreen with approximately 193 homes built on the course as part of this residential golfing community. Needless to say, the community is very concerned about the request to change zoning from the current S-R Special Purpose – Recreation District under the existing Land Use Bylaw.

In November, the owners submitted an application for extensive residential redevelopment of the Shawnee Slopes Golf Course to the City Land Use Planning Department. Nearly 500 copies of the application have been circulated to all affected stakeholders to give their input.

There are two aspects to the application by the developer:

- (a) Amend the existing Area Structure Plan (ASP)
- (b) Change the existing Land Use District to allow for residential development

On January 28th, Alderman Colley-Urquhart and I co-chaired a special meeting of LUMAC to have City Administration present an overview of the planning process, the application, and the process going forward.

Feedback from adjacent landowners, as well as other interested parties will be received by the Planning Department over a 3 week period. You as residents need to become engaged in this consultation process because this application has far-reaching impacts on all communities in Ward 13; from traffic, transportation, parks, level of density, urban development of green space, to the impact on first responders.

As part of the Corporate Planning Applications Group (CPAG) process, City Administration will consult with all affected Business Units including Planning, Urban Development, Police, Fire, Parks, Transportation and Recreation. This will be a lengthy process with a great deal of community consultation and input. In addition, the applicant is responsible for hosting open houses and working with the community to address the concerns raised by residents.

After due process, the Planning Department will make their recommendations to CPC who will in turn provide their

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recommendations to a Public Hearing of Council. Administration anticipates that the entire process could take 9-12 months before it reaches a Public Hearing.

I will be working closely with Alderman Colley-Urquhart and all affected residents as this file moves forward. In that regard, we have appointed David Jacobs as a volunteer Golf Course Project Coordinator on LUMAC, to closely monitor all aspects of this application.

As the Golf Course Project Coordinator, David's role will be to:

1. Be familiar with all aspects of the Area Structure Plan and Land Use Change applications.
2. Act as a liaison with all affected stakeholders.
3. Identify key issues and try to facilitate their resolution.
4. Communicate regularly with the Alderman, LUMAC, City Administration and other stakeholders.
5. Identify opportunities for community and stakeholder consultation.

Please email me at tonyrct1@telus.net with any issues or concerns you may have.

Respectfully,
Tony Cleveland
Chair, LUMAC





CIVIC CHAT

Dave Rodney,

MLA Calgary-Lougheed

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MARCH 25 from 5:30 - 8:30 pm

Let us know what you thought of the throne speech,
budget and competitiveness review—both good and bad
Please call 403-238-1212 to RSVP; we'll see you there.

As your MLA, after hearing from many of you, I have tabled these motions for Spring 2010:

"Be it resolved the Legislative Assembly urge the
Government

1. to reach an agreement with applicable levels of government regarding the south west portion of the Calgary ring road in 2010, and commence construction in 2011."
2. "introduce hands-free mobile device legislation to reduce distracted driving."

All of our NEW Constituency Schools are set to open on time (June 30, 2010) and on budget!

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2. Fish Cr Blvd SW
3. Bridleridge Way SW

See www.bbppalbertaschools.ca for the latest pictures and updates!

More Good News: "AB's to Benefit from Reduced Prices for Prescriptions"

Existing generic drugs prices have been reduced from 75% to 56% of comparable brand drugs!

Police, Social Workers and Schools: Partnering for Early Intervention

As part of the AB's "SafeCom" initiative, the Multi-Agency School Support Team (MASST) will pilot a new program to meet the needs of vulnerable children aged 5 - 15. Four MASST teams consisting of a police officer and a City of Calgary registered social worker will work closely with Calgary's school boards to identify students for the project (focusing on risk factors which make children vulnerable to criminal activity—both as perpetrators and victims—including a lack of adult supervision, negative peer influences, alcohol and drug abuse and a lack of attachment to the community).

New Response Team Provides Additional Support to Victims of Family Violence

Through the AB Government's "SafeCom" Innovation Fund, the newly established Domestic Conflict Response Team is launching a pilot project which partners caseworkers from Calgary HomeFront and Children/Youth Services—with Calgary police officers—to provide follow-up support and a tailored response to families identified as high risk for repeated domestic violence. The team will focus on providing services for families who have had repeated incidents of domestic violence reported to police and who want to make changes before the courts become involved.

Biomedical centres put Alberta on Leading Edge

AB & CDN Governments are partnering with research funding agencies and the U of C to create two new centres to foster innovation and commercialization of biomedical technologies. They will develop technologies and better treatment methods in many areas including stroke, Alzheimer's disease, arthritis, osteoporosis and heart disease. These centres will enable collaboration from across many disciplines including engineering, medicine, kinesiology, science, nursing, and veterinary medicine.



*Speaking on behalf of AB Gov't (Locally) at 2010 Olympic
Torch Relay Ceremonies*



Bylaw Bulletin

www.calgary.ca/animalservices

Pet Spay or Neuter: It DOES matter

A decision facing many pet owners is whether to spay or neuter their pet. People often wonder what the advantages are to this medical procedure and ask what the impact will be on them as pet owners and on their pet.

Research has shown that spaying or neutering dogs and cats has many health and behaviour benefits such as:

- Increasing the pet's sociability and making it more affectionate
- The pet is less likely to exhibit aggressive behaviours
- Pets are calmer and more content to stay closer to home
- Less likely to fight and roam, which can result in fewer vet visits
- The pet enjoys a healthy and longer life
- Disease, infection and cancer of the reproductive system is reduced or eliminated
- Female heat cycles and bloody discharge are eliminated
- Crying, howling, nervous pacing and frantic attempts to get out and find a mate are eliminated
- Reducing or eliminating behaviour problems like inappropriate spraying

Since pets reach sexual maturity at approximately six months of age, it is recommended that pets are spayed or neutered prior to this age. Consult your veterinarian to discuss what is best for your pet.

By spaying or neutering your pets, you are ensuring that every newborn animal is wanted and will have a home and an owner to care for it. Help decrease the number of unwanted pets in shelters, rescue organizations and wandering our streets. You can make a difference. Be kind and responsible, spay or neuter your pet.

The City of Calgary Animal & Bylaw Services



Partnering with Calgarians to encourage responsible pet ownership.

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BURNS AND SCALDS

Every month Alberta Health Services EMS responds to emergencies where a young child has sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking simple preventative measures.



Prevention of burns

- Check the temperature of your hot water tank. Many homes keep hot water temperatures as high as 60°C / 140°F. This temperature will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices that prohibit access.

Degrees of burn

- **1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- **2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean, non-fluffy material to protect from infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention from your doctor as required.

**If you require immediate medical attention for a burn, call 9-1-1.
www.albertahealthservices.ca**

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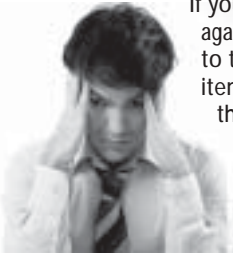
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COFFEE TALK

HELP FOR HEADACHES?

by Dr. Gayle Maguire, Naturopathic Doctor



If you currently think banging your head against the wall is the only treatment left to try for your headaches, here are a few items to consider first. Some experts say that 90% of headaches are tension headaches, although it is not uncommon for these headaches to turn into migraines. Calgary has one of the highest rates of headaches per capita in Canada and with chinooks

being a large trigger, this is hardly surprising. The weather is a difficult area to work on, but often homeopathic remedies, or my personal favourite to use on patients, acupuncture, can be the better options available.

If most headaches are in fact caused by tension, we should direct most of our energy there. Fortunately, tension headaches are usually easier to treat and prevent than migraines. Where is the tension coming from? Do you carry your stress in your shoulders and how else can you deal with your stress? What is your posture like while standing, sitting at your desk, driving, in bed? Do you get massages and practice good stretching? Do you have issues with your jaw or cervical spine that may benefit from chiropractic care?

Once I have ruled out these structural issues with patients, it is possible to look for internal causes of the headaches. Blood pressure and blood sugar need to be normalized. Sinus problems can be worked on, usually with dietary modifications and a few tricks to try at home.

Two cheap and easy treatments that can be engaged for any headache: water and air. At the onset of a headache, I encourage patients to drink 2 large glasses of water and take a long walk or bath using deep breathing the entire time. While reading this article, are you breathing deeply? If you were to place a hand on your chest and the other hand on your abdomen, would both hands move outward if you were to breathe in? We do mainly chest breathing throughout our days, especially when stressed, which does not guarantee great oxygenation of all of our tissues. There are countless studies on the benefits of deep breathing in pain relief, lowering blood pressure, combating insomnia, and inducing relaxation. If you suffer from any or more than one of these, deep breathing may be an excellent place to start.

Finally, the last large area I look for headache relief is the diet. A system is only going to be as good as the fuel put into it. Can you clean up your diet? Are you consuming caffeine,

Continued on next page.

Which paint dries faster?



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COFFEE TALK

HELP FOR HEADACHES?

Continued from Page 34.

preservatives, artificial colourings or MSG? Do you get adequate protein, fiber, and minerals, especially calcium, magnesium, and potassium? Are you eliminating adequately? Constipation is often an area I work on first and watch the headaches miraculously disappear. Cleanses or detoxification can be a wonderful therapy for headache sufferers, but should be done with supervision as they can make headaches worse.

In alternative health, we talk repeatedly about food sensitivities or delayed hypersensitivity reactions. These may be perfectly healthy foods that irritate your system and create headaches (or eczema, joint pains, bloating, fatigue, or all of the above – any of these also on your list of concerns?) Discovering these foods and taking a break for a period of time can do wonders for headaches, not to mention digestion, energy, mental focus, skin conditions.

These are some places to fully explore, so get your massage or acupuncture in a fix, while working on your diet, hydration and breathing in the long term. Seek immediate medical care if you experience a sudden severe headache or a headache after any head injury, no matter how minor. You will also want to see a qualified healthcare provider if you experience visual, speech or comprehension issues with your headaches, throbbing of the head and temples, a pounding heartbeat or headaches with exercise. If you are engaging the help of a medical or naturopathic doctor, make a headache journal to take to your visit. Record the time, description, intensity, location and duration of your headaches, and even your stress levels, diet and bowel movements. So you have a bit of work to do, but sure beats pounding your head against a wall for relief.



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Mar 24/10	6:30 - 8:30 pm	Credit The Good, the Bad, and the Ugly
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LEGO BUILDING CONTEST

Sat, April 17/10

MOCA Hall (6901-20 A St SE)

Noon to 2:00pm (Public viewing is free)

All ages can enter

\$2.00/ per LEGO entry (LEGO creations must be dropped off to MOCA HALL on Fri, April 16/10 between 6-8pm)
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Category

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Name: _____

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Rules:

- COST - \$2.00 per entry (MAX. 2 entries per person) cash or cheque only
- Entry forms due to MOCA office by Wed, April 14/10. You can Mail or drop off entry forms to (M.O.C.A. - 6901-20A Street SE, Calgary, AB T2C 0R5)
- All Lego creations must be dropped off at MOCA hall between 6pm-8pm on Friday, April 16/10
- 1st, 2nd, 3rd prize ribbons & prizes & fabulous raffle prizes over \$800.00. Judging will take place by a group of local Seniors
- It's FREE for all public to stop by & take a look at all the wonderful Lego creations on Sat, April 17/10 between 12noon to 2pm. Stop by the concession for some great food & treats.
- Make sure you enter into the correct age group. Open to everyone to entry (city wide)
- No kits please! All entries must be original creations
- Entry forms are available on website - www.millicanogdencommunity.com
- Request by email to have entry form emailed to you at accountingmoca@shaw.ca
- Each entry entitles you to receive one free raffle ticket for the door prizes draw.
- All lego creations must be taken home Sat afternoon. We'd love to keep them on display but we do not have the room






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SI302998	2010 Sienna	CE	\$29,688
CO221731	2010 Corolla	S/SUNROOF	\$22,898

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