

SUBURBAN JOURNALS

FEBRUARY 2012

the **Hamptons**

**EVENTS AROUND
CALGARY**

**IDEAS
To Get
MOVING**

February Is HEART Month

 Suburban Journals
PUBLISHING
make an impression

To advertise in this space, call 403-880-1819



Hamptons Homeowners Association

403-208-0205

www.calgaryhamptons.com

Elected Officials

Alderman:

Gord Lowe

403-268-2430

gord.lowe@calgary.ca

MLA:

Len Webber

403-288-4453

Calgary.foothills@assembly.ab.ca

MP:

Diane Ablonczy

613-996-2756

calgary@ablonczy.com

Suburban Journals Publishing

Editor & Article Submissions:

editor@suburbanjournals.ca

Submission deadlines for this monthly publication are the 10th of the month, prior to the distribution month.

Advertising Sales:

Pam

403-880-1819

pam@suburbanjournals.ca

The ad booking deadline is the 14th of the month prior to the distribution month.

This publication is published 12 times a year by Suburban Journals Publishing and delivered to residents by Canada Post. This publication is also available for pickup from local retail outlets.

Please note: the information and opinions in this newsletter are subject to change, and do not necessarily represent the opinions of the publisher or editor. Content contained in this publication may not be reproduced without the written consent of Suburban Journals Publishing. The information herein is believed accurate but not warranted so. Any advertisements, home businesses, babysitters & nannies, or other parties listed in the The Hamptons Suburban Journal should not be interpreted as recommendations or endorsements by the editor or the publisher.



Our Schools

The Hamptons



Hello from The Hamptons School. The students have been so excited about all the learning opportunities coming up in February.

We are looking forward to the Hearing and Sound presentation for the Grade 3 students. The kindergarten students will be having a Medieval Feast with a special magician show to celebrate their learning. All of the students will work with a Yoga teacher to learn some basic techniques. This activity will promote our interest in building physical activity into our daily lives.

Our school is developing children intellectually, emotionally and physically to meet the Ends of the CBE of Academic Success, Personal Development, Citizenship and Character.

- Barbara Harvey
Principal

Queried in 2011?

Zeitgeist sorted billions of Google searches to capture the year's fastest-rising global queries:

1. Rebecca Black—the 13-year-old's music video goes viral.
2. Google+—Google's entry into social networking amassed more than 10 million users.
3. Ryan Dunn—known for daredevil stunts, lost his life in a car accident.

In Our City

Crowfoot Library

Programs for Children and Youth

- **Love you Forever:** Feb. 10, 10:30 am – 11:00 am Ages 2 – 5.
- **Drop-in Gaming for all Ages:** Feb. 16, 11:00 am – 12:30 p.m
- **Make-up for Teens:** Feb. 18, 2:00 pm – 3:00 pm
- **Manga and Comics Drawing Workshop for Teens:** Feb. 26, 1:00 pm – 2:00 pm Ages 13 – 17.



Programs for Adults

- **Law at Your Library; Small Claims Court:** Feb. 8, 7:00 pm – 8:30 pm
- **Coaching for Business Professionals:** Feb. 9, 6:30 pm – 8:30 pm

Visit www.calgarypubliclibrary.com for more information on these programs. Registration is required for all programs unless otherwise noted.



Suburban Journals
PUBLISHING

make an impression

- 26 community newsletters
- more than 81,000 homes
- over 215,000 residents
- Unlimited response

Suburban Journals publishes community newsletters for: Arbour Lake, Bearspaw, Citadel, Dalhousie, Evanston, The Hamptons, Hawkwood, Huntington Hills, Kincora, Ranchlands, Rocky Ridge, Royal Oak, Sage Hill, Scenic Acres, Sherwood, Silver Springs, Tuscany, Valley Ridge, Varsity in the NW; Cranston, McKenzie Lake, McKenzie Towne, New Brighton in the SE; and Aspen Woods / Wentworth, Signal Hills and Strathcona in the SW of Calgary.

For the best return on your advertising dollar, call Pam today at

403-880-1819 or email
Pam@SuburbanJournals.ca

www.SuburbanJournals.ca

In Our City

Calgary Connection

The Strengths in ADHD research study is recruiting children 8-11 years with or without ADHD to learn more about the strengths and supportive influences that can promote academic, social, and emotional success among these children. 1-2 visits to the University of Calgary. Free parking and refreshments, a \$25 gift certificate and a special toy! For info, contact 403-210-6726 or adhdkids@ucalgary.ca or visit www.ucalgary.ca/adhdkids.

Escorted Transportation Seeking Drivers: Calgary Seniors' Resource Society is looking for volunteer drivers to help seniors get to medical appointments. We provide Calgary seniors (65+, who may be frail, unable to access public transportation and

who cannot afford taxi service) a safe and reliable volunteer transportation option. Please contact 403-266-6200 or volunteer@calgaryseniors.org. Visit us online at www.calgaryseniors.org.

Pit Bulls for Life Dog Rescue: Save a life, adopt a rescue! All dogs are 100% human non-aggressive as they are pre-tested before they enter our system. For dates and locations of our adoption days at Petsmart, please check out our News and Events on our website www.pitbullsforlife.com.

The Calgary International Children's Festival is looking for volunteers aged 14+ from May 22-26. Visit www.calgarychildfest.org under 'Volunteer Opportunities' for positions.

Keep it Loose in Your Blue Cart

Calgarians are taking many steps to increase recycling and it's working. Recycling is up dramatically – more than 70 per cent since the Blue Cart program began in 2009. The City recycles close to 70,000 tonnes of recyclable materials every year – which means less material is going to landfills.

Another way you can keep our recycling up is by remembering to keep your recyclables loose and separate in the blue cart, not packed together in a garbage bag. Only shredded paper and plastic bags should be placed in a clear plastic bag and tied.

Items in your blue cart and community recycling depots go to a recycling sorting facility in Calgary where they are separated both by hand and with modern equipment. Every minute,

nearly 100 meters worth of recyclables pass by workers on the sorting lines. At this speed, workers cannot tell whether a garbage bag is filled with recyclables or garbage. If they open a bag filled with garbage or other harmful materials, it could injure them or contaminate all of the other recyclables on the sorting line. For their safety, garbage bags are not opened and go directly to the landfill.

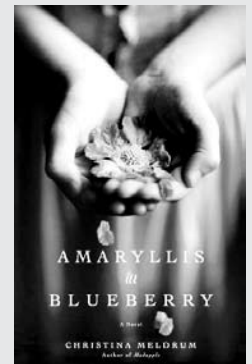
Make the most of your recycling and please remember to empty your clean, loose recyclables into your blue cart when putting it out for collection. If we all do our part we can protect the environment and help Calgary achieve our goal of 80 per cent diversion by 2020.

The City of Calgary Waste & Recycling Services

"Love Is Not What I Thought"

Amaryllis in Blueberry (Gallery Books) is a beautiful, haunting book by novelist Christina Meldrum. The book explores what love is or isn't from the perspective of Dick, Seena and the four daughters in the Slepys family.

The characters each face the truth about themselves and their realities as they try to define what love is in their lives. "The truth is the truth is the truth,



whether it makes sense to you or not," says one of the daughters. When the family goes to West Africa, they come to a crossroads in their relationships—and in their personal discoveries. Africa proves to be a harsh teacher.

This is a complex book that evokes Greek mythology and African rituals against a backdrop of Catholic religion and North American "family values."

The book club discussion notes and the interview with the author at the end of the novel provide useful insights. Well worth reading.

- Jean Andrews

Book of the Month

In Our City

Events In and Around Calgary

Tickets, admission or registration may be required for events. Event details are believed correct as of press time but may change at any time.

n00b: Feb. 3 – 4 & Feb. 10 – 11, Vertigo Mystery Theatre. A play inspired by a tragic true story. A n00b is an inexperienced or unskilled player in video games. www.vertigotheatre.com

Bliss Wedding Fair Extraordinaire: Feb. 5, Carriage House Inn. Showcasing Calgary's hottest hidden talents and bringing a fresh and modern twist to the table. www.blissweddingfair.ca

Calgary Boat & Sportsmen's Show: Feb. 9 – Feb. 12, BMO Centre. Outdoor enthusiasts will find all the latest boats, fishing gear, accessories and outdoor products at this event. www.calgaryboatandsportshow.ca

Alberta Dance Festival: Feb. 9 – 11, 16 – 18 & 23 – 25, Dancers' Studio West Theatre. A three week festival showcasing contemporary dance works by Alberta choreographers. www.dswlive.ca

Great Northern Concrete Toboggan Race: Feb. 11, Canada Olympic Park. A celebration of innovations and engineering spirit, bringing together some of the most talented and enthusiastic members of the engineering community. www.winsportcanada.ca

The Harlem Globetrotters: Feb 15, Scotiabank Saddledome. Watch the entertaining Harlem Globetrotters. www.harlemglobetrotters.com

Calgary's World of Wheels: Feb. 17 – 19, BMO Centre. Features all types of cars, trucks, motorcycles and related products and accessories. Special guest appearances are featured and TV celebrities will be in attendance. www.autorama.com

Reel Fun Film Festival: Feb. 20 – 26, Eau Claire Theatres. 7 days of international family films showcasing award winning feature presentations, thought provoking documentaries and animated films that will engage children of all ages. www.reelfunfilmfest.com

Calgary Mid-Winter Blues Festival: Feb. 20 – 25, various venues. A week long festival showcasing the blues by way of workshops, jams, dances and concerts. Beat the winter blahs by enjoying the blues! www.calgarybluesfest.com

Calgary Home & Garden Show: Feb. 23 – 26, BMO Centre. Find inspiration and solutions for home improvement projects and discover the coolest new home and garden products. www.calgaryhgs.com

Winefest: Feb. 24 – 25, Stampede Park. Features hundreds of international wines, port, champagne, and dessert wines from the world's most celebrated wine regions. www.celebratewinefest.com

Back Cast Fly Fishing Film Festival: Feb. 25, Mount Royal University. To benefit Western Sky Land Trust and their Bow and Beyond Initiative which

aims to conserve watershed lands along the nationally significant stretch of the Bow from Calgary to Siksika. www.westernskylandtrust.ca

Spruce Meadows February Classic: Feb. 25 – 26, Spruce Meadows. Watch as some of the best riders compete in show jumping tournaments. www.sprucemeadows.com

Annual \$100 Film Festival: Mar. 1 – 3, Plaza Theatre. A 3-day event which screens short films by local, national and international filmmakers. www.100dollarfilmfestival.org

A Sampling of Concerts

- **Matt Anderson:** Feb. 3, Banff Centre—Eric Harvie
- **Herman's Hermits:** Feb. 4, Century Casino
- **Benny Benassi & Sander Van Doorn:** Feb. 10, Big Four Building
- **Chicago:** Feb. 14, Jack Singer Concert Hall
- **Hedley:** Feb. 16, Enmax Centre
- **Deep Purple:** Feb. 19, Southern Alberta Jubilee
- **Linda Tillery & Cultural Heritage Choir:** Feb. 19, Banff Centre
- **Jann Arden with Guests:** Feb. 23, Southern Alberta Jubilee
- **The Stampeders:** Feb. 25, Deerfoot Inn & Casino
- **Eric Burdon & the Animals:** Mar. 3, Deerfoot Inn & Casino
- **Puscifer:** Mar. 11, Southern Alberta Jubilee
- **Lady Antebellum:** Mar. 16, Scotiabank Saddledome
- **April Wine:** Apr. 7, Deerfoot Inn & Casino



In Our City

Snow and Ice Safety

- Property owners are responsible for clearing all snow and ice from adjacent sidewalks within 24 hours of the snow being deposited.
- Remember that snow from a public sidewalk can be put onto the road or boulevard, but snow from private property cannot.
- All sidewalks must be cleared down to the bare concrete.
- With the freeze and thaw that can come from Calgary's chinooks, ice

can form quickly.

- For hard to remove ice, take a container to a fire hall or Roads depot for a sand and salt mixture.
- Keep extension cords and other obstructions off the sidewalk.
- Help to ensure everyone's safety this winter.



- Animal & Bylaw Services

New Cat Room

The Animal Services Centre is now home to a spacious new communal cat room! The purpose of this bright new expansion is to help promote healthy living by providing an enriching living environment for some of our longer term residents.

Besides the obvious advantages to our adoptable cats of increased exercise, comfort and social interaction, potential adopters benefit from seeing the cats interact with each other. Cats are much more able to showcase their true personalities and temperaments in this spacious environment. Potential adopters have a much better idea of how a pet might adjust to his new home after adoption. The communal cat room also allows for more natural meetings between adopters and potential new feline friends.

The room can house up to seven cats at one time. It includes a gorgeous, big tree for climbing and hiding in, couches and chairs for lounging on and even a TV that's programmed with captivating programs about birds and fish!

If you would like to see the adoptable cats in action in the new communal cat room, stop by the Animal Services Centre at 2201 Portland Street S.E. Hours of operation are Monday – Friday, 10:00 a.m. to 7:00 p.m. and Saturday – Sunday, 10:00 a.m. to 4:00 p.m.



- Animal & Bylaw Services

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack (*Any or all of these signs & symptoms may occur*)

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

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.

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

Reduce your risk

- Heart attack risk factors include:
- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

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

- Alberta Health Services

In Our City

Chatting with Joe

Happy Valentine's Day to You

The rose is red, the violets blue, the honey is sweet and so are you.

~Author unknown

A light heart lives long.

~Shakespeare

Never go to bed mad. Stay up and fight all night.

~Phyllis Diller



Though Valentine hearts and roses are red, retailers see the green money when it comes to

celebrating the holiday. For instance, in the U.S Valentine's week is rated number one in regard to chocolate and candy sales—\$345 million. Retailers expect to rack up \$650 million selling food, flowers and other Valentine's Day related goods. About 15 million electronic Valentines were sent in 2010. About one million Valentine's cards are exchanged each year.

Teachers receive most, followed by children, mothers, wives, then sweethearts. One old codger in an Edmonton post office was seen posting hundreds of Valentines signed, simply, "Guess Who." When asked the reason, he gleefully replied, "Well, I'm a divorce lawyer and it does wonders for business."

By the way Canadians in 2010 averaged \$92.30 on Valentine gifts. The 35- to 44-year-old age group spends most, followed by 18 to 24. We, 55 and older cheapskates, spend the least. Perhaps the blossom of love

has faded? By the way ladies, men spend twice as much as your dear hearts.

Sweetheart stories to enjoy: Seems this lovely married couple out hand in hand walking came upon this wishing well. The wife leaned over, made a wish and threw in a penny. The husband decided he too should make a wish and leaned over a little too far and fell into the well and drowned. The wife was stunned for a moment, but then she smiled. "It really works," were her words of condolence.

Another couple drove down a country road for several miles not saying a word. An earlier discussion had led to an argument and neither of them wanted to concede their position. As they passed a barnyard of mules, goats and pigs, the husband asked sarcastically, "Relatives of yours?" "Yep," the wife replied, "In laws...."

Carbury's closing comment: A bride on her second wedding does not wear a veil as she wants to see what she is getting. Where was Cupid this time around, I ask?

And another thing: Remember as a youngster you made all those ugly faces in the mirror? Well, comes middle age, the time when the mirror gets even.

Happy Trails...Don't believe everything you read...God Bless.

Joe Carbury. Joe is a member of the Alberta Sports Hall of Fame and the voice of Cochrane Toyota.



Your Health

Ideas to Get Moving

Starting and maintaining an exercise program can be difficult for anyone experiencing joint pain. If there were ever a reason not to be physically active, the short, cold days of winter would seem to be it. Like all barriers, though, this one can be overcome.

"Snow and ice should not prevent someone with arthritis from getting the exercise they need during a long winter season," says Jean McKellar, a physiotherapist with The Arthritis Society. "You can be as physically active indoors as outdoors. Try walking on a treadmill, in a community pool or through your local mall. Walking protects your joints by strengthening the muscles around them. Strong muscles and tissues support those joints that have been weakened and damaged by arthritis."

Still stumped for ideas? Consider any of the following:

- Take frequent "stretch" breaks at work to walk to the water cooler or washroom.
- Return e-mails in person by walking to your colleague's work area.
- Choose stairs instead of the elevator or escalator (if your knees don't bother you).
- View everyday chores (cleaning, laundry, taking out the garbage) as a chance to be more active.
- Stretch while watching TV.
- Clean your home. Vacuum vigorously. Wash windows and walls. Scrub floors. Clean closets. Conquer dirt and clutter—and work up a sweat. The reward of the workout will be reaped by enjoying a sparkling home.

- News Canada, www.arthritis.ca

Your Health

Cortisol—Calm the Chaos to Lose Belly Fat

Your body is created to handle stress. When you're in a stressful situation, your adrenals pump out the hormone cortisol. In small bursts, this hormone sparks the release of stored blood sugar and it revs up the heart rate and increases circulation, all in an effort to energize you to respond to whatever stressor is out there.

Trouble is, in our world, most stress is from bills, work, family pressures and the like and not the stress of yester year, like a predator chasing us down. These pressures rarely go away. This keeps the cortisol in constant supply in the blood stream and wrecks havoc on the system.

Studies show that chronic elevated cortisol levels can lead to a 50% increase in stored belly fat in as little as two weeks. As well, high blood pressure, suppressed immune function and impaired memory can also be added to the list of problems with overexposure to this hormone.

Over time, the high production of cortisol leaves the adrenals fatigued. This can lead you to feel fatigued, depressed and mentally foggy. The adrenals ability to create sufficient

levels of other hormones is reduced and your ability to deal with stress or anxiety is maxed out. This can lead to autoimmune disorders, type 2 diabetes and fibromyalgia.

What can you do?

In addition to managing stress more effectively, your diet is one thing that can off set fatigued adrenals. Vitamin C is especially important as it helps to control cortisol spikes. Sweet potatoes, bell peppers and all citrus fruits are rich sources and should be included in your daily diet.

Magnesium will do the same as Vitamin C by controlling the spike of cortisol. Spinach, beans and nuts are rich in magnesium.

Omega 3 fatty acids found in cold water fish and flaxseed are also good choices to prevent adrenal fatigue.

Other good food choices include zinc rich red meat which help the liver break down excess cortisol and even better news: dark chocolate! Choose 70% or more cacao to increase production of stress endorphins which reduce stress.



These foods can help restore the adrenals, increase your energy, increase mental focus and help you lose stubborn belly fat.

- *Shawna Kaminski*

"I like these cold, gray winter days. Days like these let you savour a bad mood."

Bill Watterson



Suburban Journals
PUBLISHING

make an impression

www.SuburbanJournals.ca

Food & Drink

Valentine Brunch Idea

Roasted Portobello Eggs Benedict

Roasted Portobello Mushrooms:

- 4 large portobello mushrooms, stemmed
- 2 tablespoons olive oil
- salt, dash

Hollandaise Sauce:

- 1/2 cup butter
- 3 egg yolks
- 2 tablespoons lemon juice
- 1/4 teaspoon salt, or to taste
- hot water, as needed
- 4 eggs
- 2 tbsp white vinegar
- chives, for garnish (optional)

Preheat oven to 400 degrees. Rub portobello mushroom caps with olive oil and sprinkle with salt. Spread on a baking sheet, cap side up, and roast 15–20 minutes, or until tender.

To make hollandaise sauce, melt butter in a small saucepan over low heat. Place egg yolks, lemon juice and salt in blender, and blend for a few seconds on high. Remove blender lid, and slowly pour in one third of the melted butter. Replace lid and blend for a few seconds on high. Remove lid and pour in another third of melted butter; blend. Repeat with final third of melted butter.

Return to saucepan and keep warm with element on the lowest heat setting. If hollandaise sauce is too thick, add some hot water, a



tablespoon at a time, while whisking constantly until desired consistency is reached. Taste and adjust lemon juice and salt as needed.

Fill a large saucepan (9-inch minimum) with 2–3 inches of water. Add vinegar. Bring to a simmer over medium heat; reduce heat to low. Crack eggs one at a time into a small dish, and gently slip them into the barely simmering water. Cover the pan and cook about 4 minutes, till whites are cooked but yolks are still runny (you can test this by gently touching them—they should jiggle). Remove eggs with a slotted spoon, and drain on paper towels.

To assemble, place one mushroom cap on each of 4 plates. Top with a poached egg, and a spoonful of hollandaise sauce. Garnish with chives, if desired. Serve immediately.

Serves 4.

- News Canada,
Jennifer Hill/Foodess.com

Marching to the Beet of a Healthy Drum

Fruits and vegetables are indeed packed with various nutrients, vitamins and natural sugars. “This food category doesn’t have it easy. For whatever reason, fruits and vegetables can be seen as something that we need to include rather than want to include in our diets,” says Carol Dombrow, Heart and Stroke Foundation registered dietitian.

Here are some of Carol’s favourites:

- Raspberries, strawberries, grapefruit, guava, green cabbage and oranges are loaded with Vitamin C, which is a factor in the development and maintenance of bones, cartilage, teeth and gums.
- Bananas, apples and apricots contain soluble fibre, which plays a role in lowering blood cholesterol and controlling blood sugars
- Cherries, passion fruit, broccoli, carrots and spinach contain iron, which helps with blood cell formation.
- Beets, asparagus, bananas and grapes contain potassium—important for proper nerve, muscle and blood cell function.
- Green lettuce, carrots, sweet red pepper, squash and sweet potato provide vitamin A, which aids in normal bone and tooth development, in the development and maintenance of night vision and in maintaining the health of the skin and membranes.

Download the free Health Check Recipe Helper app at www.heartandstroke.ca/mobileapps.

- News Canada, Marketa Stastna,
healthcheck.org

"The supreme happiness of life is the conviction that we are loved."

Victor Hugo