



Spring 2010

**Parent Link
Centres in Bighorn**

**Volunteer Tax
Program**

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Classes**

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Community Events

The M.D of Bighorn's Community Bulletin is produced three times a year to highlight programs and opportunities that are available to Bighorn residents and Community organizations.

National Volunteer Week April 18-25, 2010

Did You Know?

52% of Albertans volunteered an average of 172 hours per person.

48% began volunteering because they were asked.

25% of volunteers contributed 78% of all volunteer hours or more annually.

Thank a volunteer for all they do. If you volunteer, consider asking a friend or family member to join us.

Community Organization Volunteer Recognition Assistance

Because of the geographic size and diversity of our municipality, the MD of Bighorn has opted not to have a municipal volunteer celebration, and instead, would like to provide support to community organizations within the MD in celebrating their community volunteers. If you are planning a community wide event where it would be appropriate provide recognition to your volunteers, at anytime in the year, give Bighorn's community services department a call for details on this program.



Join us at Vitalize

Bighorn wants to send up to two volunteers to this amazing volunteer conference. Join hundreds of other volunteers from around the Province for two days of great workshops, resources and networking. See page three of this bulletin for details on how you can attend FREE OF CHARGE.

Exshaw Satellite Centre

The Parent Link Program is a free parent and child development program for children between the ages of 0-6. This free program provides both drop-in opportunities and organized workshops and programs.

Portable, Exshaw School

Parent Link continues every Monday afternoon from 1-3pm and Thursday mornings from 930-1130am.

All Bighorn residents are encouraged to come check it out. Program will move into a summer format at the end of June with details to come, including the popular Parent Link in the Park.

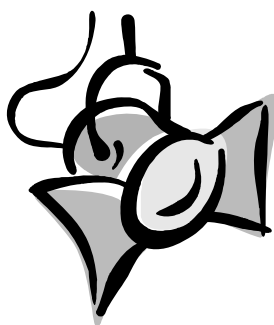
Beaupre Centre

Beaupre Community Hall

Hwy 40, 5 minutes north of Hwy 1A on the right handside.

Parent link program with a country twist. Come meet to play, learn and connect. Bring your imagination to ride stick horses, do some exciting crafts, listen to stories and sing. Everyone

welcome. FREE, no registration required. 10-11:30am every 2nd Thursday. Program will continue until the end of May and then break for the summer.

The logo for parentLINKcentre features the word "parentLINKcentre" in a bold, lowercase sans-serif font. The "LINK" part is in all caps and is underlined. The text is centered over a light gray circular background.

Spotlight on Family and Community Support Services (FCSS)

The MD of Bighorn partners with both the Town of Canmore and Town of Cochrane to ensure all our residents have access to the important programs and services that FCSS provides.

This is just a sample of things available, if you require any services, either contact the MD of Bighorn's Community Services Department or Cochrane FCSS at 403-851-2250 or Canmore FCSS at 403-609-3743.

It's Tax Season – Do You Need Some Help?

Volunteer Tax Program

There is no charge for this service which provides assistance in preparing simple returns for eligible seniors, persons with disabilities and individuals with an income under \$30,000 per year.

This service is available to MD residents in both Canmore and Cochrane.

In Cochrane phone FCSS at 403-851-1225 and in Canmore phone FCSS at 403-678-7129.

Upcoming

Seniors Week

Cochrane will be hosting an entertaining and thought provoking session at the RancheHouse on June 9th followed by the very popular annual senior's tea. The event is free of charge, but you MUST have a ticket and space is limited. Tickets will be available through FCSS in Cochrane in early May.

The MD of Bighorn will host a seniors event on Tuesday June 8th in Exshaw and we'd like to invite MD '*adults with experience*' to join us for a few hours of entertainment provided by the Exshaw School and some great refreshments. Please check out our website for details or give us a call.

Vitalize Program

Vitalize is a Provincial Volunteer Conference which annually attracts more than 1,500 participants who are involved in all aspects of volunteer organizations.

Between June 10-12th the Shaw Conference Centre in Edmonton will host the Vitalize Conference.

This one-of-a-kind conference provides for a unique professional development and training opportunity for those working or volunteering on behalf of non-profit organizations

It is important to support our community members who volunteer their time to support their community and enrich the lives of Bighorn residents. The MD of Bighorn is looking to send up to two volunteers who have never attended this conference before. Volunteers who have not attended in the last five years may also apply to attend.

We will cover the cost of your registration, provide your transportation in our municipal van, and cover your accommodations at a conference hotel (any other costs will be the responsibility of the participant). All you need to do is fill in the form below and submit it by fax, mail or email to the MD of Bighorn, attention Emily Smith, Community Services Coordinator by Friday April 16th. Up to two volunteers will be chosen randomly.

For information on the Vitalize conference, visit their website at: www.vitalizeconference.ca.

Vitalize 2010

Yes, I would like to attend the Vitalize Conference in Edmonton between June 10-12th.

Name: _____ Phone Number: _____

Address: _____

Email: _____

Volunteering that I'm currently involved in or how I would use the skills I will learn at the Vitalize Conference to benefit my community.

Programs in Exshaw This Spring

Zumba! Ditch the Workout, Join the Party!

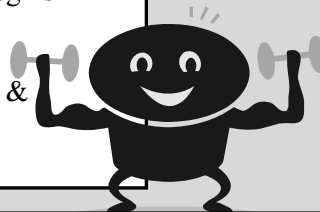
Zumba® is a Latin-inspired, dance-fitness party combining fast and slow rhythms with cardio and muscle-toning benefits. Dance to Merengue, Salsa, Cha Cha, Cumbia, Mambo, Reggaeton, Hip Hop and much more. Come join the fun! Dancers and non-dancers easily master Zumba®. Feel energized, feel relaxed, and love the body you are in. Shhh!!! It's "Exercise in Disguise". Athletic wear and shoes required.

49.50+ GST Exshaw Community Centre
6 Wed, Apr 14 - May 19 (Apr 21/May 19 begins
6:15pm)
6:30 - 7:30 pm
Instr: Sandra Corrado, Zumba ZIN Member &
Instructor

Boot Camp Kickboxing

Come join this high energy, easy-to-follow, challenging and fun fitness workout! Develop cardio, strength, tone and balance. This class will include a short muscle conditioning and core work component. Appropriate for beginners to advanced fitness enthusiasts. This is not a martial arts or combat class. Athletic wear and running shoes required.

49.50 + GST Exshaw Community Centre
6 Mon, Apr 12 – May 17
6:30 - 7:30 pm
Instr: Sandra Corrado, Can-Fit-Pro Group Fitness
Instructor & Personal Trainer



BONUS: Register for both Zumba and Kickboxing and pay only \$85, that's just over \$7 per class.

NEW! Interval Workout

This is a blend of cardio drills and muscle conditioning to maintain your heart rate throughout the program. Each week different muscle groups will be targeted. Core will be worked weekly. Appropriate for all levels.

\$33 + GST Exshaw Community Centre
4 Thurs Apr 22 - May 13
7:00 - 8:00 pm

Notice to Seniors

Do you receive any benefits from the Special Needs Assistance for Seniors Program?

Starting March 1, 2010, seniors receiving a benefit from the Special Needs Assistance for Seniors (SNA) program will receive their payment by direct deposit, if banking information has been entered on the Alberta Seniors Benefit (ASB) system. SNA benefits will be deposited into the same account the ASB benefit is deposited into.

If you are receiving a benefit, you will receive a letter by mail a day or two before the payment is deposited. The letter will explain the amount of any payment (or payments if the spouse is also receiving a payment) and what expenses were funded.

If you have any questions about your benefit, please call Alberta Seniors Benefits at 1800-642-3853.

Looking for more information on benefits available to Seniors? Contact the Community Services Department at the MD of Bighorn for assistance. We can help you determine what you might qualify for and prepare an application.

KidSport™

KidSport™ is a national non-profit organization dedicated to a very simple mission - to remove the financial barriers that prevent some young people from participating in sport. Local KidSport chapters identify needs in the community, raise funds and support programs that create new opportunities for young people to participate in organized sport. Since 1995 KidSport Alberta chapters have distributed more than \$5 million in funding assistance to provide sport opportunities to over 31,000 kids across more than 40 different sports. Currently there are 33 local KidSport chapters across Alberta, and three more set to launch in 2010, including Bow Valley.

How KidSport Can Help

Families living in the MD of Bighorn can apply to KidSport Bow Valley for assistance with sport registration fees. Application forms are available on the KidSport Alberta website- www.kidsport.ab.ca. Click on the chapter listing and select Bow Valley. You can also request an application form by contacting KidSport Bow Valley directly at kidsportbv@gmail.com or by calling toll free 1-877-636-5328.

Kidsport Alberta can provide assistance where a local chapter does not exist. For more information contact KidSport Alberta at 1-888-91-4kids.



Considering a Course at Bow Valley College?

Full fee waivers to specific courses now available for low income applicants.

Bow Valley College has been approved by **Bow Valley Learning Council** to offer **full fee waiver computer and accounting courses** to low income applicants. Eligible courses include: Computer Basics (introduction), keyboarding, Intro to Word & Excel, Intermediate Word & Excel, Financial accounting.

Applicants just need to fill out a simple form.

Give the Canmore Campus a call for more details: 403-678-3125

Get Connected

Are you a community organization looking for resources on managing your organization, insurance or risk management? Find a large number of resources on-line in risk management, insurance, etc. on the Imagine Canada website.

Imagine Canada is a national registered charity with offices in Toronto, Calgary and Ottawa that looks into and out for Canada's charities and nonprofits.

Imagine Canada delivers research that puts the sector on the map and raises its profile in the minds of Canadians. They work to shape policy and build support, encourage collaboration and engagement from businesses, government and individuals. And they deliver tools, resources and networking opportunities directly to nonprofits and charities to build and strengthen the sector, one organization at a time. Together, they contribute to social progress and vibrant communities.

<http://charitytax.imaginecanada.ca/>

It's Spring –

Looking for a place in Cochrane to get rid of those household chemicals?

The Cochrane Fire Department has a Hazardous Waste Shed available to the public during normal business hours, including Saturday and Sunday. We will take bulk paint, aerosols, chemicals, pesticides, propane tanks, vehicle batteries, etc. - only in quantities that are in keeping with normal household waste.

51 Station is located in Cochrane at 20 Grande Blvd just off Griffin Road across from Spray Lakes Sawmills.

Celebrate Earth Day with Exshaw School

Exshaw School will be celebrating Earth Day on Thursday April 22, 2010.
Morning Assembly – 11am
Community Clean-up – 1:30
Community members are welcome and encouraged to join them for either or both events.
Call the school for details: 403-673-356

Library Cards for Bighorn Residents

Through Bighorn's participation in the Marigold Library System, residents can get The Alberta Library (TAL) card that gives them access to a consortium of all types of libraries that helps to provide enhanced electronic and remote services.

- TAL card — allows borrowing from the collections of over 290 public, post-secondary and special libraries across Alberta, including Exshaw Library, Airdrie, Cochrane and Canmore.
- TAL Online — one catalogue providing listing of member libraries' collections
- Coordinates Ask A Question, a collaborative email virtual reference service
- Negotiates and administers licensing agreements for electronic resources (databases)
- Partners with CNIB to provide persons with print disabilities access to resources in alternative formats Programs

Library cards are available to Bighorn residents by calling Bighorn Library Services (Exshaw Library) at 403-673-3571. Cards are also available at Marigold member libraries mentioned above (though fees may apply at these libraries). You can also go on-line at www.marigold.ab.ca for more details.

Community Events

This space is provided as available to community organizations to support activities and events.

Heart Mountain GoGetters

A group of active adults with experience (seniors) in Exshaw that welcome all like individuals to their events.

Non-Exshaw residents very welcome. Upcoming activities: April 13th – 12:30. Membership is only \$10. For more information contact Ruthie at 403-673-3832.

Exshaw Community

Exshaw Community Spring Clean-up is coming on **Saturday May 8th**. Please join us at 9am at the Exshaw Community Hall, from there we'll spread out to the Parks, Trails and Recreation Grounds to give everything a good spring rake and cleanup. Lunch and door prize draws are back at the Community Hall at 1 pm for participants.

Fall Art Show and Craft Sale – If you are interested in helping plan and run this October Exshaw community event and displaying or selling at the event please contact: Jesse Sanderson; sandersonjessie@yahoo.ca, 403-673-3202. If we do not get enough community volunteers to help run the event it will be cancelled.

Lac des Arcs Community

The annual Lac des Arcs Spring Cleanup will be held on Saturday May 29th. Meet at the playground at 9am. Areas of focus will be the playground, dumpster areas, community trails and the hamlet roadside ditches.