

COMMUNITY BULLETIN



WINTER 2008

PARENT LINK CENTRES IN BIGHORN

COMMUNITY WELLNESS CLINIC

COMMUNITY BUSSING

FITNESS CLASS

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.

BIGHORN COMMUNITY SERVICES GRANT PROGRAM

The MD of Bighorn is pleased to announce that the following organizations will be receiving Community Service Grant Funding in 2008. We believe that it is important to support our community organizations and the volunteers that provide so much to all of us.

Do you belong to a local community organization in the MD of Bighorn that could benefit from some funding to help with a project? If so, The MD of Bighorn has a small grant program to assist.

The deadline for applying for 2009 funding is Friday September 26th, so give Emily Smith a call at 673-3611 or 233-7678 for more information.

Exshaw School Council	Ski and Swim Program	\$177
Bighorn Library Services	Operations	\$13,000
Water Valley Comm. Assoc.	Water Valley Days	\$500
Benchlands Comm. Assoc.	Community BBQ	\$850
Exshaw Comm. Assoc.	Sump Pump and Hoses	\$3,151
Exshaw Comm. Assoc.	Operations	\$5,610
Ghost/Waiparous Trails Assoc.	Trail Maintenance/Operations	\$705
Harvie Heights Comm. Assoc.	Operations	\$1,660
Lac des Arcs Comm. Assoc.	Community Bench	\$650
Canmore Canada Day Parade	Parade costs	\$1,500

BIGHORN FRIDGE MAGNETS

We've compiled some handy numbers and put them on a magnet that you can keep on your fridge. We hope you find this resource helpful.

Exshaw Satellite Centre

The Exshaw Satellite Centre

9:30-11:45am

Location: Portable, Exshaw School

New at the Exshaw Satellite Centre – there will be a public health nurse attending monthly to answer any questions that parents might have concerning children's growth and development.

This professional is a wonderful resource and can address topics such as eating, sleeping, immunizations, responding to illnesses and other concerns regarding keeping children healthy. Her next scheduled visit is March 27th and future scheduled visits will be posted at the site.

The logo for parentLINKcentre features the word "parent" in a lowercase, sans-serif font, followed by "LINK" in a bold, uppercase, sans-serif font, and "centre" in a lowercase, sans-serif font. The text is centered over a light gray circular background.

Beaupre Centre

The Beaupre Parent Link Centre is continuing to run the first and third Thursday of each month between 10:00-

11:30am. It is a drop-in program, come anytime between those hours. Come for 1/2 hour or stay for the whole morning.

There are always loads of activities and it's all free. This is a six-month pilot

project between the MD of Bighorn and the Western Rocky View Parent Link Centre.

We hope the parents and caregivers of young children in all the areas surrounding the Beaupre, Hall will continue to come out and meet their neighbours and other families. This is a fun play-based program with stories, songs and crafts.

UPCOMING PROGRAMS

DEVELOPMENTAL SCREENING AT THE BOW VALLEY PARENT LINK CANMORE SITE:

In partnership with the Davar Child Care Society, trained facilitators will be available to meet with parents and complete a developmental screen. Screenings have the benefit of raising awareness of what our children should be able to do at different stages.

This is a drop-in free service will take place on the third Thursday of each month and will be available to all parents in the valley that are registered with the BVPL.

NEXT PLAY GROUPS AT BEAUPRE:

March 6th & 20th

April 3rd & 17th

For more information please contact

Jane Donnelly at 851-2268 or

E-mail: jane.donnelly@cochrane.ca



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

Between June 12th and 14th the Shaw Conference Centre in Edmonton will host the Vitalize Conference and provide more than 50 sessions Motivate, Collaborate, Educate and Celebrate volunteers.

The MD of Bighorn would like to provide two Bighorn volunteers with an opportunity to attend this incredible conference at no charge. We will cover the cost of your registration, provide your transportation in our municipal van, and cover your accommodations at a conference hotel. 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 Monday March 24th. Two volunteers will be chosen randomly (preference will be given to participants who have not previously attended). For information on the Vitalize conference, visit their website at: www.vitalizeconference.ca.

Yes, I would like to attend the Vitalize 2008 Conference in Edmonton from June 12-14, 2008

Name _____

Phone _____

Email _____

Some of my volunteer experience...



COMMUNITY WELLNESS CLINIC

The Community Wellness Clinic in Exshaw continues the second Wednesday of each month from 1:30-3pm.

This clinic is open to all adults within the Calgary Health Region and will offer some of the following 'Health Surveillance' services, all free of charge and on a drop-in basis.

- Blood Pressure
- Pulse
- Blood Sugar
- O2 Saturation
- Medication Review with a Pharmacist

Foot care is also available at a charge of only \$10.00.

If you would like more information about the clinic, please give the Community Care Office a call in Canmore at 678-7200.

BANFF/CANMORE COMMUNITY BUSSING PROJECT

FCSS in Canmore and Banff have partnered with the Canadian Rockies Public Schools to provide bus service between Banff and Canmore for all seniors in our communities and for low income clients (under \$21,350) with an agency referral.

This program is available to Bighorn seniors. This is a free service but you must register and get tickets. For more information on schedules, conditions and tickets contact Canmore FCSS at 678-7129



Easter Egg Hunt

When: Saturday, March 22, 2008
Time : 10 30 am
Where: Exshaw Community Centre
Everyone is Welcome

BOOT CAMP KICKBOXING / LATIN CARDIO / YOGA-LATES

Enjoy the variety of 3 kinds of fitness classes on an alternating basis -- Boot Camp Kickboxing and Yoga-lates one week, and Latin Cardio and Yoga-lates the following week. Come join this high energy, easy-to-follow, yet challenging and fun workout! Develop cardio, strength, tone and balance while feeling peaceful and relaxed at the end of your workout. Appropriate for beginners to advanced fitness enthusiasts. Drop-ins are welcome once minimum numbers are met for \$9 per class.

\$60 + GST Exshaw Community Hall

8 Wed, April 2 - May 21

7:00-8:00 pm

Instr: Sandra Corrado, Can-Fit-Pro Group Fitness Instructor

Instructor Bio: Sandra Corrado is a long-time fitness enthusiast turned instructor. She is certified through Can-Fit-Pro as a Group Fitness Instructor and Personal Trainer. She also has certifications in Pilates and Yoga and has been teaching a broad range of fitness classes at a variety of clubs and fitness centres for three years. In addition to sharing her love of fitness with others, Sandra is a Human Resources Consultant and Trainer and a Reiki practitioner.

To register phone or drop-in to the MD of Bighorn office between 8:30am-4:30pm Monday to Friday. 673-3611