

M.D. of Bighorn

COMMUNITY BULLETIN



WINTER 2007

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VITALIZE 2007

***COMMUNITY WELLNESS
CLINIC***

COMMUNITY BUSSING

211 SERVICE

Community Events at Beaupre Hall

*There's loads of things going on at
Beaupre Hall, check it out.*

Stitch and B...

2nd Wednesday afternoon each
month. For more information
contact Helga at 932-5571

Water Colour Classes

Tuesday evenings, contact Mary-
Lou at 932-5709

Spring Flea Market

May 19

Spring Tea

June 9

Contact Connie at 851-1370

or email:

cshowell@arbutussoftware.com

BOW VALLEY

parentLINKcentre

Exshaw Satellite Opening

Thursday March 1, 2007

10-11:45am

Location: Portable, Exshaw School

Join us to discover the newest Parent Link site in the Bow Valley, located in the portable at the Exshaw School. This weekly program will provide great opportunities for you and your child (age 0-6) to engage in developmental activities, get information and meet other families. This program is drop-in and there is no fee to participate. We're just getting started, so come help us grow.

Bow Valley Parent Link is a parent resource program for parents and caregivers of children 0-6 years. The program offers drop-in play and circle time programming, parent workshops, a resource lending library, family support, and information and referral services. The program currently operates centres in Banff and Canmore and on March 1st, a weekly satellite program Exshaw.



VITALIZE 2007

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

On June 7, 8 and 9 2007, the Telus Convention Centre in Calgary will host the Vitalize Conference and providing more than 50 sessions on volunteerism.

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 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 WEDNESDAY MARCH 15, 2007. Two volunteers will be chosen randomly. For information, visit the Vitalize website at www.vitalizeconference.ca

Yes, I would like to attend the Vitalize 2007 Conference in Edmonton from June 7-9th

Name

Phone

Email

Some of my volunteer experience...



**ATTENTION YOUTH BETWEEN 13-20...
THERE IS A PLACE FOR YOU AT VITALIZE 2007 TOO.**

The Wild Rose Foundation has a program specifically geared to youth and mentors to foster volunteerism. This program will provide all the expenses, a special stream of workshops, special social activities, and more. If you would like more information, contact the Wild Rose Foundation at 780-422-2258 toll free by dialing 310-0000 or check out their website at www.cd.gov.ab.ca/wrf

ALL THINGS VOLUNTEER

NATIONAL VOLUNTEER WEEK 2007

April 15-21st

National Volunteer Week is a special time set aside each spring to honour the people who donate their time and energy to their fellow citizens. It is also meant to raise awareness of the vital contribution volunteers make to our communities and to the identity and values of our country.

Grant Available to Help You Celebrate Your Bighorn Volunteers

To help non-profit community organizations based in the MD of Bighorn celebrate their volunteers, preferably during this period, we have a small grant program available.

For more information on accessing this program, contact Emily Smith, Community Services Coordinator at emily.smith@mdbighorn.ca or call the Bighorn office.

CORPORATE VOLUNTEER AWARD OF EXCELLENCE

The Corporate Volunteer Award of Excellence is designed to recognize and celebrate Alberta corporations for their outstanding commitment and contribution to the communities in which they operate.

Six awards are presented each year (two for each category of small, medium and large business) at the Friday Evening Gala of the Vitalize Annual Provincial Voluntary Sector Conference.

NOMINATIONS

The Corporate Volunteer Awards of Excellence are open to any local, national or international business that promotes and encourages a culture of giving and volunteering among employees and is committed to corporate philanthropy and other forms of community support and investment within the province of Alberta.

For additional information or nomination forms contact Alberta Community Development at: www.cd.gov.ab.ca/wrf or (780) 415-8139

2007 MINISTER'S SENIORS SERVICE AWARDS

To honour individuals and organizations who display an exceptional commitment to the well-being of seniors. The Minister's Senior Service Awards are presented annually to Albertan's who volunteer their time to improve the quality of life for seniors.

Award recipients will be selected through a review of all nominations. Recipients will be honoured in a special ceremony in June 2007, when Alberta celebrates Seniors' Week.

Nomination forms or more information is available from:
Alberta Seniors and Community Supports at 1-800-642-3853
or on the web at www.seniors.gov.ab.ca

BANFF/CANMORE COMMUNITY BUSSING PROJECT

FCSS in Canmore and Banff have partnered with the Canadian Rockies

THE GREAT EASTER EGG HUNT

**Saturday April 7, 2007
10am-12noon**



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COMMUNITY WELLNESS CLINIC

The Community Wellness Clinic in Exshaw continues the second Wednesday of each month.

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.

211 FOR COCHRANE AND AREA

211 for Cochrane and area will support the existing information and referral work being done by the Cochrane Family & Community Support Services (FCSS) and other local service providers. 211 will fill the gaps by offering 24-hour service and an alternate choice to residents who may not feel comfortable calling locally for help.

To learn more about the 211 program visit www.211calgary.ca

