

Edmonton's Child

**THE
HEALTH &
WELLNESS
ISSUE**

**SLEEP-AWAY CAMP...
WHO'S READY?**

**WHEN LICE
MOVE IN**

**THE IMPORTANCE OF
PHYSICAL LITERACY**

**ALL-STAR
VEGGIES**

**INTRODUCING LUKAS &
THE TINY LIGHT FOUNDATION**



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THE HEALTH & WELLNESS ISSUE

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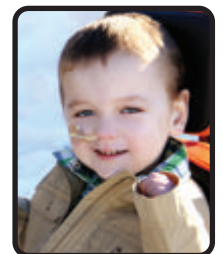
PUBLISHER Wendy Mueller
EDITOR-IN-CHIEF Kerri Leland
LOCAL ADVERTISING SALES
 Andrea Kopylech 780.288.0911
 Email andrea.gryphonsales@gmail.com
 Office 780.484.3360
NEW BUSINESS DEVELOPMENT AND DISTRIBUTION
 Christine Reeve gryphonadmin@telus.net
DESIGN/LAYOUT/ADVERTISING DESIGN Ardis Baldwin/Allykat Graphics
PRODUCTION Gryphon Publishing Inc.
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REACH US AT
Edmonton's Child
 Phone 780.484.3360
 Email info@edmontonschild.com
 Website www.EdmontonsChild.com
 Mailing Address:
 Suite 369, 9768 - 170 St., Edmonton, AB., T5T 5L4
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 EMAIL: info@edmontonschild.com
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Our Contributors

- | | |
|----------------------|--------------------|
| Dr. Tarek El-Bialy | Erin McCarty |
| Dr. Michael Hartnett | Gwen Randall-Young |
| Ladine Irving-Martin | Augusta Reinich |
| Dawn Ius | Louise Reinich |
| Gil Jouan | Brette Sember |
| Jay Kaytar | Iva Young |

Distribution

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COVER IMAGE
 Lukas, four years old.
 Photo by Billie Depatie from d4 Photography.

**NEXT ISSUE: May/June 2011:
 Summer Camps. Deadline for ad space is
 April 11, 2011. Distribution is scheduled to
 begin April 29, 2011.**

The Tiny Light Foundation:

Creating Forever Memories

The Tiny Light Foundation is a non-profit organization that provides professional photography for children and families facing a life-altering diagnosis. With the help of many photographers throughout Canada, they provide families with photos that they can share – ones that help carry the many memories.

In the midst of dealing with doctors appointments, specialist appointments, or just the daily life of medicines, rushing here and there for weights, check-up, and the many other things that families in these situations deal with in everyday life, photographs often become less of a priority both with time and finances.

Each photographer with The Tiny Light Foundation has somehow been touched by a family member or friend who has had to endure a life-altering experience, and they recognize the importance of special moments. By providing photography sessions free of charge, and a disk of edited photos ready for printing, these special moments become a priority – without the families needing to worry about it.

Because each child is different and special in his or her own way, each photographer is selected on a family-by-family basis. When dealing with a serious illness or life-altering disability, photographers at The Tiny Light Foundation understand that it sometimes takes much more patience and time than a normal in-house studio can provide. The photographers are willing to travel to the homes, hospitals and schools; their desire is to capture a moment in the day in the life of you and your child.

If you have a child or know of a child who would benefit from a professional photography session, please email info@thetinylight.com.

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meet
Lukas

Lukas has a large AVM, (Arterio Venous Malformation). This is a malformation of the arteries and veins in his brain, causing areas of the brain to not get enough oxygen and blood that it requires. It is causing his brain to die. Lukas suffers from seizures, debilitating headaches, and Cerebral Palsy - among other things - on a daily basis. Unfortunately, there are no treatment options for the little guy. His mom remains strong, though. "It is important to live every minute for the moment. We never know if Lukas will be well enough to get out of bed in the morning, or if he will make it through the day. When he goes to bed, we don't know if he will wake up. Everyday needs to be a fun day...everyday needs to be lived to the fullest."



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Letter from the editor: the editor:

Once heard a phrase that changed the way I think (or try to, most of the time): *Healthy is healthy*. Hmmmm. It's not a certain clothing size or number on the scale; it's whatever your state of being is when you're truly healthy – physically, emotionally and spiritually.

I think it's safe to say that most of us want true health for every member of our family, and that is why our March/April issue is dedicated to Health and Wellness. Inside you'll find a list of the top five veggies you should be seeing on your family's dinner table, and some great ways to teach your children physical literacy (a term that may be new to many

of us!), as well as many other terrific articles including one on what to do if lice suddenly start calling your house "home."

There's no way you could have picked up a copy of ECM without noticing our adorable cover boy, Lukas. Be sure to read his story along with our feature on The Tiny Light Foundation, the amazing group of photographers who dedicate their time and talents to capturing the cherished moments of little ones whose lives have been changed by a serious medical diagnosis. Lukas' story captured our hearts, and we are so excited to share the wonderful work of The

Tiny Light Foundation.

Don't forget that we are always updating www.edmontonschild.com with new and exciting family events, contests and articles, so be sure to check back often! And if you're looking for a way to stay connected with ECM on a daily basis, join us on Facebook and Twitter.

From the team at Gryphon Publishing, welcome to our March/April issue!

Kerri Leland • Editor-in-Chief
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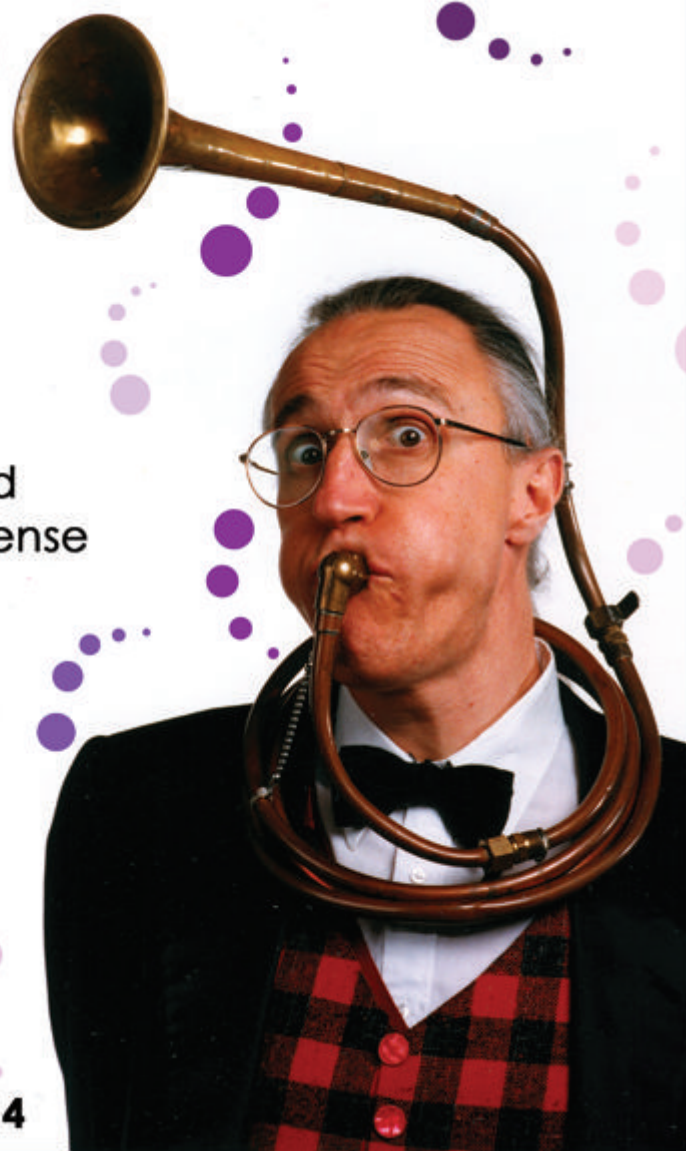
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uninvited guests:

When head lice move in!

By: Kerri Leland

Head lice. They're those tiny parasitic insects that can find an ideal home on our heads. Although they're not considered a serious medical problem, they sure can be annoying! The intense itching coupled with how easy they are to transmit makes battling lice a daunting task.

A louse begins its life as an egg, called a nit. Nits are most commonly found at the base of the hair shaft, usually on the nape of the neck or behind the ears. Nits take between five and 10 days to hatch and for the nymphs to begin feeding. Maturity doesn't happen for another seven or more days. Lice need a host to survive, but they can live for up to three days away from their host. They don't fly or hop, but they do crawl very quickly.

Head lice are often found in schools, day cares and camps, where children are in close contact with each other. Head lice can infest anything that comes into contact with the head, including hats, shirt collars, brushes, combs, scarves, bike helmets, headphones, toys and bedding. Although head lice are more common in girls, they are found on clean heads as well as dirty heads. The length of hair does not appear to increase the risk of infection. It's worth noting as well that head lice that live on people, can't live on pets.

WHAT TO LOOK FOR

Instead of waiting for a case of the itchies to appear in your household, a good idea is to do a preventative check.

Carefully examine your family's scalps, paying close attention for evidence of nits on the hair shafts, or small, red lesions (feeding sites for the nits). You may also find evidence of lice on other areas of the body or on clothing. It's important to note that itching may not begin until a week or two after the initial infection; in fact, some people never feel itchy at all. Keeping an eye out for signs of lice may help with early detection and treatment.

Adult lice are about the size of a sesame seed, but finding a louse or a nit is a bit tricky, especially on blonde hair. In a well-lit area, start by using a fine-tooth comb and inspect behind the ears, close to the scalp at the back of the neck, and on the top of the head. You'll be looking for tiny white eggs or gray hatched ones, usually close to the scalp and firmly attached to the hair shaft. Another sign to look for is tiny brown flecks – the louse excrement. Usually, children have no more than 10 to 20 live lice.

HOW TO TREAT HEAD LICE

If your child is in school, daycare, or camp, it's important to report your child's lice to someone in charge. Although you may be concerned about your child's embarrassment, it's far more important to control the spread of head lice.

Thankfully, there are treatments for head lice, including shampoos, lotions and rinses – both as pesticides and non-pesticides. It's important to follow the directions on the

products; a pharmacist will be able to help you with complete directions on how to use the product you've chosen, and will have recommendations for treatment based on the age of the person. This is the step that will get rid of the existing adult lice.

The next step is to use tweezers or a fine comb to remove all of the remaining nits. It's an arduous process, but if you don't get all of the nits, you'll be stuck with a fresh batch of adults in a few days.

It's important to treat all affected family members at the same time as the infected person, and everyone must be rechecked once a week for a few weeks to ensure that all lice have been removed.

Because head lice don't live long off of the scalp, there isn't much need for extra cleaning. However, you will want to be sure to get rid of the lice or nits from hats and pillowcases by washing them in hot water, and drying them in a hot dryer for at least 15 minutes. For items that can't be put in a washing machine and/or dryer, store them in an airtight plastic bag for two weeks.

For more information about head lice infestations, including diagnosis, treatment, and the role of health care providers, visit The Canadian Paediatric Society at www.cps.ca.

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INVISALIGN:

Straightening out the facts for your teen

By: Dr. Tarek El-Bialy

In the recent years, Invisalign orthodontic treatment has been very popular, especially the Invisalign teen treatment. Invisalign treatment involves construction of individual plastic trays that fit the individual teeth, and that moves them at increments of about a quarter of millimeter per set of trays. Individual have to wear these plastic trays 23 hours per day in order to achieve the pre-programmed tooth movement.

Originally, this technique was proposed for limited tooth movement, like slight teeth crowding, or to close some spaces between teeth. However, in recent years, Invisalign experts have shown that more difficult cases can now be treated with this technique. Cases like under-bite due to tooth misalignment, open bite (space between some opposing teeth while the rest of the teeth are biting together) or even cases where the jaws are not well aligned front-to-back can now be treated using Invisalign by certified orthodontists who have special training in handling such cases. In some cases, Invisalign can also be used instead of regular braces to straighten teeth in preparation for jaw surgery.

The big challenge with Invisalign treatment is the commitment of the patient and the compliance with wearing the plastic trays as well as rubber bands when instructed by the orthodontists. Without patient compliance, effective

treatment with Invisalign can be compromised. Teens should be aware that although it is cool to use this clear, more comfortable treatment technique, the treatment outcome can be significantly compromised if they don't follow their orthodontist's instructions.

Dr. Tarek El-Bialy is a certified orthodontist at Face Enhancing Orthodontics. You can reach his office at (780)438-3223 or by visiting www.faceenhancingorthodontics.com.

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Jump, Twist, Swim:

HELP YOUR CHILD BECOME PHYSICALLY LITERATE

By: Erin McCarty

Spring is on its way, and Mother Nature is inviting you and your kids to go outside and play. Just as you would spend time reading *Charlotte's Web* or *Stuart Little* with your child, it's equally important to foster physical literacy in his or her life.

What is Physical Literacy? Canadian Sport for Life (CS4L) defines this concept as "the development of fundamental movement skills and fundamental sports skills that permit a child to move confidently and with control, in a wide range of physical activity, rhythmic (dance) and sport situations."

The term also includes the ability for the participant to "read" what is going on around them in an activity setting and react appropriately to those events. For full physical literacy, CS4L's model finds children should learn fundamental movement skills and fundamental sport skills in each of the four basic environments:

- On the ground – as the basis for most games, sports, dance and physical activities
- In the water – as the basis for all aquatic activities
- On snow and ice – as the basis for all winter sliding activities
- In the air – basis for gymnastics, diving and other aerial activities

The Lifesaving Society embraces these concepts in aquatic programs and encourages the development in a wide variety of activities. Swimming is a life skill that every child should learn; one that develops everlasting habits for healthy and active living. Having basic swim skills and the confidence to do more opens a world of aquatic fun to every child and gives them more ways to be active and fit.

The facts

New guidelines released in January by the Canadian Society for Exercise Physiology (CSEP) suggest that children should engage in one hour of exercise per day, and adults for about two and a half hours each week, though CSEP recommends this as the minimal target for physical activity. A study from Statistics Canada found that only 15 per cent of adults and seven per cent of children were meeting these guidelines. Is your child one of the seven per cent?

PLAY: An Essential Active Start

For children from birth to six years of age, importance is placed on learning basic body movements and linking them together into play. Choosing fun activities helps children

enjoy being active. Encouraging kids to explore movement and use their imagination builds confidence, increases motor function, and improves coordination.

The "Active Start" stage involves learning proper movement skills such as running, jumping, twisting, kicking, throwing and catching. All of which can be done in the water, in programs like the Swim for Life Parent & Tot or Preschool Programs. This is the time when children acquire essential building blocks for future activity.

FUNDamentals for children over six years

As children move into the "FUNDamentals" stage (ages six to nine for boys and six to eight for girls), the objective is to learn fundamental movement skills and focus on building overall motor skills. These activities are more structured, and include strength training exercises, practice, and mastering basic skills before individual sport-specific skills are introduced. It also aims to introduce children to the simple rules and ethics of sports. Learn to swim programs such as the Lifesaving Society's Swim for Life program start children into a lifetime of fitness & good health.

Fit for LIFE

Physical and Health Education Canada (PHE Canada) emphasises physical literacy as a means to promote physical activity and the importance that the child understands the importance and the benefits of regular exercise and play.

PHE Canada states that you will know that your child is physically literate when s/he:

- is motivated and able to understand different forms of movement
- can demonstrate a variety of movements in a competent, creative and strategic manner across a wide range of health-related physical activities
- is able to make healthy, active choices that are both beneficial to and respectful of their whole self, others, and their environment

Help your child put his or her best foot forward by encouraging regular participation. Have fun, and try something new.

For more tips and information regarding physical literacy, please visit www.lifesaving.org, as well as www.canadiansportforlife.ca and www.phecanada.ca.



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health and wellness

The Lifesaving Society, Canada's lifeguarding experts, is a national charity working to prevent drowning and water-related injury. They save lives and prevent injury through their training programs, Water Smart® public education, water incident research, aquatic safety management, and lifesaving sport. For more information about the Lifesaving Society, visit www.lifesaving.org.

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THE TOP 5

Vegetables to Feed Your Family

By: Iva Young

We all know we need to eat our veggies, especially with the new wave of processed food companies touting how their sauces and canned pastas now contain a full day's allotment of vegetables -- that's just a bit deceiving.

It's a tricky definition of terms. It's really not as healthy to eat processed foods to begin with, but for them to say that using vegetables as fillers somehow makes processed foods healthy is disingenuous, at best. It's like saying 'don't pay attention to all the chemicals, dyes and sodium we put in the can -- there's vegetables in there, too, so that makes it all okay!'

We need to eat actual vegetables if we want to have a healthy diet, and there are five key veggies that top the list as the healthiest. They include:

- **SPINACH** -- Popeye was right. Spinach is an excellent source of Vitamin K, Vitamin A, manganese, folate, magnesium, iron, Vitamin C, Vitamin B2, calcium, potassium and Vitamin B6. It's also a good source of fiber, copper, protein, phosphorous, zinc, Vitamin E, omega 3 fatty acids, niacin and anti-oxidants.

- **LETTUCE** (greenleaf, red leaf, romaine) -- Lettuce is a low calorie fiber food that is also a great place to find Vitamin A, folic acid, lactucarium (which helps enhance calmness and pain relief), as well as the antioxidants lutein and zeaxanthin. Lettuce also contains a good amount of anti-cancer properties.

- **BROCCOLI** -- Besides having great flavor and texture, Broccoli contains copious amounts of Vitamin A, Vitamin C, beta carotene and Vitamin K. The minerals in broccoli include calcium, potassium, iron and folate. A great source of fiber, broccoli also provides lots of bioflavonoids, which is an antioxidant that helps protect against cancer and heart disease.

- **BRUSSELS SPROUTS** -- A staple in the diets of Asian cultures, who are among the longest lived people in the world, the crunchy garnish contains lots of potassium, Vitamin C, Vitamin A, beta carotene and Vitamin K. This is another great anti-cancer vegetable.

- **CABBAGE** -- Although best known as the partner of corned beef on St. Patrick's Day, cabbage is a great low calorie food that contains a good amount of fiber, calcium and Vitamin C. Cabbage is incredibly packed with substantial anti-cancer agents.

When picking vegetables, fresh and frozen vegetables are better than canned vegetables, because they have less added salt. If you have to buy canned vegetables, drain the water they are packed in before preparing them to remove a good amount of the added sodium, or simply buy those veggies labeled as having low sodium.



Broccoli, cabbage and Brussels sprouts also contain glucosinolates, which are known for their chemoprotective agents against chemically-induced carcinogens by blocking the initiation of tumors in the liver, colon, breasts and pancreas. These anti-cancer compounds are released more effectively when you chop those vegetables before serving, and serving them raw increases the anti-cancer benefits even more.

Vitamin numbers go up when vegetables are cooked, but the anti-cancer compounds go down. Steaming or roasting on a pan for no more than seven minutes has proven to be a good way to keep the anti-cancer compounds and make it more edible.

Iva Young was born in Munich, Germany, and her family moved to Toronto, Canada, when she was two years old. Her parents grew up in Croatia, so she grew up eating traditional high-fat Croatian and German meals. That upbringing helped spark her passion for nutrition and natural health. She holds a Bachelor of Arts degree with an emphasis in Kinesiology and Health Promotion.



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The Magic of Touch

By: Ladine Irving - Martin

Is there anything better than lying down at the end of a long day and feeling someone gently rubbing the knots out of your sore shoulders? Or that first relaxing sensation of a massage therapist smoothing warm oil over your aching body? Or the feeling of your little one's tiny hand in yours? Or a hand on the small of your back with a welcome kiss hello?

Touch for Mamas

It is the one sense humans cannot live without. We can have visual or hearing impairment, or be deprived of taste or smell, but we cannot survive without human touch. The human brain is programmed to thrive and grow with human touch. Without it, we have a society filled with aggression and violence. We have babies that do not grow or thrive. We have children who do not understand empathy or kindness. We have adults who are isolated and lonely. It just doesn't work.

Dr. Tiffany Field has studied the benefits of touch for many years. She believes that the western world has marginalized and minimized the importance of touch. Touch, specifically massage, can reduce pain, anxiety and depression. It promotes a healthier immune system and healing. It's so simple and yet its importance is completely underrated.

Did you know that massage actually causes changes in your brain? According to Dr. Field, the benefits of touch seem to stem largely from its ability to reduce levels of cortisol, a stress hormone manufactured by the adrenal glands. Your heart rate and breathing actually slow down due to an increase in dopamine and serotonin, and you get

that blissful feeling of complete and utter relaxation. There's another added benefit: in one of Dr. Field's studies, she found that adults were able to complete math problems in less time and with less errors following a massage.

Guess what else! Massage is just as good for the "giver" as it is for the "receiver." Breast feeding moms get the same hormone rush while giving their baby a massage as they do while feeding. In another study with Dr. Field, seniors were taught to massage babies. The seniors experienced improved mood with less anxiety or depression, decreased levels of stress hormones, more social contacts and fewer doctor visits.

Touch for Babies

"Being touched and caressed, being massaged is food for the infant. Food as necessary as minerals, vitamins and proteins." ~ Dr. Frederick Leboyer

Skin to skin contact with your new baby is the key signal for both mom and baby to begin their lives together. It signals the mother's body to produce milk and the baby to latch and suck. "If the baby isn't skin to skin, it's like being in a long distance relationship...it's no help to a newborn to hear 'I love you' from across the room," says Dr Nils Bergman. Massage is another way to convey love to your baby. Sure, it helps with gas, teething pain, and stress, but even better, it just feels good to massage those chubby little legs and that pudgy tummy. Plus, the babies get the benefit of being able to handle stressful situations (like going to get groceries or even just being put in the car seat) with less crying.



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health and wellness

Here's another interesting factoid for those of you with older kids. Have you ever noticed that when you are sitting far away from your child and you're asking them not to pick their nose or bug their brother or whatever... that it takes a LONG time for them to listen (if they even do)? Guess what? Up until the age of 12, kids learn primarily by touch! So next time your six year old is looking at you like you're speaking another language when you ask her to please pick up her socks, go over, put your hand on her shoulder and ask while touching her. I bet she'll do it. It's been said that if praise is only verbal, your child will take in 15 per cent of what you say. If it is connected with touch, they will take in 85 per cent. It's definitely something to think about!

Touch in one of those things that definitely comes more naturally to some more than others. Believe it or not, I have never been a "touchy" person. It was something I had to relearn as an adult. Everyone can make a conscious effort to bring more touch into their daily lives.

Ladine has been a massage therapist for over 13 years. She has four kids and is the owner of Trimesters Maternity Massage. She would love to teach you how to massage your baby. Contact her at www.trimestersmassage.com for more information. For some fascinating information on touch, read Touch or The Amazing Infant by Tiffany Field, PhD.

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PART OF THE FAMILY:

When a Pet Has Cancer

By: Augusta Reinich and Louise Reinich

If someone in your family got cancer, it would be devastating. And if that family member was covered in fur and got cancer, it would still be devastating. Twenty years ago, a cancer diagnosis for your pet was a certain death sentence. Technology has come a long way since then, and today there are amazing advances that have been made in the field of veterinary medicine. With early diagnosis and the right treatment, you can often buy your four-legged loved ones additional months, if not years, of high quality life. But “buy” is the magic word, as both diagnosis and treatment are expensive.

The Animal Cancer Therapy Subsidization Society is a not-for-profit society dedicated to bringing affordable modern veterinary cancer treatment to veterinary cancer patients. Through their programs, they provide subsidies to dedicated pet owners, as well as educate animal owners and veterinarians on the availability, use, and benefits of advanced veterinary cancer therapies.

“My vision is that every Albertan is aware that they have options if their pet is diagnosed with cancer,” says ACTSS director Dr. Jennifer Stelfox. “Finances should not dictate who gets to survive and who does not,” she continues.

Dr. Stelfox strongly urges owners to purchase pet insurance. Beyond providing financial support for other ailments, pet insurance will also help cover the cost of diagnosis if your pet does have cancer. ACTSS helps cover the cost of treatment once an animal is diagnosed, meaning that the financial responsibility of diagnosing the animal is left to the owner. A diagnosis alone can cost between \$2,000 and \$4,000. Although many owners don't realize it, particularly if they are a first time owner, treatment of disease often becomes a matter of saving a member of your family, not simply replacing a pet.

“Yearly veterinarian visits are important,” says Dr. Stelfox. A yearly vet visit can make the difference when it comes to early diagnosis. It also ensures that the general health of your pet is being examined regularly, and that vaccinations are performed when required. Dr. Stelfox encourages pet owners to also watch for the early warning signs of cancer, which include:

1. Abnormal swellings that persist or continue to grow
2. Sores that do not heal
3. Weight loss
4. Bleeding or discharge from any body opening
5. Hesitation to exercise or loss of stamina
6. Offensive odour
7. Difficulty eating or swallowing
8. Persistent lameness or stiffness
9. Difficulty breathing, urinating, or defecating
10. Loss of appetite

ACTSS has many beautiful stories of pets saved, but one particularly stands out in Dr. Stelfox's heart and mind: A single mother with a young daughter made the heart-wrenching decision to have their 10-year-old Sheltie euthanized after receiving news that the dog had colon cancer that would soon be fatal if not treated. She struggled with this decision, bearing the guilt she felt over the situation, but seeing no other option financially. She learned about ACTSS and what their organization does, and decided to apply as a last ditch effort. She received subsidy, got their beloved Sheltie into treatment, and she and her daughter enjoyed another seven years of moments and memories. It was the difference between losing a pet and having a best friend for her daughter throughout her childhood.



For more information about various pet rescues and breeders, to learn more about a specific breed or individual animal, or for products and services for your cherished furry, scaly, or feathery family member, be sure to check out the next Edmonton Pet Expo happening on January 21 and 22, 2012. For more information about the show, visit www.EdmontonShows.com.

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Q & A with the Expert

Financial Expert • Gil Jouan

We had our second child a year ago and I am officially a Stay at Home Mom. This is the first time since being a teenager that I have not had an income. What tips can you suggest to make our dollar stretch farther?

Congrats on wanting to stay home with your children, they will love you for it! To stretch your dollar, you will need to seriously prioritize your needs versus your wants. Determine what is truly important today (short-term) and how to plan for your future (long-term) needs. It's finding a balance between debt reduction, living life and planning for tomorrow. Remember: Talk with your spouse - determine what is important to you BOTH...you need to be on the same page. There is no easy answer, it is a process you will develop over time, but here are a few pointers to get you started.

■ **Short-Term:**

Determine your actual take home monthly income, and your spending needs (mortgage, utilities, auto expenses, loan payments, property taxes, good, personal needs, family life-style, etc.) Now, subtract the "must haves" from your take home pay. This needs to be a positive number. You may need to monitor your spending habits for 30 days, tracking all

spending to see where your money is going today. Is that café-latte that important? Is that new big screen TV or gaming system really needed?

Plan for vacations, entertainment, spas, toys, savings, giving, sports, etc. Determine the costs and how much to set aside each month to cover those costs, rather using a credit card.

■ **Long-Term:**

Figure out how you're going to fund your child's education. Is it through RESPs, grandparents? And how will you save for retirement? What income will you need? How can you reduce your mortgage? Do you have an emergency fund? A key is also using your credit cards if you have the money to pay them off.

As parents, you are the most important people to your children. Pay yourself first. Determine how to set aside a minimum of 10 per cent of your gross salary (before deductions) to a savings program. If something happens to you, how will your kids continue on with their lives? Create a Will & Plan for the worst, but expect the best! Get advice from a professional advisor who you respect, trust and feel comfortable working with. Write down an action plan and get started now. Take the time for each other to revisit that plan each month and adjust as required. Enjoy the journey of your life. Difficult times happen, all you have to do is plan for it and the bumps become a whole lot smoother.

Gilbert Jouan is an Independent Financial Advisor who works with a team of professionals at Nobrega Financial. They strive to help educate their clients on solid long-term planning principles so individuals may enjoy their life's journey with a feeling of peace of mind about their financial future. If you have questions or wish to discuss how to get started with your plan, call Gil at 780-945-2895 to book a no obligation free session.

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By: Jay Kaytar

Stepping Forward!

Valuable Planning for Returning to Work

An interview is a face to face meeting for the purposes of consultation...a discussion between two or more people for one reason or another. This is a very important step in the back-to-work process. The interview will determine if you are offered the position. Most organizations, companies and employers use these interviews to help them choose the best candidates for the job. Being called in for an interview is positive and exciting – it means that the employer is showing in interest, and the company is giving you the chance to sell yourself and prove that you may be the best candidate for the position.

It is so important to be prepared, organized and confident before going into the interview. Learn as much as you can about the company you are applying for. Knowing this information shows that you are motivated and interested in the company. The best ways of getting to know the company and doing your homework is to study the company website, by viewing the company's vision statements and goals, the "about us" section, recent news releases and product/service listings and catalogs. If you can't find the information online, it is appropriate to call or visit the company and ask for the latest brochures and other publications. You can also ask to speak with someone in the human resources office to obtain a copy of the position job description.

Preparing for a job interview is similar to studying for an exam. You need to be prepared and ready for any question to be asked. Be sure that you have an understanding of what the position requires by reviewing the job posting, do an information interview with someone from the company and speak with someone who does similar work. The interviewer wants to know that you have the skills, knowledge and experience that are required to fill the vacancy. Practicing what you are going to say and how you are going to say it will prepare you for the interview and help build confidence and clear communication. Make a list of key points about what you would like the interviewer to know about you, instead of memorizing questions and answers.

Also, ensure that you ask relevant questions during the interview, but don't ask questions about salary, vacation or other benefits until after you receive a job offer. A few key rules of being interviewed are:

- Always be positive about previous jobs: A potential employer won't be impressed to hear about how you disliked your previous employer or how you and your supervisor always were in conflict. Even if you encountered negative experiences at your previous employment, if you really think hard, you will come up with some positive outcomes.

- Be enthusiastic and motivated: Nothing attracts people like enthusiasm – it will be at a great advantage, even before the interview starts. The potential employer will notice and take note.

- Focus on your strengths without forgetting about your weaknesses: The only information the interviewer knows about you is what is on your resume and what you say in the interview. So, first impressions are key. What you say about yourself dictates the impression the interviewer will have about your skills, experiences and personality. Be realistic. We all have weaknesses, but having weaknesses opens up opportunities to learn and change. Never tell an interviewer that you don't have any weaknesses – that is not what they want to hear. Talk about your weaknesses, but focus on what steps you have taken to overcome and eliminate your downfalls.

Being successful in an interview can be stressful but rewarding. Remember the three Ps of successful interviewing – Prepare, Practice and Participate. People feel anxious about a job interview and certainly relieved when it is done. You can be positive and confident, even if you're nervous and stressed. Pretending to be confident, even when you are not can actually still have a positive effect on both yourself and the interviewer.

Alberta Employment & Immigration offers free workshops for Albertans needing assistance with interview techniques. In Edmonton & area, contact BGS Career & Corporate Development to register in a one day Interview Workshop by calling 780-425-6655. Or drop by one of the Labour Market Information Centres, speak with a Career & Employment Consultant and access a wide selection of interview publications, tip sheets and tools.

You may be able to reduce your feelings of anxiety and stress by realizing that an interview is a simple meeting between two equal parties with the end goal of sharing information. Using the three Ps will help you prepare for interviews and help you feel more confident and professional. Stay confident and positive and don't forget that every positive interview moves you that much closer to the interview that will land you that job!

Jay Kaytar is a Career & Employment Consultant with Alberta Employment & Immigration. He has years of experience providing employment resources and career counselling to Albertans with helping them get back to work.

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For more information on interviews visit one of our Alberta Employment and Immigration Edmonton Labour Market Information Centres between the hours of 8:15 am and – 4:30 pm, Monday to Friday.

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Get It Together: muffin pan, cooking spray, large bowl, dry measures, measuring spoons, mixing spoon, sharp knife, cutting board, small bowl, fork, can opener, strainer, oven mitts, wooden toothpick, wire rack

- | | | |
|--|------------|--------|
| 1. All-purpose flour | 1 1/2 cups | 375 mL |
| Quick-cooking rolled oats | 1/2 cup | 125 mL |
| Brown sugar, packed | 1/4 cup | 60 mL |
| Baking soda | 1 tsp. | 5 mL |
| Ground cinnamon | 1/2 tsp. | 2 mL |
| Salt, sprinkle | | |
| | | |
| 2. Chopped dried apple | 1 cup | 250 mL |
| Chopped dried apricot | 1 cup | 250 mL |
| | | |
| 3. Large egg | 1 | 1 |
| Can of crushed pineapple, well drained | 14 oz. | 398 mL |
| Unsweetened applesauce | 1 cup | 250 mL |
| Cooking oil | 1/4 cup | 60 mL |

1. Place the oven rack in the centre position. Turn the oven on to 375°F (190°C). Grease the muffin cups with the cooking spray. Set aside. Put the first 6 ingredients into the large bowl. Stir well.

2. Add the apple and apricot. Stir until coated. Dig a hole in the centre of the flour mixture with the mixing spoon.

3. Break the egg into the small bowl. Beat the egg a little with the fork. Add the remaining 3 ingredients. Stir until well mixed. Pour into the hole in the flour mixture. Stir just until the flour mixture is moistened. Fill the muffin cups to the top with the batter. Bake for 20 to 25 minutes until golden and the toothpick inserted straight down into the centre of a muffin comes out clean. Remove the pan to the wire rack. Let stand for 5 minutes. Turn the oven off. Transfer the muffins from the pan to the wire rack to cool. Makes 12 muffins.

1 muffin: 208 Calories; 5.8 g Total Fat (3.1 g Mono, 1.7 g Poly, 0.6 g Sat); 18 mg Cholesterol; 37 g Carbohydrate; 3 g Fiber; 3 g Protein; 123 mg Sodium

TIP: It's always a good idea to check your baking for doneness at the earlier time given in a recipe, because you don't want your baking to dry out. If there's still wet batter on your toothpick, bake for another 5 minutes and test again with another pick.

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YOU FED HIM WHAT?

SPECIAL DIETS AND CO-PARENTING SOLUTIONS

By: Brette Sember

If you're one of the many parents raising a child with a food allergy or special diet needs, the thought of sending your child off with your ex-husband or wife may make your stomach clench with worry. Here are some steps to help ensure that your child's needs are met while with the other parent.

Educate

The very first step is to educate the other parent. Ask him or her to come to a doctor or nutritionist appointment. The most important thing you can do is to have a professional stress the importance of the diet and lay out all the dos and don'ts. You might be able to tell the parent everything he or she needs to know, but it's going to carry more weight coming from a professional in a position of authority. It's very important that the medical professional tell the other parent what the consequences are of NOT following the prescribed diet.

Reinforce

Provide the other parent with a clearly written sheet of dos and don'ts. For example, if your child is a celiac, you could print out a list from the internet detailing surprising foods that often have hidden gluten. A list of no-no foods is very helpful, but also make a list of foods, brands, and products that are safe for your child to eat. Remind the other parent that he or she must be vigilant when eating at restaurants or at other people's homes with your child. Explain how to ask – and what to ask – about food that is

being offered to your child. Give suggestions about what alternatives to offer your child when he wants something he can't have. In the beginning, it may even be necessary for you to pack a bag with some food items to be certain that he has some products available.

Follow Up

In many cases, all of this will be enough to keep your child safe. In some cases though, the other parent can make things difficult. It's a good idea to ask about what your child has eaten while away. Red flags are statements like "My mom fed him something," or "We just ate at X restaurant." That's not enough information for either of you! If you have real doubts about your ex's ability to stay on track with your child's diet, start a food log and send it along on visitation, asking your ex to fill it out. To make things a bit less confrontational, fill out the log for when your child is with you. This way, it will be a joint effort and your log entries will provide a model for the other parent to follow.

Empower Your Child

If your child is old enough, you can educate him or her about what he and can't eat. You are probably already doing this, but many children would not think to question choices a parent is making for them, so make sure your child understands that the diet comes first, no matter what anyone, even a parent says.

Non-Cooperation

If you have an ex who either does not believe the special diet is important or who seems to be unable to follow it, you need to take action. Document what is happening (make dated notes about interference with the diet as well as the consequences your child experiences). Then go back to court. Depending on your situation you can ask for a few different things. Some parents just need a judge to tell them they have to follow the diet. It may be enough to have your custody order modified to include a directive that both parents follow the recommendations of the child's doctor about diet. If that isn't going to do it, you can ask to have visitation modified so that your child is not with your ex at meals or so that your ex has supervised visitation, where another responsible adult is present and can make sure the diet is being followed.

Brette McWhorter Sember is a retired family attorney and mediator and nationally known expert about divorce and parenting after divorce. She is the author of The Divorce Organizer & Planner (McGraw-Hill), The Complete Divorce Handbook (Sterling) How to Parent With Your Ex: Working Together for Your Child's Best Interest (Sourcebooks) and No-Fight Divorce: Spend Less Money, Save Time, and Avoid Conflict Using Mediation (McGraw-Hill). Her web site is www.BretteSember.com.

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SECTION FRANCOPHONE

La prévention des troubles alimentaires...

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L'insatisfaction de l'image de son corps, le sentiment face à son efficacité, son perfectionnisme, sa confiance ou sa méfiance interpersonnelle sont les principaux éléments de l'origine des troubles alimentaires s'accordent à dire les professionnels de la santé.

La mode de la minceur, les mauvaises habitudes alimentaires, les phénomènes d'imitation entre adolescents, l'influence des médias - et autres facteurs socioculturels - jouent un rôle certain.

Ils sont souvent impliqués, mais ils restent difficiles à isoler de l'histoire du sujet qui souffre, de son environnement familial et d'événements de vie déclenchants, lorsqu'il s'agit de diagnostiquer la maladie.

L'anorexie, la boulimie, l'hyperphagie, et l'orthorexie...ça vous dit quelque chose?

Ce sont les troubles alimentaires les plus connus. Ils sont une conséquence de troubles psychiques variés, souvent inconscients. Ils se manifestent par une préoccupation excessive du poids, ou au contraire une négligence totale du corps ou encore par des attitudes qui ressemblent à de l'automutilation.

Ils comportent parfois une dimension suicidaire à laquelle le spécialiste (un psychologue) consultant doit particulièrement veiller. Les enjeux psychiques de ces symptômes doivent être évalués en fonction de la personne qui en souffre. Chaque cas est unique et il faut questionner son histoire, son environnement actuel et y compris l'environnement de sa petite enfance.

Description succincte de ces troubles alimentaires.

Anorexie : Personne qui refuse volontairement de s'alimenter, due à une préoccupation démesurée de l'apparence physique et qui s'impose des restrictions alimentaires drastiques. Conséquence : maigreur excessive qui peut entraîner la mort.

Boulimie : Afin de compenser l'excès de calories ingérées ou afin de se soulager, il y aura ingestions excessives d'aliments, de façon répétitive et durable. Par colère, dégoût, ou encore sous la pression scolaire, la personne boulimique a recours à un ou plusieurs des actes suivants :

- Provocation du vomissement ;
- Utilisation inappropriée de laxatifs et/ou de diurétiques ;
- Exercice physique excessif ;
- Combiné à des actions de restrictions alimentaires de type anorexiques afin de "rééquilibrer la balance".

Hyperphagie : Prise, en une courte période de temps (moins de deux heures), d'une quantité de nourriture dépassant notablement ce que la plupart des personnes mangent dans le même temps et les mêmes circonstances. Perte de contrôle, car la personne n'a pas l'impression d'avoir le contrôle de sa prise alimentaire ni la possibilité de s'arrêter.

Orthorexie : Il ne s'agit pas ici de la quantité de nourriture ingérée, mais plutôt de l'attitude vis-à-vis du choix de cette nourriture. Ce n'est donc pas la volonté de manger sain en-soi qui est le problème, mais la démesure de ce comportement, qui vire à l'obsession. La recherche de perfection alimentaire conduit alors à un isolement social (amis, famille, restaurant, repas de fête) et, plus généralement, isolement lors de la prise alimentaire pour éviter la critique et le jugement des autres.



Fréquence de la maladie :

Les statistiques récentes indiquent que l'anorexie touche moins de 0,5 % des jeunes femmes dans la forme anorectique pure. Le syndrome boulimique touche 1 % des jeunes femmes et 0,1 % des jeunes hommes. Cette maladie concerne essentiellement les jeunes filles de 12 à 20 ans, mais peut apparaître dès l'âge de 9 ou 10 ans. Les garçons sont moins touchés (9 anorexiques sur 10 sont des filles) mais l'évolution des mœurs tend à les rendre plus susceptibles de devenir malades.

Que faire pour éviter...?

S'il n'existe pas de moyens efficaces pour guérir des Troubles du Comportement Alimentaire (TCA), il y a, en revanche, des moyens pour prévenir ces maladies.

On peut, en effet, distinguer deux niveaux de prévention :

- La prévention primaire consiste à prévenir un problème avant qu'il n'apparaisse, en développant des habitudes nutritionnelles plus équilibrées (réglementation en matière de publicité ou de restauration scolaire, par exemple) et en luttant contre l'idéologie de l'extrême minceur (exemple : charte signée avec les professionnels du milieu de la mode).

- La prévention secondaire consiste à freiner le développement d'une maladie, en intervenant le plus tôt possible auprès d'une population à risque. Cela se fait avec le sujet et sa famille ainsi que le médecin référent et l'ensemble des éducateurs.

Par Céline Bossé, Dt.P.
Diététiste-nutritionniste
Céline@celincestbon.com

Calendrier des activités pour tous les enfants et des ateliers pour parents

Chaque jour :

15 h à 17 h : Youpi, l'école est fin!

Pour les enfants de 5 à 18 ans

Confiez nous votre enfant en toute sécurité, il aura des occasions de s'amuser, de découvrir, de s'impliquer dans sa communauté et ... de faire ses devoirs. Cette activité s'adresse aux enfants à partir de 5 ans.

Youpi, pas d'école!

Pour les enfants d'âge scolaire

Lors des journées pédagogiques, les enfants, à partir de 6 ans, sont les bienvenus à l'IGLF pour passer une journée agréable à s'amuser avec les amis.

Chaque lundi :

13 h 00 à 15 h 00 : Groupe de jeux pour les enfants de 0 à 5 ans Un endroit plaisant, sécuritaire où les parents et les enfants de 0 à 5 ans peuvent venir interagir tout en jouant. Vous y trouverez une variété d'activités créatives et constructives.

Au Centre de ressources des familles militaires de la garnison d'Edmonton

10 h 00 à 11 h : Bricoler et emporter

Pour les enfants de 0 à 5 ans

Venez créer et confectionner des véritables chefs-d'œuvre avec vos enfants.

2 lundis par mois

18h 30 à 20 h 30 : École des parents : développement personnel

Pour les parents.

Une occasion unique pour les parents de découvrir et développer leurs habilités.

Chaque mardi :

9 h 30 à 11 h 30 : Groupe de jeux avec Bouger pour s'amuser

Pour les enfants de 0 à 5 ans

À la bibliothèque de l'Institut, les enfants prennent plaisir à s'amuser ensemble. Il est mis à leur disposition des jouets, des ballons, des parcours de motricité...On joue, on chante, on danse, on rit !

18 h à 18 h 45 : Petit samouraï

Pour les enfants de 5 à 10 ans

Une occasion pour vos enfants de participer à une activité d'éveil à leur développement physique et mental en découvrant le Judo par le jeu.

2 mardis par mois

19 h à 20h : Initiation au self-défense

Pour les parents

Ensemble, nous apprendrons à retrouver une sérénité et une confiance en soi qui permettront d'aborder les diverses situations de stress différemment. Voir même les éviter.

Chaque mercredi :

10 h à 11 h : Chef en herbe

Pour les enfants de 0 à 5 ans

Des ateliers parent-enfant. Venez apprendre à faire des recettes amusantes et nutritives avec vos enfants.

10 h à 11 h : Espace bébé

Pour les enfants de 0 à 2 ans

Des moments de complicités et de rencontres entre parents et enfants. Un espace pour grandir, bouger, expérimenter, marcher en équilibre selon son âge.

Chaque jeudi :

10 h à 11h 15 : L'heure du conte avec Bouger pour s'amuser

Pour les enfants de 0 à 5 ans

Une occasion unique pour vos enfants de découvrir les classiques, éveiller leur imaginaire. Cette activité s'adresse aux enfants de 0 à 5 ans. Et des activités pour s'amuser!

Chaque vendredi :

10 h à 11 h 00 : Bout'choux en musique avec Bouger pour s'amuser

Pour les enfants de 0 à 6 ans

Une façon amusante d'éveiller votre enfant au son, à la musique et au rythme.

Chaque dernier samedi du mois :

10 h 00 à 11 h 30 : Papa et moi

Les papas, venez vous amuser avec vos enfants.

Un samedi par mois

15 h à 17 h : Ciné-Anima

Pour toute la famille

Du cinéma d'un nouveau genre pour toute la famille.

Auditorium du Campus St-Jean (8604 91e Rue) Edmonton

Entrée gratuite

Les tontons et les grands-papas sont aussi les bienvenus !

Pour plus d'informations, veuillez communiquer avec

L'Institut Guy-Lacombe de la famille

Parent Link Centre - Centre d'appui à la famille et à l'enfance

Téléphone : 780-468-6934 Sans frais : 1-800-521-Allô(2556)

SECTION FRANCOPHONE

Un nouveau défi frappe à la porte de l'Alberta!

Fier de son succès au Québec au cours des cinq dernières années, le Défi Santé 5/30 Équilibre, entame sa 1ère édition sur le sol albertain.

Le Défi Santé 5/30 Équilibre est une campagne provinciale invitant tous les Albertains de 4 ans et plus, pendant 6 semaines, du 1er mars au 11 avril, à s'engager à atteindre 3 objectifs clés pour leur santé : manger mieux, bouger plus et prendre soin de soi.

Initiative de la Fédération des conseils scolaires francophones de l'Alberta et du Réseau Santé Albertain, le projet a pour but de donner des outils additionnels aux Francophones dans le domaine de la santé et du bien-être. La Fédération du sport francophone de l'Alberta a été mandatée de coordonner le projet. Le Défi Santé 5/30 Équilibre est à l'origine une initiative d'ACTI-MENU, société attachée à la Direction de la prévention de l'Institut de Cardiologie de Montréal (ICM) qui connaît une popularité croissante. L'an dernier, on comptait 124 200 inscriptions pour monter le total d'inscription depuis le début du projet à 550 000 participants au Québec.

3 objectifs clés pour une meilleure santé

En s'inscrivant au Défi Santé 5/30 Équilibre, les participants posent un geste concret pour améliorer leurs modes de vie et en atteignant les trois objectifs.

* Manger au moins 5 portions de fruits et légumes au minimum 5 jours par semaine. Les fruits et légumes sont des sources riches en vitamines, minéraux, antioxydants et fibres.

* Bouger au moins 30 minutes au minimum 5 jours par semaine. Pour les jeunes, c'est au moins 60 minutes. L'exercice, c'est bon pour le corps et pour la tête!

* Améliorer votre équilibre de vie en vous fixant un de ces objectifs : bien dormir, accorder du temps à vous ou donner priorité aux priorités. La santé mentale est aussi importante que la santé physique.

Simple, ces objectifs réalistes vous motiveront à modifier vos comportements. D'ailleurs, il est important de maintenir ce nouveau parcours santé jusqu'à la fin du Défi. Après tout, le premier pas a été fait! La première édition albertaine sera un succès. Prenez le départ!

C'est gratuit et motivant!

Il est possible de s'inscrire seul, en équipe avec des amis ou des collègues de travail ou même en famille. Il est tellement plus facile de se motiver en pratiquant de saines habitudes de vie en bonne compagnie! Rendez-vous sur le site internet du Défi Santé 5/30 Équilibre au www.DefiSante530Equilibre.ca/Alberta pour vous inscrire et avoir accès à une multitude d'informations sur des façons simples et pratiques d'atteindre les trois objectifs du Défi.



Le Camp Multi-Arts

Depuis 2005, le Centre de développement musical, L'UniThéâtre et L'Association la Girandole organisent, chaque été, le Camp multi-arts. Le camp accueille des jeunes francophones, de la 1ère à la 9e année, et des jeunes des écoles d'immersion, de la 4e à la 9e année. Ce camp multidisciplinaire permet aux jeunes d'acquérir une expérience dans quatre domaines artistiques, la musique, le théâtre, la danse et les arts visuels. C'est pour eux une occasion unique de vivre, en français, une expérience artistique estivale en compagnie de formateurs spécialisés et dynamiques. Les formateurs sont des artistes professionnels qui œuvrent dans le milieu franco-albertain. De plus, la formation s'étend à de jeunes adjoints qui seront peut-être les formateurs de demain.

À la fin des deux semaines de formation, les participants d'Edmonton présentent un spectacle qui met en valeur leurs talents. L'an dernier, ces jeunes ont aussi offert deux représentations lors du « Kids Fringe ». Le « Kids Fringe » fait partie du « Edmonton Fringe Festival », un festival de théâtre international qui a lieu chaque année au mois d'août.

En août 2011, le Camp multi-arts collaborera, encore une fois, avec le « Kids Fringe ». Cette année, celui-ci se fait en collaboration avec le programme « Art Creation Foundation for Children » (ACFFC) afin d'amener 10 jeunes de Jacmel, en Haïti, à Edmonton pour présenter une pièce de théâtre au « Fringe Festival ». L'ACFFC est un organisme à but non lucratif qui enseigne les arts, aux jeunes en Haïti, afin que ceux-ci atteignent une certaine indépendance. Le Camp multi-arts accueillera ces jeunes au camp afin de générer un échange culturel et artistique entre les jeunes d'Haïti et les jeunes francophones d'Edmonton. Ces jeunes participeront à la formation et aux activités du Camp multi-arts.

Depuis 2007, un Camp multi-arts est aussi offert dans la région de Cold Lake/Bonnyville avec l'aide de l'ACFA régionale de Cold Lake/Bonnyville. À la suite d'une semaine de formation dans 2 ou 3 domaines artistiques (au choix de l'ACFA), les jeunes présentent un spectacle destiné à leurs parents et amis. Ce camp est offert aux jeunes francophones de la 1ère à la 6e année et aux jeunes des écoles d'immersion de la 4e à la 6e année.

Les coordonnateurs du Camp multi-arts s'occupent de développer un thème spécifique et celui-ci joue une partie importante dans l'atmosphère du camp et devient le pivot central du spectacle présenté à la fin du camp. Thèmes populaires utilisés dans le passé, sont « Harry Potter », « Un voyage dans le temps », « Perdue dans la ville », et « Choisis ton aventure ».

Chaque année, le Camp multi-arts touche environ 50 jeunes et leurs familles. Les évaluations des parents témoignent de la qualité du camp et de leur profonde satisfaction. Ces parents ont également constaté que le camp a aidé leur enfant à mieux s'identifier à la langue et à la culture francophone.

Cette année, le Camp multi-arts se tiendra du 8 au 19 août 2011, à La Cité francophone, au 8627, rue Marie-Anne-Gaboury, à Edmonton. Pour obtenir plus d'information, n'hésitez surtout pas à communiquer avec le Bureau d'animation théâtrale de L'UniThéâtre au 780-469-8400. Si vous envisagez d'organiser un Camp multi-arts, en région, veuillez communiquer avec votre ACFA régionale.

Les camps d'été francophones d'Edmonton! SOCIÉTÉ DE CAMPS FRANCOPHONES D'EDMONTON

La Société de camps francophones d'Edmonton propose à tous les jeunes francophones et francophiles de l'Alberta deux camps d'été des plus captivants axés sur l'exploration et la découverte. En nature ou en ville, les camps proposent des activités et une programmation qui sauront plaire à tous! Les programmations de nos camps seront aux goûts et intérêts de tous les jeunes! La saison officielle pour les deux camps se déroulera du 4 juillet au 19 août 2011.

CENTRE DE PLEIN AIR LUSSON

Le Centre de plein air Lusson (CPAL) est un camp résidentiel francophone en Alberta permettant de vivre des expériences en nature, tout en français, dans un contexte éducatif et récréatif. Au Centre de plein air Lusson, la nature est au cœur de toute la programmation estivale. Parmi les activités au programme, notons le canotage, le théâtre, de grands jeux, la survie en forêt, des parcours de sentiers écologiques et d'interprétation, des jeux coopératifs, du bricolage, de la chanson, des feux de camp et plus encore! Le Centre de plein air Lusson offre une expérience des plus enrichissantes qui s'inscrira sans aucun doute dans les plus beaux souvenirs estivaux des participants. Ne manquez pas cette occasion unique de nouer avec la nature, de faire de nouvelles connaissances en français et de participer à de nombreuses activités des plus palpitantes!



CAMP SOLEIL

Du côté du Camp Soleil, ce sont les activités urbaines qui sont au menu. Un grand nombre de sorties sont prévues afin de permettre aux jeunes de s'amuser et d'apprendre dans un contexte francophone. Chaque semaine, un différent thème sera à l'honneur et les jeunes auront l'occasion de faire une sortie originale liée à cette thématique. Le Camp Soleil permet de susciter l'éveil, d'évoluer dans un environnement en français et de développer les sens des jeunes participants. La présence d'animateurs dynamiques et dévoués permettra assurément de stimuler la créativité et l'intérêt des jeunes participants.



Un dépliant promotionnel sera transmis aux écoles au cours du mois de mars 2011. L'ensemble de l'information liée à ces camps d'été y figurera.

Inscrivez-vous à l'un de nos camps pour un été éclaté et amusant, à Clyde ou à Edmonton!

Pour toute information relative à la Société de camps francophones d'Edmonton, contactez un membre de notre équipe au 780-469-4402!

Au plaisir de vous compter parmi nos participants de l'été 2011!

Paramount Pictures and Nickelodeon Movies Present

RANGO



From the director of "The Pirates of the Caribbean" comes RANGO, featuring Johnny Depp in an original animated comedy-adventure that takes moviegoers for a hilarious and heartfelt walk in the Wild West. The story follows the comical, transformative journey of Rango (Depp), a sheltered chameleon living as an ordinary family pet, while facing a major identity crisis. After all, how high can you aim when your whole purpose in life is to blend in? When Rango accidentally winds up in the gritty, gun-slinging town of Dirt – a lawless outpost populated by the desert's most wily and whimsical creatures – the less-than-courageous lizard suddenly finds he stands out. Welcomed as the last hope the town has been waiting for, new Sheriff Rango is forced to play his new role to the hilt . . . until, in a blaze of action-packed situations and encounters with outrageous characters, Rango starts to become the hero he once only pretended to be.

With a cast that includes Depp, Isla Fisher, Abigail Breslin, Alfred Molina, Bill Nighy, Harry Dean Stanton, Ray Winstone and Timothy Olyphant as the Spirit of the West, Rango is an exciting new twist on the classic Western legend of the outsider who saves a town – and himself in the process. In theatres on March 4th.

EC

Color-in SpottyWot and DottyWot

HIT SHOW! on **Treehouse**

facebook

Check out the WotWots at www.wotwots.com

an extensive website with lots of age appropriate games including an animal quiz, music and animal making sounds and a unique interactive drawing board. The website also offers a sneak-a-peek into the world of the WotWots plus downloads including wallpapers, coloring pages and make your party wot-ariffic with party decorations.

WotWots © Wot Wots Ltd. All rights reserved. Treehouse logo™ is a trademark of the Corus™ Entertainment group of companies. All rights reserved.

The Animals of the World Come To USA with the WotWots

From the creative minds of Martin Baynton and Academy Award winning Richard Taylor comes the WotWots, a stunning pre-school television series. Filmed at Australia and New Zealand's finest zoos, the series follows the adventures of two siblings from outer space, SpottyWot and DottyWot. These gorgeous creatures come to explore planet earth in their steam-powered space ship and arrive in the middle of a zoo. This inquisitive brother and sister delight in discovering all the exotic animals at the zoo. The show is energetic, colorful and entertaining, with the adventures built on one key ingredient which defines the series - the joy of learning and discovery.

Appreciate, Respect and Understand

the WotWots help children to respect and understand the animal world - unique facts are scattered throughout the show with the focus on delighting in and celebrating the differences between the species in the animal kingdom.

the WotWots recognise kindness and co-operation as core values, delight in learning new words and enjoy exploring creativity through drawing - they do this by observation, abstract association and leaps of imagination but in very simple ways where the logic is always child centred. As a result the WotWots stumble onto knowledge as a by-product of their questing; it is not thrust upon them and it is not the goal of each adventure. So this is the underlying theme throughout, it's a celebration of the joy of enquiry, of the pleasures of setting out every day on small voyages of discovery.

Real Learning Means the Freedom to Make Mistakes

The series doesn't focus on the WotWots getting things right or wrong since the building of self esteem isn't linked to getting things right all the time. Instead the characters delight in getting things wrong, they laugh explosively at their own mistakes and never put themselves down because of it. The one core element throughout is that creativity REQUIRES getting it wrong sometimes, this is demonstrated most clearly in SpottyWot's creative and unusual drawings where getting it wrong is the spring board for imaginative leaps into the unknown.

Produced by Pukeko Pictures, the WotWots is made at Sir Richard Taylor's Weta Workshop. Pukeko Pictures is a new business partnership between Academy Award winner Sir Richard Taylor, the co-founder and creative lead of Weta Workshop and internationally acclaimed author, illustrator and children's television creator/producer, Martin Baynton. Taylor and Baynton previously teamed up to create the award winning children's program, Jane and the Dragon.

Watch the WotWots - Mornings on Treehouse

RECOMMENDED • READS

By the Young Alberta Book Society (YABS)



**Dot to Dot in the Sky:
Stories of the Moon**
Written by Joan Marie Galat
Illustrated by Lorna Benett

Easily observed, yet ever mysterious, the Moon has forever inspired myth, folklore and superstition. In *Dot to Dot in the Sky: Stories of the Moon*, author Joan Marie Galat explores some of those Moon myths from around the world.

Read the tale of a Polynesian goddess who climbed a rainbow to make her home on the Moon, or discover why in China, the Man in the Moon has a greedy face. You'll learn why the Moon in West Africa is now a treasure for everyone to share and meet a true Japanese Moon Princess. Amidst the enchanting folklore, Galat has sprinkled astounding Moon facts – so expertly placed kids won't even realize how much they're learning.



**Small: It's Not Easy Being a
Little Sister**
Written by Jessica Meserve

An endearing story, beautifully told and wonderfully illustrated. Jessica Meserve's *Small* delivers a big message about sibling rivalry. Suitable for young readers, pre-school to Grade 2.



Run Like Jager
Written by Karen Bass

Young Kurt Schreiber is spending his final year of high school in Germany. He claims it's to improve his German, but really, he's hoping to learn what his grandfather did during Word War Two – because no one in his family talks about it.

The local bullies aren't making life easy for Kurt. They're calling him – and his grandfather – a coward, and Kurt seems to always be running from a beating. Although he's an excellent runner, Kurt is tired of running from his problems and instead enlists the help of his new friend Marta on a quest for the truth. In *Run Like Jager*, author Karen Bass tackles tough teenage issues with crisp writing, engaging dialogue, and all the elements of great fiction. Mystery. Romance. And a dash of history. Absolutely brilliant!



Under My Skin
Written by Judith Graves

Set in Northern Alberta, *Under my Skin* features Eryn, a tough but sympathetic young girl caught between life as a werewolf and life as a human.

Before you dismiss this as another werewolf book, hang on. Author Judith Graves introduces a wonderful collection of paranormals - like vampires, witches, dark sprites and much more. A refreshing change from the onslaught of straight werewolf and vampire novels on the market.

All Eryn's parents ever wanted was for her to have a normal life, but when they "banish" her to Redgrave, a small Northern Alberta town, Eryn quickly learns she isn't the only beastie on the block. Before long, she's swept up in an intense love triangle and a local mystery. It's a compelling plot that keeps you turning pages. All. Night. Long.



Arctic Thunder
Written by Robert Feagan

Mike Watson is riding the adrenaline rush of victory after his lacrosse team wins the Alberta Bantam Provincial championships. But the celebration is scarcely finished when Mike's father, a member of the Royal Canadian Mounted Police, is transferred to Inuvik, Northwest Territories.

Life in the Arctic Circle is cold and lonely for Mike – and there's not a single lacrosse ball in sight. But as his friendships with the local youth develop, Mike is introduced to "Arctic Sports" – and when Mike's dad witnesses the natural athleticism of Mike's new friends, an Inuvik lacrosse team is born.

In *Arctic Thunder*, author Rob Feagan tells a compelling action story about adapting to change, and chasing a dream – even when the odds look pretty bleak. Definitely a fabulous book for teen boys, but girls will certainly enjoy Feagan's great storytelling as well.

EC

EDMONTON PUBLIC SCHOOLS

Early Education Program

Early Education programs provide early supports for children identified with special needs. Early Education is typically a two year program for children 2 ½ years of age with severe special needs or a 1 year program for children 3 ½ years of age with mild to moderate special needs. Community children are also welcome.

Through a parent and professional partnership, a play-based environment enables each child to grow socially, emotionally, physically and cognitively.

Early Education programs are supported by a multi-disciplinary team that may include:

- Qualified teachers
- Speech-Language Pathologists
- Educational Assistants
- Occupational Therapists
- Physical Therapists
- Family-School Liaisons
- District Consultants

WE BELIEVE

In learning through play.

That all children learn from one another.

That parent involvement enhances child development.

That experiences during preschool years are crucial to a child's future learning.



11-10440

EDMONTON PUBLIC SCHOOLS

www.epsb.ca

Programming for 2011-2012 is offered at the following schools:

Beacon Heights School

ACTING FOR ASSISTANT PRINCIPAL
Cathy Pattison
4610 – 121 Avenue
T: 780.479.4038
E: beacon@epsb.ca

Homesteader School

ASSISTANT PRINCIPAL
Andrea Cooper
4455 – 128 Avenue
T: 780.478.1139
E: homesteader@epsb.ca

Elmwood School

ASSISTANT PRINCIPAL
Joanne Kuefler
16325 – 83 Avenue
T: 780.489.6749
E: elmwood@epsb.ca

Mayfield School

ACTING FOR ASSISTANT PRINCIPAL
David Hursin
10950 – 159 Street
T: 780.489.5100
E: mayfield@epsb.ca

Evansdale School

ASSISTANT PRINCIPAL
Julie Zelinski
9303 – 150 Avenue
T: 780.476.3331
E: evansdale@epsb.ca

Scott Robertson School

ASSISTANT PRINCIPAL
Wendy McKenzie
13515 – 107 Street
T: 780.475.3565
E: srobertson@epsb.ca

Hazeldean School

ASSISTANT PRINCIPAL
Dorothy Arts
6715 – 97 Street
T: 780.433.7583
E: hazeldean@epsb.ca

Tevie Miller Heritage School Program

ASSISTANT PRINCIPAL
Joanne Aldridge
6240 – 113 Street
T: 780.436.0465
E: tevie.miller.heritage@epsb.ca

Hillview School

ASSISTANT PRINCIPAL
Laurie Helland
355 Woodvale Road East
T: 780.463.8108
E: hillview@epsb.ca

Waverley School

ASSISTANT PRINCIPAL
Tish Banting
6825 – 89 Avenue
T: 780.469.6682
E: waverley@epsb.ca

March 22 is WORLD WATER DAY

Did you know... Just by switching from bottled water to filtered water and a reusable bottle, you can save up to \$600 a year and eliminate up to 3,200 plastic bottles?

Take Action: Start a new family tradition. Present each family member with their own reusable bottle to fill and re-fill with clean, filtered water right from your home. From pitchers to "one click-faucet mounts" to refrigerator filters, etc... there are several at home water filtration systems to choose from! You'll not only save your family money by forgoing pricey water bottles (that can now go towards things like family vacations) but you'll also save countless water bottles from ending up in our landfills!

Did you know... About 4,000 children in developing countries die every day from illness and disease related to unsafe drinking water, and more than one billion people do not have access to clean drinking water?

Take Action: There are several simple ways to help donate clean drinking water to children in the developing world! For example, PUR water donates a week's supply (10L) of clean drinking water for each new Facebook friend the brand receives. You can also donate online at sites such as www.charitywater.org, www.water.org and www.thewaterproject.org.

Did you know... that even if you recycle plastic water bottles, over 90 per cent of the global warming impact has already occurred? That's right...17 million barrels of oil and the 2.5 million tons of CO2 is released during plastic bottle production!

Take Action: Teach your children sustainable water solutions (starts at home) to protect and restore water resources for all future generations. It's as simple as conserving water (see which family member can take the shortest shower and/or have your kids help dry the dishes to skip using your dishwasher for a day). **EC**



Join us at the event of the year for parents on school council.

April 15 - 17, 2011

Delta Edmonton South

Registration information available at www.albertaschoolcouncils.ca.



Alberta School Councils' Association

Phone 780-454-9867 or 1-800-661-3470 www.albertaschoolcouncils.ca

School Councils Connection 2011



Alberta School Councils' Association

April 15-17
Delta Edmonton South

WHAT'S NEW?



Acoustic Dreamland

Putumayo Kids presents Acoustic Dreamland, a soothing collection of songs for bedtime and relaxation. Celebrated singer-songwriters perform unplugged music to lull children to sleep and for adults to unwind to. The CD includes songs originally recorded by the Allman Brothers, James Taylor, Wilco and Mary Chapin Carpenter, among others. A read-aloud, mini storybook that parents can share with their children at bedtime accompanies the CD. Acoustic Dreamland is the fifth release in Putumayo Kids' popular Dreamland Series.

DANCE 'N MORE! for KIDS
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Experiences for Girls and Boys ages 3-9

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Five Tips to Curb Your Child's Cheating Ways



By: Dr. Michael Hartnett

As technology has evolved to provide a vast wealth of information at anytime, anywhere, cheating has never been easier. From classmates receiving completed homework via a mass email to answers popping up on iPhones during a test, cheating has become as simple as text messaging. Here are five ways to prevent your teenagers from falling to such temptation, assuring that they are attending school to learn rather than to learn how to cheat.

1 Check your child's homework every night. This advice may sound a little intense and age inappropriate by the time your child is in high school, but how else can parents truly know what their teenagers are doing at school and what he/she is actually learning? A good sign that a teenager is cheating is the absence of substantive work. Naturally, teenagers can claim that they didn't have any homework, and while such a claim is possible, it is highly unlikely night after night. When students do not ever open textbooks or complete assignments from them, the parents should also be suspicious. Yes, teachers can give materials online or as attachments (and increasingly do so in this cyber-age), but again, the students should be able to show concretely how they have completed those assignments too.

2 Create a device-free zone of at least an hour a day for studying. This approach is particularly important to take during summer vacations and holidays. Most teenagers are so addicted to the Internet that their lives seem barren without being able to text message a friend or to check online constantly about anything or everything. Yes, students can multitask, but can they unitask with the intense concentration that is often required to do an assignment well? Any hour a day by themselves without connections to cyberspace or to their friends is an hour of studying and learning they have devoid of cheating. It gives a great opportunity to improve their concentration skills without distractions, so necessary to achieve well on standardized tests and to be better prepared for the demands of college and the workplace.

An argument teenagers will make is that they need the internet/computer to complete whatever assignment is in front of them. Unfortunately, they are often right, especially given the fact that they will type up many of their assignments, so much so that a laptop almost

becomes an appendage of the student. However, teenagers also greatly exaggerate their need for the computer and if you hold firm and fast to the one-hour rule, students will easily be able to fill that time with studying and still have enough time with use their various electronic devices to complete their assignments. In fact, they are more likely to allocate their time efficiently rather than dawdling in text-chats with their friends because they need to use the computer more as a workstation tool than an entertainment and social center.

3 Give your teenagers practice tests the day before an exam. If you know what they are studying and see from what materials they are studying, then you can determine whether they are truly engaged in the learning process. If their materials are sparse and generated from websites, then you know they are either cheating or performing poorly.

4 Talk to your teenagers honestly and realistically about cheating. That means you cannot be too self-righteous or judgmental about cheating. Acknowledge that cheating is prevalent, and understand that you are asking for your teenagers to be exceptional instead of conforming to a pervasive cheating culture. In other words, you will have to address some hard questions that every red-blooded teenager will ask: "Mom and Dad, if I'm getting good grades and succeeding in school, what does it matter if I cheat? I'm learning how to succeed and thrive and isn't that what school and life really about?" These questions become particularly challenging when your teenagers complain about learning subject material far removed from career interests: "How is reading Hamlet going to help me become a mechanical engineer?" Unfortunately, a cerebral response about developing critical thinking and analytical skills probably won't cut it with your teenagers. Your best bet may well be to explain how skills in diverse fields make someone more adaptable and marketable. Explain how mental conditioning is similar to physical conditioning in that exercising the areas you are least interested in can increase strength and confidence overall by eliminating weaknesses.

Will your teenagers embrace this argument? Probably not, but at least they'll better understand why you are

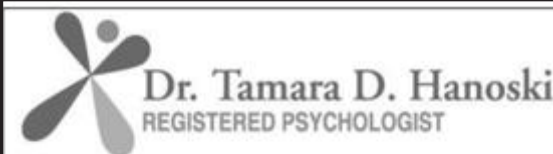
committed to their learning rather than their cheating, why you are checking their homework every night, why you are taking away their computer an hour a night, and why you are giving them practice tests.

5 Avoid clichés. Do not tell your teenagers "You know if you cheat, you are only cheating yourself." That's a pretty abstract notion and when teenagers are getting A's cheating, then the cliché seems even more obtuse. And I wouldn't try "Cheaters never prosper." The truth is they do prosper. Cheaters may be ignorant and morally corrupt, but your sons and daughters have seen too many do well in school.

However, most teenagers buy the argument that cheating will only get them so far. Ultimately, you have your own tough question to ask them: "What knowledge and skills will you have after you're done cheating away your high school years?"

Dr. Michael Hartnett has been a high school English teacher, college professor, and SAT instructor/tutor for more than 20 years. He is the author of *The Great SAT Swindle*. For more information, please visit www.MichaelHartnett.com.

EC



"And the day came when the risk [it took] to remain tight in the bud was more painful than the risk it took to blossom."

~Anais Nin

Dr. Tamara Hanoski is a registered psychologist with over 12 years in the counselling field. She is currently offering counselling for individuals, couples, and families, as well as play therapy for children.

As a mother of two young children, she has a particular interest in post-partum adjustment and/or depression.

Other areas of treatment include anxiety, depression, grief, abuse issues, relationship issues, parenting, stress, anger management, sibling relationships, and self-esteem.

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Phone: 780-433-5656
 Website: adoptionoptions.com
 A private, not for profit, adoption agency committed to providing counseling and services to expectant parents and adoptive parents since 1984. We are the leaders in open adoption, bringing birth and adoptive families together. All services to expectant parents are free, regardless of the final decision of placing or not placing a child for adoption. We want "birthparents" to make the right decision for them and their child.

Alberta Justice – Focus on Communication in Separation (FOCIS)

Phone: 780-644-5092
 FOCIS is a free 6-hour, skill based communication class for separated or divorced parents of young children. The workshop teaches parents how to communicate effectively while parenting apart. Parents learn how to help their children by showing them that people do not have to argue to get their ideas across.

Alberta Parenting for the Future Association

Phone: 780-963-0549
 E-mail: info@apfa.ca
 Website: apfa.ca
 Operating in the communities of Spruce Grove, Stony Plain, and Parkland County, our focus is on building parental skills, communication, and strengthening the relationships between parents and children. We are now the contact for the Parkland Parent Link Centre.

ASSIST Community Services Centre

Phone: 780-429-3111
 Website: assistcsc.org
 Provides programs and services to persons new to Canada, including Nobody's Perfect parenting education, family services information and referrals, and more.

Association for Safe Alternatives in Childbirth (ASAC)

Phone: 780-425-7993
 Address: 7219 -106 Street (side door)
 Website: asac.ab.ca
 We offer: Library 10 to Noon Wednesdays; and Playgroup 10 to noon on Wednesdays and Fridays.

Ben Calf Robe Society - Kihci Awasisak Program

Phone: 780-477-6648
 Offers Traditional Parenting, Health For Two, Auntie's Storytelling, Crafts, Healthy Families and Scrapbooking. Call for more information.

Ben Calf Robe Society - Mother Earth & Me Headstart Program

Phone: 780-477-6648
 Early Intervention pre-school program for 3-4 year olds Aboriginal children. September to June half day programming, transportation is available.

Boys' & Girls' Clubs of Edmonton

Phone: 780-422-6038
 Website: boysandgirls.ab.ca
 Boys' & Girls' Club has nine community-based centres located throughout Edmonton that provide a safe and supportive environment, with positive activities for children, youth and families.

BriarPatch Family Life Education Centre

Phone: 780-464-3217
 Address: #100A – 50 Brentwood Boulevard, Sherwood Park
 Email: briarpatchkids@shaw.ca
 Programs include the following: BriarPatch Community Preschool for 3, 4 & 5 year olds, featuring the concepts of Reggio Emilia & Waldorf Education; Birth Roots Childbirth Classes & Resources; Breastfeeding Support Program; Expressive Arts for Grieving Children, Teens & Families; The Compassionate Friends – for families who have lost a child of any age, for any reason; H.E.A.R.T.S. – for anyone who have been touched by the loss of a baby during pregnancy or anytime after birth.

Capital Health

Phone: 780-408-LINK (5465)
 (24 hours a day) A range of services are available for families planning or expecting an infant, or who have a new baby. We also help families develop the understanding, skills and resources they need to: maintain or improve their health; prevent injuries and disease; identify health problems early; receive treatment for health problems; manage common illnesses and chronic illnesses; and find the right health services when needed.

Catholic Social Services

Phone: 780-432-1137
 Offers a variety of programs and services for children and families including adoption information, anger management, family counseling, programs for children and youth, parent/teen mediation and more. People of all faiths are welcome.

Changing Together – A Centre for Immigrant Women

Phone: 780-421-0175
 Offers information, referrals, family violence prevention workshops and numerous other programs to assist women who are new to Canada.

Circle of Friends Bullying Support Group

Email: karen@overcomebullying.org
 Circle of Friends is a support group aimed at kids, parents, educators, bullies, victims and bystanders. We aim to promote respectful, constructive, forthright communication between all parties involved in school aged bullying.

Community Options - A Society for Children and Families

Phone: 780-455-1818
 Website: communityoptions.ab.ca
 Offers a wide variety of programs and services for families including information on childcare, services for children with disabilities, and the Inglewood Community and Family Resource Centre.

Dickinsfield Amity House

Phone: 780-478-5022
 Provide educational and social programs to assist underprivileged families; these include parenting and preschool programs. We also offer classes in Active Parenting.

Edmonton Down Syndrome Society

Phone: 780-944-4224
 Email: contact@edss.ca
 EDSS provides information and support for persons with Down syndrome and their families. Check our website for information on monthly general meetings and our casual evening Parent Groups. Trained volunteer parents will visit new parents to provide peer support and information. Support can be given in person, over the phone, or via email.

Edmonton Mennonite Centre for Newcomers (EMCN)

Phone: 780-424-7709
 E-mail: mcnedm@emcn.ab.ca
 Website: emcn.ab.ca
 The Centre for Newcomers provides support to immigrant and refugee parents and families, regardless of their cultural background, religious beliefs or country of origin. Programs include: Community-based family literacy and parenting groups, and youth/family counseling; Educational brokers to assist families in communicating with schools; English as a second language classes with accompanying childcare.

Edmonton Twin and Triplet Club

Phone: 780-455-5520
 Website: ettcc.ca
 We provide moral support and guidance for parents to promote an interest in, and supply information about multiple births. For further information on our meeting dates and programs, please visit our website.

Edmonton VBAC Support Association/ICAN of Edmonton

Phone: 780-444-9527
 Email: edmontonVBAC@yahoo.ca
 Website: edmontonVBAC.com
 We host free information and support meetings on the 4th Thursday of the month at 7:30 pm regarding cesarean recovery and Vaginal Birth After Cesarean (VBAC). In addition we offer a specialty prenatal class called "ICAN Birth: Cesarean Prevention" at 6:00 pm for \$25. Please RSVP by calling or sending an email.

(The) Family Centre

Phone: 780-917-8205
 Website: the-family-centre.com
 The Family Centre offers several different parenting courses. We will be running Parenting Toddlers & Preschoolers; Parenting School Age Children; Parenting Teens; Parenting Challenging Children (for parents of elementary school children diagnosed with ADD/ADHD or similar behavior); Positive Single Parenting; and Succeeding as a Step Family.

FASD Support and Resources in Alberta

Website: fasd.typepad.com
 This website lists services, supports and resources specifically for families and other caregivers of children, youth and adults affected by Fetal Alcohol Spectrum Disorder (FASD) in Edmonton, Calgary and other regions of Alberta.

Gateway Association for Community Living

Phone: 780-454 -0701
 Address: 201, 11803 -125 Street
 E-mail: gateway@gatewayacl.org
 Website: gatewayacl.org
 Gateway Association for Community Living is a non-profit organization that provides support and advocacy for individuals with developmental disabilities and their families.

Grieving Parents

Phone: 780-451-5381
 Website: grievingparents.ca
 This organization offers support to parents who are coping with the death of a child at any age. The Edmonton Chapter meets every 3rd Thursday of the month; St. Albert Chapter meets every 1st Thursday of the month, and Strathcona Chapter meets every 3rd Wednesday of the month. Please call more information.

H.E.A.R.T.S. Baby Loss Support Program

Phone: 780-464-3217
 Email: heartsbabyloss@shaw.ca
 A program offered by the BriarPatch Family Life Education Centre. H.E.A.R.T.S. is a Baby Loss Support Program for anyone who has been touched by the loss of a baby during pregnancy or anytime after birth. This unique program was started in 1996 to support families, their caregivers and professionals in the community. A second chapter was started in Red Deer for Central Alberta families. H.E.A.R.T.S. offers the following services: support group meetings, individual and family counselling, a resource lending library, care package for newly bereaved families, community workshops and presentations, annual candlelight memorial service, support for siblings (children & teens), support for grandparents, monthly newsletter, secondary program for subsequent pregnancies.

ISTAR

Phone: 780-492-2619
 Email: istar@ualberta.ca
 Website: istar.ualberta.ca
 The Institute for Stuttering Treatment and Research is a self-supporting, non-profit organization that offers specialized treatment to children, teens and adults who stutter. In addition, we conduct research into stuttering, and promote public awareness of stuttering and its treatment. ISTAR is an institute of the Faculty of Rehabilitation Medicine at the University of Alberta.

Juvenile Diabetes Research Foundation Canada

Edmonton Chapter
 Phone: 780-428-0343
 Address: 17321 - 108 Avenue NW, Centre 107
 Fax: 780-428-0348
 E-mail: edmonton@jdrf.ca
 If you or someone you love has recently been diagnosed with type 1 diabetes, we at JDRF are here to help. Visit www.jdrf.ca for helpful information.

KARA Family Resource Centre

North East Edmonton Parent Link Centre
 Phone: 780-478-5396(Bev)
 Address: 6717-132Ave. (Main Site)
 E-Mail: info@kara-frc.ca
 Website: kara-frc.ca
 Connect with other parents and families in your community. We run groups and programs where parents can share parenting skills and knowledge. We also offer early childhood programs and Collective Kitchens, Health for Two, and a home visitation programs.

Kids Kottage Foundation

Phone: 780-448-1752
 Crisis line: 780-944-2888
 Website: kidskottage.org
 Children can become vulnerable to abuse and neglect when their parents are consumed by crisis and distress in their lives. Kids Kottage provides care for the children in a safe, warm, loving environment. Trained staff and volunteers tend to the physical and emotional needs of the children during their stay of up to 72 hours.

La Leche League

Phone: 780-478-0507
 Website: llc.ca
 La Leche League offers breastfeeding information and support, through our helpline and monthly meetings. By calling the helpline number or checking llc.ca you can get information about local groups as well as assistance with breastfeeding questions.

(The) Learning Disabilities Association of Alberta (Edmonton Chapter) (LDAA)

Phone: 780-466-1011
 Address: 5540 - 106 Ave (St. Gabriel's School)
 Website: www.ldaa.ca
 The LDAA-EC is an organization dedicated to providing learning disability information to its members and to the general public. If you have questions regarding any kind of learning disability, please contact our organization and we'll be happy to assist you.

Little Warriors

Phone: 1-888-440-1343 (toll free)
 Website: littlewarriors.ca
 Little Warriors is a charitable organization with a national focus to help prevent child sexual abuse. Take action and register today in the Stewards of Children program. It is a revolutionary child sexual abuse prevention training program that educates adults to help prevent, recognize and react responsibly to child sexual abuse. The program runs three hours in length and costs \$40.00 per participant.

Mill Woods Family Resource Centre Society

Main Office: 5704 – 19A Avenue
 Address: Knottwood Site: 1733 Millwoods Road
 Millbourne Community Site: 3756–78 Street
 Phone: 780-413-4521
 Email: info@mwfrc.org
 Website: mwfrc.org
 Mill Woods Family Resource Centre responds to the many challenges and stressors families face by offering free programs and services in a comfortable environment. Programs and services include: early childhood development, children & youth, parent education, family support, information and referrals to community services, and developmental screening for children birth to age five.

Misericordia Children's Health Centre

Phone: 780-735-2613
 Misericordia Children's Health Centre offers classes for parents of preschool and elementary school aged children with challenging behaviors. Subsidies are available. Please call for more information or to register.

Missing Children Society of Canada

Phone: 1-800-661-6160 (toll free)
 E-mail: info@mcsc.ca
 Website: mcsc.ca
 The Missing Children Society of Canada (MCSC) is a registered non-profit organization dedicated to the search for abducted and runaway children.

Multicultural Health Brokers Co-op

Phone: 780-423-1973
 The Multicultural Health Brokers Co-op provides health education and family support to immigrant and refugee families, including prenatal education, post-natal outreach and parenting support in 15 different languages.

Newcomers' of Edmonton

Website: edmontonnewcomersclub.com
 The Newcomers' Club of Edmonton is designed for women of all ages who are new to the area within the last two years. This is a great way to meet people who share the common experience of being the new kid in town! We have many different sub-groups such as our weekly Moms & Tots club, monthly Ladies Night Out, Friday Coffees and Scrapbooking just to name a few...There is something for everyone. Please check out our website for more information and welcome to Edmonton!

Norwood Child & Family Resource Centre

Phone: 780-471-3737
 Provide educational programs such as Head Start, Early Start, and Healthy Families programs, along with several other family resources.



PLAN Edmonton

Phone: 780-488-2422
 Website: planedmonton.ca
 PLAN Edmonton facilitates networks of support, for families who have a relative with a disability and who may be isolated and vulnerable.

Pediatric Centre for Weight and Health (PCWH)

Phone: 780-401-BOOK (2665)
 Are you concerned about your child's weight? The PCWH is enrolling overweight children (8-12 years) and their parents in the Parents as Agents of Change (PAC) program. PAC gives parents the skills and information to be supportive role models and to create a healthy home environments for their families. Become a PCWH client any time to start clinic appointments. The PAC program runs twice a year. Print off a referral form from www.albertahealthservices.ca/pcwh.asp and ask your doctor to complete it. For more info, contact Kathryn: 780-342-8409 or pcwh@albertahealthservices.ca.

Salvation Army Family Service Centre

Phone: 780-424-9222
 Offer a variety of support services to families including counseling, an emergency food depot, and crisis support (suicide prevention).

St. Albert Parents' Place Association

Phone: 780-459-7377
 Address: Suite 10A, 215 Carnegie Drive, St. Albert
 E-mail: sapp@stalbertparentsplace.com
 Website: stalbertparentsplace.com
 We are a non-profit family resource center serving St. Albert and the surrounding communities. Early Childhood Programs, parented and un-parented, child & youth programs, adult programs and support groups make up over 100 courses and workshops offered annually. We have Home Visitation and Head Start Programs. We also host special events throughout the year; Teddy Bears' Picnic, Halloween party and the Roy Financial Mayor's Walk for Charity.

St. Albert Newcomers' Club

Phone: 780-419-2595 (Shelley)
 780-459-6441 (Judy)
 Address: Cornerstone Hall, 6Tache Street, St. Albert
 The St. Albert Newcomers' Club is designed to give ladies that are new to an area the opportunity to meet and develop friendships with others who live in the community. We have many "sub clubs" and encourage our members to develop new relationships by sharing interests and hobbies with each other. We meet the second Tuesday of the month.

Stepping Stones

Phone: 780-437-3000 (ext 4)
 E-mail: steppingstones@yfcad.com
 Website: stepping-stones.com
 A program designed to support, encourage and assist pregnant and parenting teens in Edmonton. Our programs offer a powerful sense of belonging and opportunities to develop essential parenting and life skills including support for breastfeeding, discipline, budgeting, nutrition, cooking/baking and goal setting. We offer one-on-one mentoring, discussion groups, special events, and a care closet stocked with maternity clothes, baby clothes and supplies, as well as post-maternity clothing. Group events are held weekly: Scrapbooking 3-6pm every Tuesday; discussion Groups every Thursday at 10am; childcare and meal/snack are provided.

Strathcona County Twins and More Club

Phone: 780-240-4868 (leave a message)
 Website: strathconacountytwinsandmore.com
 Strathcona County Twins & More Club is a social support group for parents or guardians of twins, triplets, quads or more living in Strathcona County and surrounding areas. We connect with local support agencies, speakers and organizations that can help us better cope with parenting 2, 3 or more children at the same time! We act as a social support for one another and help each other through all stages of parenting from multiple pregnancy, premature births, nursing, toddlerhood, the school ages, discipline and everything else!

Terra Association

Phone: 780-428-3772
 E-mail: terra@terraassociation.com
 Website: terraassociation.com
 Terra has been serving pregnant and parenting teens in Edmonton since 1971. We offer a variety of programs and services including individual and group support, life skills, advocacy, child development information and parenting support. We also regularly offer parenting classes for teen moms and dads.

The Foundation for Families in Transformation (FFIT) - RAINBOWS™

Phone: 780-448-1180
 Toll Free: 1-800-416-4673
 E-mail: rainbowsadmin@shaw.ca
 FFIT provides free, confidential RAINBOWS™ peer support programs through its partnered sites to Alberta families. Our mission is to help children, adolescents and adults in accepting, healing and moving forward after a death, divorce, separation or abandonment. Through fun activities, games and discussions, RAINBOWS™ helps children understand and accept the changes in their lives.

The Tiny Light Foundation

E-mail: info@thetinylight.com
 The Tiny Light Foundation is a non profit organization that provides professional photography for children and families that have been faced with a life altering diagnoses. We provide families with the lasting memories in the form of Photography.

Touched by Adoption in Edmonton


Phone: 780-459-2767
 Website: adoption.meetup.com/112/
 We are a group of people whose lives have been touched by adoption in a variety of ways. We are a combination of waiting to be matched adoptive parents, adoptive parents and adoptees of all ages. We are interested in meeting people with similar experiences. We are excited about the wonderful things that we can learn from one another, from those of us at all different places in the adoption journey.

Tourette Syndrome Support

Phone: 1-866-824-9764 (toll free)
 E-mail: TSEdChapter@tagline.cc
 daleneonciul@shaw.ca
 Website: tourette.ca
 The Edmonton Chapter of the Tourette Syndrome Foundation of Canada offers support and information for parents of children with Tourette Syndrome. Meetings are held the first Wednesday of the month (except July, August and September). For details, call our toll free phone.

Edmonton's Child 'Family Classes and Support' is a free listing provided as a service to our readers - always phone ahead to confirm availability and times of sessions. To list your free family class, please send a short summary including days and times to info@edmontonschild.com. Deadline for the next issue is April 1, 2011.

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Royal City Soccer Club Q & A



with Edmonton's Child Magazine

ECM: Take us through the history of Royal City Soccer Club and what it's all about.

RCSC: The Royal City Soccer Club (RCSC) started out in Guelph, Ontario...dubbed the "Royal City" because the Royal family once lived there for a short time, hence the name of the club. We opened our first camp in 1993 in Guelph and operated there for five years before we opened new sites. We discovered campers were coming from other cities to attend our popular program so we thought we would try opening some camps in nearby cities. That's how it all started and now we have opened more than 60 locations in Canada over the past 19 years.

ECM: Tell us about the kids who attend the camps.

RCSC: One of the great things about the Royal City Soccer Club is that ANY child between the ages of 5-13 can attend our camp regardless of skill or ability level. Royal City Soccer Club stresses fun, safety, and healthy child development as its key principles rather than that of training and development of elite soccer players. Using the sport of soccer as the catalyst/theme for the program, fundamentals of soccer are combined with principals of fair play, sharing,

positive development, and friendship to create a camp experience like no other. Our goal is not to create the next soccer superstar, rather to create an atmosphere of fun, safety and personal growth for each camper.

ECM: What does a day at camp look like?

RCSC: Campers have the ability to choose between three different sessions: full day, mornings, or afternoons .

Our morning sessions focus primarily on SOCCER which includes: warm-up games and exercises, skill development, team building, fun activities, scrimmages and mini World Cups. Our staff always coach and supervise the campers in a low ratio while gearing the drills and skills towards fun and personal growth. Campers are grouped and coached by age, size and ability where possible. Our staff is excellent at providing the right combination of fun and development for the age and skill level of each camper.

Afternoon sessions are a little different than the mornings. The main activity in the afternoon is a leisure swim at a local community pool. Our swim is optional but we find that most of our campers enjoy a refreshing dip after

a morning of fun on the soccer field. But that's not it! There is always time before and after our swim for large group games and activities! Capture the flag, staff vs. camper soccer, and soccer baseball are always camp favorites!

One of the great things for parents in our program is the no charge early and late drop-off/pick-up times. Although the structured program component is scheduled from 9:00 am - 4:00 pm, we give our parents fully supervised extended times of 8:00 am - 9:00 am for early drop off, and 4:00 pm - 5:30 pm for late pick up... a nice treat for working parents.

We consistently hear our staff talk about the successes, growth and triumphs of their campers each week. At the end of every week each camper is recognized with a Camp certificate and RCSC Medal...and for one special camper, our coveted Camper of The Week Medal.

ECM: What can the kids who attend Royal City Soccer Club's camps expect to come away with?

RCSC: Each camper who signs up for a session will receive a camp t-shirt, soccer ball, water bottle, camp medal, and camp certificate...but it's the concepts of friendship, self esteem, leadership, respect, and teamwork that are the most beneficial for each camper to take away. You may find increased skill level across the board with your camper but it is our goal that the skills they take away from our program are ones they can not only use with their feet, but also their mind!

ECM: How can people register or just find out more?

RCSC: The easiest way to learn more about our camp and to register is to visit www.royalsooccer.com. You will find full program descriptions, locations, staff information and general information about how to register for our program.

For those without internet access, you are able to call our toll free line 1-800-427-0536 to request more information and have a registration package mailed to your house.

EC

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KING ARTHUR'S KITCHEN

SUNDAY, MARCH 27 • 2 PM

KING ARTHUR'S KITCHEN • In photo (l-r) Christopher Cook, Jeffrey Kaiser, Astrid Varner
photo by David Cooper • Axis Theatre Company • www.axis1stheatre.com

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or **ticketmaster**
ardentheatre.com

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150
ST. ALBERT 150th ANNIVERSARY

WHAT'S NEW?

The Conscious Parent
By Dr. Shefali Tsabary.

In this book, Dr. Tsabary asks us to set aside traditional parenting strategies that major in controlling our children and instead find true kinship with their spirits by tuning into who each child is in its own unique essence.

WordsWorth: { Not Your Typical Camp

By: Dawn Ius

If your children think writing camp is a little like summer school, they clearly haven't heard of WordsWorth.

"WordsWorth is truly a magical place," says camp Coordinator Lisa-Murphy Lamb. "The days and nights are filled with creative activity. Young writers leave camp with fresh ideas, new skills and refueled inspiration."

But a little lacking in sleep, she admits, with a smile.

Participants can choose from a full slate of literary arts workshops – from drumming and poetry to spoken word performance, illustration, songwriting, and everything in between.

"Some of Alberta's most talented – and popular – literary artists are part of our instructional team," Murphy-Lamb says. "Often these artists become mentors for the young writers, even when camp is over. There is something for everyone."

For example, last summer, participants whipped their work into shape in Margaret Macpherson's fiction boot camp, created a magazine with Mark Kozub, and discovered the magic of photojournalism with Faye Reineberg Holt. They wrote – and sang – songs with Brendan McLeod, and received constructive criticism from Jacqueline Guest.

"This multidisciplinary approach to learning is one of the reasons WordsWorth is so unique," Murphy-Lamb says.

The second reason is the students. The majority of youth that register for WordsWorth do so because they really do believe in the power of words.

"We ask the students to provide writing samples, and letters of reference," Murphy-Lamb says. "They spend a week together, immersed in creativity, so we want to make sure these kids are here because they want to be, and not just because they want to hang out at Kamp Kiwanis."

Not that Kamp Kiwanis isn't a fabulous place to hang out. Located in beautiful Bragg Creek, Alberta, the site is surrounded by spectacular scenery – nature the instructors and supervisors are quick to take advantage of. Mid-day breaks often include a hike with haikus, songs are sung at the river campfire, and humorous poems are written about the mosquitoes.

Sound like the summer camp for your young writer? WordsWorth 2011 runs July 3-8 for ages 11-13, and July 10-16 for ages 14-19. To register or for more information, you can check out the Young Alberta Book Society website at www.yabs.ab.ca/wordsworth or visit the WordsWorth blog at www.yabswordsworth.blogspot.com. **EC**




EC
summer camp preview




A special Thank You to **Billie Depatie**, of D4 Photography, for sharing the wonderful cover photo of Lukas with us.

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www.d4photography.com ~ billie@d4photography.com
 780 939 2889



Tell better stories.

Explore the Canadian Badlands and experience an action-packed summer camp filled with science and adventure at the Royal Tyrrell Museum.

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July 17-23 or August 21-27, 2011

FAMILY SCIENCE CAMP (ALL AGES)
June 29-July 2 or August 3-6, 2011

www.tyrrellmuseum.com
 call toll-free in Alberta: 310.0000 + 403.823.7707
 in North America (outside Alberta): 1.888.440.4240





Marketplace

ARTS & ENTERTAINMENT



The Arden Theatre • St. Albert
780-459-1542 • www.ardentheatre.com

The Arden Family Series is back with four fun filled shows. Presenting music, circus acrobats, puppetry and musical theatre there is something for everyone and all ages. For information on these shows please visit www.ardentheatre.com. Tickets are on sale now! Call the Arden box office at 780-459-1542.



Edmonton Reptile Parties • Edmonton
877-857-253 • reptile_party@hotmail.com
www.edmontonreptileparties.com

Reptile parties are here! Great for celebrating your child's birthday or special event. Looking for an interesting educational program for your scouting, youth or church group, classroom? Reptile parties are a fun, affordable and informative form of entertainment for all ages!



Edmonton Symphony Orchestra (The) • Edmonton
780-428-1414 (Box Office)
www.edmontonsymphony.com

The Edmonton Symphony Orchestra is dedicated to enhancing the cultural life of our community through entertaining and educational concerts and events. Every year we perform education concerts for 30,000 students from central and northern Alberta. In addition to our concerts geared towards kids and families, we also offer special discounts for students and youth.



GiGi & Friends Inc. • Edmonton
780-975-8232 • www.gigifriends.ca
www.gigifriends.ca

GiGi & Friends offers Airbrush face painting, using a liquid makeup that washes off with soap & water. A hit with children and adults. Or, choose balloon animals or comedy, magic shows. Your choice of characters range from: story time to carnival, magician to train conductor or an elf to Mrs. Claus.



Glitter Art
780-481-6976

Sparkle Up! Add fun to your event with Glitter Body Art Tattoos. We have over a 100 designs to choose from. It is waterproof, skin safe - latex free and stays on for up to seven days. It's a proven party hit & a great souvenir for your guests. Book now!



Kidz Quarterz • Sherwood Park
780-467-0172 • #172, 2693 Broadmoor Blvd.

Kidz Quarterz is your destination for family fun! Drop by to let the kids explore the gigantic play structure or play one of the kid friendly games in the arcade. Try our ball blasting Balladium game or the kid friendly fare in our restaurant. Have a special event? Remember we make parties so easy all you need to bring is your camera!



TELUS World of Science • Edmonton
780-452-9100 • www.edmontonscience.com

There's nothing quite like TELUS World of Science - Edmonton. Our mission is to create a positive science and technology culture in our region that inspires and motivates people to learn about, and contribute to, science and technology advances that strengthen themselves, their families, and their community.



The WotWots
www.wotwots.com/americas

From the creative minds of Martin Baynton and Academy Award winning Richard Taylor comes the WotWots, a television series on Treehouse. It follows siblings from outer space, as they delight in learning and discovery. Filmed at Australia and New Zealand zoos, the WotWots explore planet earth and learn about animals.



Zoo 2 U • Edmonton
www.zoo2u.ca

What about a Zoo 2 U birthday? Zoo 2 U is a traveling zoo that brings a fun and educational show to you. Has your child always wanted to hold a live snake or reptile? How about having a parrot on their shoulder? We provide an exciting and interactive show for birthday parties, daycares, schools and even senior's lodges. We bring a variety of animals that are enjoyed by all ages! Check us out at www.zoo2u.ca!

BUSINESS OPPORTUNITIES



Moms Earning More
k-sky@telus.net • www.k-sky.momsearningmore.com

We provide the community to bring work at home. Moms together. An incredible support group of women just like you, all with a vested interest in personal, family, environmental and financial wellness. Experience the teamwork and coaching from successful women who are already living their dreams... NO Risk NO Inventory NO Selling.

CAMPS



Glazing Pot Studio & Gifts • St. Albert
780-459-5958 • 108, 31 Fairview Blvd.
lara@glazingpotstudio.ca • www.glazingpotstudio.ca

Glazing Pot Studio & Gifts offers a variety of painting and creative experiences through our art camps and themed workshops. Children will explore clay building, glass fusion, mosaics and paint your own pottery. We are currently taking registration for our summer day camp programs. Each day offers something new to create.



Marr Mac Dance and Theatre Arts Centre
Edmonton
780-434-9281 • 8627 109 Street
marmac@telus.net • www.marmac.com

Marr Mac is having a Fine Arts Summer Dance camp, open to beginner dancers ages four and up. Come and join the fun as we do ballet, jazz, hip hop, lyrical, song and dance, drumming and art classes.



Pedalheads • Edmonton
1-888-886-6464 • www.pedalheads.ca

From training wheels to trails, Pedalheads™ has safe, fun and challenging bike camps for children ages 3-12. During the last 15 years we have taught over 100,000 children to ride, using our own Pedalheads™ teaching method, combined with small classes and exceptional instructors.



Royal City Soccer Club
Edmonton, Calgary & Red Deer
1-800-427-0536 • www.royalsoccer.com

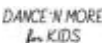
Welcome to the Super Summer Soccer + Camp 2011. We are now the largest grassroots soccer camp in Canada. Our program is designed to promote development, team building, and of course... FUN!



Royal Tyrrell Museum
310-0000 then 403-823-7707
www.tyrrellmuseum.com

Encana Badland Science Camp allows you to engage in real science at the Royal Tyrrell Museum with hands-on learning opportunities in palaeontology. The best part - sleeping in a real teepee in the heart of the Canadian Badlands! For details on Junior, Senior, or Family camp visit tyrrellmuseum.com.

CLASSES & PROGRAMS



Dance 'n More! For Kids (Ages 3-9) • Edmonton
780-436-1590

McKernan Community Hall (University Area)
vandot2@telus.net

DANCE! Revel in the joy of aesthetic movement!! Dance for fun, exercise, healthy vigorous activity... for personal confidence, self-realization. ALL CHILDREN experience a broad variety of dance forms integrated with other arts activities.



Elite Taekwondo • Edmonton
780-413-4009 • 9831 - 45 Avenue
www.elite-tkd.com

More than self-defence, Elite Taekwondo emphasizes self-improvement and the development of self-confidence, self-discipline, and respect, enabling students to resolve and avoid confrontation. Enthusiastic instruction, clear direction and goals make the program enjoyable and successful. All of this combines to make Elite Taekwondo in Edmonton, Western Canada's leader in fitness, self-defence, and self-improvement.



J'Adore Dance • Edmonton
780-701-4942 • www.jadoredance.com

J'Adore Dance offers recreation focused dance classes for adults, children, and parents with babies.



Rhythm, Rhyme and Story Time
Edmonton, Sherwood Park and Ardrossan
780-467-0395 • joy.burkinshaw@shaw.ca
www.edmontonpreschoolmusic.com

You and your child (aged 6 months to 5 years) are sure to enjoy this music-filled program together as you sing, dance, and explore a wide variety of musical instruments. Watch as your child develops vocabulary, language skills, fine motor skills, counting, rhythm and social skills.



Sportball • Edmonton
780-850-2511 • Edmonton@Sportball.ca
www.sportball.ca

Sportball is a non-competitive sports program for children 16 months - eight years old. Children are introduced to seven popular sports: soccer, hockey, basketball, baseball, volleyball, tennis and golf. Sportball classes are high-energy, fun and creative.

EDUCATION & PRESCHOOLS



Alberta School Councils' Association (ASCA)
Edmonton

1-800-661-3470 or 780-454-9867 in Edmonton
Alberta School Councils' Association (ASCA) is the provincial association for parents on school council. Recognized as the voice of parents in public education, ASCA presents the parent perspective to government and partners in education. Opportunity for parent input is through school council and ASCA provides programs, resources and services to promote and support school council effectiveness.



Belgravia Elementary School
780-435-5560 • 11650 - 74 Avenue
Belgravia@epsb.ca • belgravia.epsb.ca

Belgravia is a wonderful little community school nestled between University Farm and the University of Alberta, and bordering on our wonderful river valley! The family atmosphere is evident from the moment you step in the school. Bulletin boards are inviting and share student successes in all subject areas. Activities such as Family Reading are weekly events. Parents are working in various areas of the school and feel welcomed and valued.



Caminitos Spanish Playschool
Escuela Mill Creek School 9735 - 80 Avenue, Room #4
info@cminitosplayschool.com
www.caminitosplayschool.com

Give your Child the gift of Spanish! English/Spanish bilingual play-based program for children 3 to 5 years of age.



The Edmonton Catholic School District has celebrated more than 122 years of teaching and learning. In 1888, three nuns from the order of the Faithful Companions of Jesus began teaching 23 Catholic students. Our school district has now grown to more than 33,000 students in 87 schools today. All schools offer a quality faith-based education and a variety of programs including early learning, language and sports. To join our family, log on to www.ecsd.net.



Edmonton Public Schools is the second largest school district in Alberta, with approximately 80,000 students in over 200 schools and education sites. Our District believes that every student is capable of succeeding in school and in life, regardless of their personal circumstances. Our staff works in co-operation with parents, community members and other partners to help every student build a bright future. Download our Quick Guide at www.epsb.ca for more information.



Elk Island Public School
www.eips.ca

Elk Island Public Schools is one of Alberta's largest school systems, serving over 16,300 students in 44 schools. Our students, staff, parents, and community work together like the pieces of a puzzle to create a picture of quality education and endless opportunities for all students. Visit www.eips.ca for more information about our educational programs services for Kindergarten to Grade 12.



Peanut Butter and Jam Playground
www.peanutbutterandjam.ca

We are a parent led playgroup for children birth to 4 yrs old. Weekly playgroups are held at a community hall in Riverbend. Make great friends, enjoy play time, crafts and circle time. For more information or to download a registration form, visit our website today!



Progressive Academy • Edmonton
780-455-8344 • Fax: 780-455-1425
www.progressiveacademy.ca

A private accredited school dedicated to providing exceptional programs for students three years of age to Grade 12. Preschool program offers a proper balance of academic instruction and dynamic play. Intellectual aim of our school: for students to think for themselves and learn how to learn. Summer camp also offered.



Southside Mothers' Day Out • Edmonton
780-414-6899 • ssmdo@hotmail.com
www.southsidemothers.com

Accepting new registrations! Southside Mothers' Day Out is a parents' cooperative with professional staff who provide a safe, nurturing "learn through play" program for children one or two days per week with ages ranging from 19 months to 5 years.



West Edmonton Playschool
780-918-1115

15525 84 Ave Lynnwood Community Hall
www.weps.ca
Preschool programs designed for 3 and 4 year olds. Kindergarten readiness and pre-literacy development. No parent rostering, subsidy available.



Westend Community Playschool
780-436-0775 Laurie (3 Year Registrar)
780-429-4470 Natasha (4 Year Registrar)
15108 - 76 Ave Edmonton (in Rio Terrace)
www.weccp.ca

Register NOW for September 2011. Where our students learn to LOVE LEARNING! Visit our website for more information.



West End Montessori • Edmonton
780-487-6419 • www.westendmontessori.org
info@westendmontessori.org or
arbitratemediate@yahoo.ca

We are one of the few well-rounded programs that provide children with academic, emotional and social benefit!



Young Alberta Book Society • Edmonton
780-422-8236 • 11759 Groat Road
communications@yabs.ab.ca
www.yabs.ca

For over 25 years, YABS has been an advocate for children's literacy in Alberta. We are committed to creating opportunities for Alberta's children to be inspired by Alberta's literary artists. We believe that every child should have the opportunity to experience the arts to discover their creativity and imagination and to develop strong literacy skills. No matter what their location or socioeconomic status, every Alberta child should experience the joy of reading and writing.

HEALTH & SUPPORT



Alberta Health Services
Toll free 1-866-408-LINK (5465)
Edmonton area 780-408-LINK (5465)
Influenza Immunization. For local clinic details, visit www.albertahealthservices.ca or call Health Link Alberta.



Children's Autism Services of Edmonton
780-495-9235 • 17706-102 Ave.
Vanessa@childrensautism.ca • www.childrensautism.ca
Children's Autism Services of Edmonton is a non-profit community organization providing support and services for children with autism and other developmental disorders. We have dedicated, dynamic and qualified professionals providing family centred programming. We work closely with families to provide them with the individualized services they need."



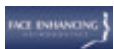
CHILD Study • Edmonton
(Canadian Healthy Infant Longitudinal Development)
780-407-8084

Rm 1834, Suite 1800 College Plaza, 8215 - 112 St
www.canadianchildstudy.com
The rates of asthma, allergies, and other childhood diseases are increasing in Canada. In order to stop this trend, we need to know what is causing it. The CHILD study is a Canadian research study that is looking at factors that may contribute to early childhood disease. We are recruiting pregnant women from the Edmonton area to participate. Involvement includes surveys, home visits, and regular health checkups with developmental testing.



Dr. Tamara D. Hanoski
780-604-8704 • drthanoski@shaw.ca
www.drthanoski.com

Dr. Hanoski is a registered psychologist who is offering counseling to individuals, couples, and families, as well as play therapy for children. Particular areas of interest include postpartum adjustment and sibling relationships, as well as grief, relationship issues, depression, anxiety, abuse, parenting, stress, self-esteem, and assertiveness.



Face Enhancing Orthodontics • Edmonton
780-438-3223 • 202, 856 119 Street, SW
www.faceenhancingorthodontics.com

We'll give you a reason to smile! Call to make an appointment today!



Garneau Mediation
780-499-9815
michelle@garneau-mediation.ca
www.garneau-mediation.ca

Going through a separation or divorce? Do you need to resolve issues regarding Parenting, Child support, Communication or division of property? Mediation can provide you with a private, time efficient, flexible, informal and affordable dispute resolution alternative.



Sleep Matters
780-231-2222 • info@yoursleepmatters.com
www.yoursleepmatters.com

Sleep is an essential building block for a healthy and happy child. Sleep Matters will help you develop the skills and routines your child needs to sleep soundly and independently, at night and during the day. Led by two physiotherapists who combine professional work in pediatric development with their own experiences as mothers, Sleep Matters offers education, discussion and support through group classes for parents who are expecting or with children up to age five.



TOPS (Take Off Pounds Sensibly)
1-800-932-8677 • www.tops.org

TOPS is a non-profit weight loss support group. TOPS advocates a basic exchange menu plan and moderate exercise for losing weight and maintaining it. We do not sell, promote or endorse any products. TOPS provides the support, encouragement and educational opportunities needed to make healthy, permanent lifestyle changes.

SHOPPING & SERVICES



Allykat Graphics • Devon
780-987-4603 • akgraphics@shaw.ca
www.allykatgraphics.ca

Designer of this publication. Specializing in multi-page publications, logo design/branding, brochures and websites. Let us design your printed material in our unique style and see superior results.



Axiom Mortgage
Katie O'Brien • Mortgage Associate
780-700-5342 • katie@axiommortgage.ca
www.katiethemortgagelady.com

We have access to a wide variety of lenders to find the right mortgage solution for you. We are experts at helping you achieve your homeownership dreams. Access your best options! Remember, my advice is free on most residential mortgage transactions. REFERRALS WELCOME!



Bavaria BMW • Edmonton
780-484-0000

Visit us at 18925 Stony Plain Road West to see the new 2011 BMW 323i Luxury Edition.



Beaners
Edmonton 780-484-7484
Sherwood Park 780-467-3300
St. Albert 780-460-0080
www.beanersfuncuts.com

At Beaners Fun Cuts for Kids, we specialize in cuts and styles for both boys and girls, from babies to teens. Our stylists are specially trained in kids' haircutting and parent/child satisfaction is 100% guaranteed! Beaners Fun Cuts for Kids is a fun place, with a ball pit, themed chairs, movies, and video game stations. We also have a wide array of product and accessories to help parents with their hair care needs.



The Crafter Barrel • Sherwood Park
780-570-5091 • 1080 - A Strathcona Drive
tanya@thecrafterbarrel.ca • www.thecrafterbarrel.ca

The Crafter Barrel is a place where people of all ages can use their imagination, be creative and get crafty. We offer retail craft supplies, all inclusive craft kits, theme Birthday Parties, workshops and more. It is our goal to help you explore your artistic abilities and create lasting projects to proudly display.



E-Children • Edmonton
780-489-0707 or 1-800-377-8278
10424 - 169 Street (facing 170th Street)
edechild@telus.net • www.e-childrenonline.com

Visit Edmonton's largest specialty children's store. We carry a large selection of children's furniture, bedding, strollers, clothing and innovative, unique children's products from around the world. Our staff works hard to ensure you will receive personalized, informative service and competitive prices.



Kids' Furniture Gallery • Edmonton
780-435-5472 • 3903 - 99 Street
kidsfurnituregallery.com

A family owned and operated business that provides quality furniture and accessories from crib to college. The store has earned a great reputation in Edmonton as a first-choice destination for all furnishings that meet the changing needs of children as they grow.



Nobrega Financial • Edmonton
780-945-2876 (Gil Jouan) • gil@nobregafinancial.com
We are committed to helping you, our client, better understand how to invest your hard-earned dollars wisely today. You'll be pleasantly surprised how much fun you can have planning your life's journey!



Once Upon a Child • Edmonton
780-428-3366 (South) and 780-488-3348 (North)
3833 - 99 Street (South) and 13531 St. Albert Trail (North)
ouac@telus.net

When you sell to us, we pay immediately. When you buy from us you get outstanding values. Once Upon a Child takes the growing market of children's items, focuses on budget-conscious families and implements a recycling element. We buy/sell gently used and new equipment, clothing, furniture, toys, etc.



Pampered Chef
780-469-0407 • vantoniuk@shaw.ca
www.pamperedchef.biz/cookingwithvanessa

The Pampered Chef-Canada is the premier direct seller of essential kitchen tools since 1996. With a product line that includes more than 300 offerings - from entertaining to cookware, cutlery to cookbooks, stoneware to pantry products, we have the simple and affordable solution to get your meal on the table.



PixelPie Photography • Spruce Grove
780-938-9095 • heather@pixelpiephotos.com
www.pixelpiephotos.com

With a joyful attitude & relaxed feel, you'll receive exceptional photos that you will cherish. I would love nothing more than to give you my dedicated time and capture the charm and charisma that children & babies breathe. I love kids and I love photos. Don't forget to reserve your spot!



Play and Learn Toys
www.playandlearn.ca

Foster creativity & imagination and create special memories with our unique and special toys. Our toys are meant to last a lifetime and many of our products have won awards for being safe, educational and most importantly, fun.



Previously Adored Children's Wear • Spruce Grove
780-571-2505 • #108 636 King Street, Spruce Grove
www.previouslyadored.org

We have quality items that are "previously adored" from sizes 0-8, toys, shoes and so much more! All toys and equipment we sell is CSA approved and checked for any recalls. We do carry new product from Canadian companies!



Rolling Grove Organics • Sherwood Park
780-416-8080 or 877-339-8080
www.rollinggrove.com

Specializes in providing natural, organic and non-toxic products for babies and young children. We offer a complete selection of children's products including organic cotton clothing, compostable diapers, BPA-free feeding supplies, natural skin care and non-toxic toys. Brands include Plan Toys, Earth Mama Angel Baby, Clementine Art, Educo, aden + anais, Broody Chick, Piggy Paint, snackTaxi and Loving Naturals.



Royal LePage Noralta
Steve Sedgwick
780-431-5600 • www.realtyedge.ca

I've been involved in the Edmonton real estate market for nearly 10 years and have a genuine passion for following real estate news, trends and ensuring that my clients get the best representation possible. It is passion that drives me to ensure that I exceed the expectations of any individuals or families who trust me to represent them in one of the most important transactions of their lives.



Stella & Dot
Tekla.eichhorn@shaw.ca
www.stelladot.com/fabulousfemme

Take your ordinary to EXTRAORDINARY with effortless style. Fashion forward, celebrity coveted, boutique-style jewelry at a steal! Fun, easy trunk shows and great rewards. Online shopping! Independent Stylist Tekla Eichhorn.



Welcome Wagon
780-449-3040 • www.welcomewagon.ca

We are proud to be a partner in your commitment to the Edmonton Community. With civic and business information, gifts and invitations the Welcome Wagon reaches new residents, expectant mothers, new executives and more!

Editors' Notes: This guide is provided as a reference only. Please research your choices carefully and choose the companies that work best for you and your family.



FEBRUARY OPENING!

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#108 636 King Street, Spruce Grove, AB T7X 4K5
(On the corner of King Street and Grove Drive)
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Email us: previouslyadored@hotmail.com
www.previouslyadored.org

Amazing selection of previously used and new items.
New items from Canadian companies.



Sportball
Sports instruction for kids

Sportball is a non-competitive sports program for children 16 mos - 8 years old. Children are introduced to 7 popular sports: soccer, hockey, basketball, baseball, volleyball, tennis and golf. Sportball classes are high-energy, fun and creative.

EDMONTON

Luke Lavorato
780-850-2511 • edmonton@sportball.ca






Marr-Mac
Ballet & Theatre Arts

Marr Mac Summer Dance Gallery
Fine Arts Program

"Let the Music Move You"

Our program welcomes beginner and experienced boys and girls ages 4 and up.

Ballet, Tap, Jazz, Lyrical, Hip Hop, Song & Dance, Creative Movement, Tap, Drumming, Art

Visit our website for more information
www.marrmac.com or call 780 434-9281

WHO'S READY FOR Sleep-Away Camp?

By: Kerri Leland

Last summer, I watched as friends sent their children to sleep-away camp, relishing in the freedom that childless week afforded them. As much as I treasure my me-time, the very thought of shooing my daughter off to stay with a bunch of strangers in the wilderness made me anxious. Really, really anxious.

And so my daughter went to day camp...the best of both worlds! She went and rode horses with lots of little girls with the same passion, and then returned home safely to me each evening. We were both happy!

But then something changed. Suddenly she started talking about going away and bunking with her cousin at summer camp, and I didn't feel my chest tighten up. In fact, it sounded kind of exciting! It was then that I realized that she thinks she's ready and I think I'm ready, and quite frankly, we won't know unless we try.

Are you also finding yourself wondering if your child is ready for sleep-away camp this summer? You might have a child who is begging to go, or you might find yourself trying to convince your reluctant little camper. Asking yourself a few questions may help make your decision a little easier.

1. **How old is your child?** Eight years old seems to be the magic number for some. Seven or younger is pushing it; children under eight would most likely benefit from day camps instead.
2. **Has your child spent the night away from home before?** If so, being away from Mom, Dad, and siblings won't come as a shock. If he has never been away from the family, sequestering him in a cabin full of strangers in unfamiliar surroundings most likely won't go over so well.
3. **Who seems more excited about the idea of going to camp – you, or your child?** Best case scenario, you both feel good about it. If you're stressed and worried leading up to it, chances are your child won't enjoy the excitement of the anticipation.
4. **Does your child get along well with other kids at school?** If so, she'll probably deal well with her fellow campers. But if she finds it difficult to get along with others at school, you can probably expect a similar outcome at camp.



5. **Does your child seek out new experiences and environments, or tend to stick with what's familiar?** If he loves a good adventure, then summer camp should be right up his alley.

Summer camp should be fun for the kids, but the parents need to feel good about the decision, too. Good luck with deciding if this year is a day-camp or a sleep-away camp sort of year, and whatever you decide...enjoy it!

EC

From The Creators Of **DESPICABLE ME** Comes A Comedy About

CANDY, CHICKS AND ROCK 'N' ROLL



UNIVERSAL PICTURES PRESENTS IN ASSOCIATION WITH RELATIVITY MEDIA AN ILLUMINATION ENTERTAINMENT PRODUCTION "HOP" JAMES MARSDEN RUSSELL BRAND KALEY CUOCO
 HANK AZARIA GARY COLE ELIZABETH PERKINS DAVID HASSELHOFF CHELSEA HANDLER AND HUGH LAURIE MUSIC BY CHRISTOPHER LENNERTZ MUSIC SUPERVISOR JULIANNE JORDAN COSTUME DESIGNER ALEXANDRA WELKER
 EDITORS PETER S. ELLIOT GREGORY PERLER PRODUCTION DESIGNER RICHARD HOLLAND DIRECTOR OF PHOTOGRAPHY PETER LYONS COLLISTER ASC EXECUTIVE PRODUCER JOHN COHEN PRODUCED BY CHRIS MELEDANDRI MICHELE IMPERATO STABILE
 STORY BY CINCO PAUL & KEN DAURIO SCREENPLAY BY CINCO PAUL & KEN DAURIO AND BRIAN LYNCH DIRECTED BY TIM HILL
 www.universalpictures.ca www.iwantcandy.com



April 1 A UNIVERSAL PICTURE



Why Kids Need

summer camp

By: Gwen Randall-Young

Having the opportunity to go to summer camp may, be more important for children than ever. The benefits of fresh air, activity and having fun have always been there. However, our children live in a different world than their parents and grandparents did when they were young.

As a child I remember summer as a time spent mainly outdoors. I had a stay-at-home Mom as did most of the kids in my neighbourhood. We would go out right after breakfast and be all over the neighbourhood before checking in for lunch. Then it was back outside for more adventure. We made up our own games, invented our own crafts, and would ride our bikes to places where we could explore ravines and even the river bank. Our parents often had no idea of where we were and that was okay, as long as we were home for lunch and dinner.

There was no real daytime television for children, except for Saturday morning cartoons, no computers, no gaming devices and no cell phones. Life was all about activity, nature, and interacting with others.

Today it is different. Children often are in daycare, and even if Mom is at home, social interaction is often planned by parents as play-dates. There is no going off to explore the world around you, instead, the world of technology beckons, intrigues and preoccupies.

Summer camp provides an opportunity for a more natural way of being. Children are in groups working and playing together all day long. We are a tribal species and this is how we always lived before technology. Nature surrounds the camper and there are opportunities for activities normally not experienced in our modern world.

Life at camp is far less processed, mostly natural and organic. We look for this in the foods we feed our children, so why not provide it in their experiences as well? If you have the opportunity to send your children to camp, find a good one and go for it.

Gwen Randall-Young is an author and award-winning Psychotherapist. For more information, or to obtain books or cds, visit www.gwen.ca.

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Calendar of Events

Ongoing

Mommy Connections. Operating in 4 communities in Edmonton, plus Sherwood Park & Leduc, Mommy Connections is a 6 week post-natal program and new moms social network. The program is designed to educate, inform and connect new moms in their communities on the topics of post-natal fitness & nutrition, baby dental concerns, literacy, city programs, infant safety, baby wearing, diapering, hip clubs and classes for mom & baby, returning to work and more! For more information, visit www.mommyconnections.ca.

Movies for Mommies, the original parent & baby film event. Enjoy movies in a baby-friendly cinema, as we welcome moms, dads, grandparents and caregivers. Movies are shown every Tuesday at 1:00 p.m. at the Magic Lantern Parkland 7 theatre. For more information, visit www.moviesformommies.com.

Sundays at the John Walter Museum. Join them on Sunday afternoons for a special activity. This is free, however donations are gratefully accepted. For more information on the activity, call 780-486-8787.

The Edmonton Public Library hosts numerous programs for families at the various branches. Enjoy daytime or evening groups such as: Family Storytime, Storytime for Visiting Day Care Groups, Baby Lap Time, Rhymes that Bind, Time for Twos, Preschool Storytime, Teen Book Club, Fun for Ones, and many, many more. For more information, visit your local library or go to www.epl.ca.

For information on indoor/outdoor swimming pools, call 780-496-SWIM or visit www.edmonton.ca. Also, call your local YMCA for information.

Cineplex Entertainment Theatre presents Stars and Strollers. Just because you've become a parent doesn't mean you have to miss out on the latest movies released. Stars & Strollers makes going to the movies easy and convenient for parents and babies. Our baby friendly environment includes: screenings of the latest releases every two weeks, lowered volume levels, dimmed lighting, and free stroller parking. For more information, visit www.cineplex.com/Theatres/StarsAndStrollers.

The City of Edmonton offers free public skating at arenas year-round. Great exercise and lots of fun! Schedules are available at City of Edmonton arenas, call 780-496-4999, or visit www.edmonton.ca/arenas.

The Den (formerly the Teen Centre) in the Town of Morinville offers various activities and a place to hang out for ages 13-17. For more information and hours, call 780-939-6044.

St. Albert Grain Elevator Park. Our interpreters will take you on a guided tour of the train station and historic grain elevators. Open from Victoria week-end to Labour Day. Admission is free. For more information, call 780-419-7354.

March

March 1 – April 29: The Chronicles of Narnia at the Telus World of Science. Based on the blockbuster film series and C.S. Lewis' beloved fictional books, students will get the opportunity to explore the world of Narnia. Scenes and characters from the films launch visitors into a journey of scientific inquiry. Can animals communicate with humans? Could a waterfall really freeze? Can we manipulate the climate? Come see the wonder of science through the world of Narnia. Visit www.edmontonscience.com.

March 1 – June 24: One World, One Sky – Big Bird's Adventure at the Telus World of Science. Open your child's eyes to the sky and you will help them see how people all over the world are connected. With the help of Big Bird, Elmo and a new friend from China, Hu Hu Zhu, children will discover that everyone, everywhere shares the same sky. For more information, visit www.edmontonscience.com.

March 1 – April 30 (every Tuesday): Leduc's Stay and Play. A free drop-in child and parent interactive play program. Meet new friends while you and your children play and learn together. Discover why play and positive parent-child interactions are so important for your child's development. Located at the Leduc Alliance Church (5503 Black Gold Drive) from 9 am to 12 pm. For more information, call 780-979-2386.

March 1 – April 30 (every Tuesday): Devon's Stay 'N Play. A free drop-in child and parent interactive play program. Meet new friends while you and your children play and learn together. Discover why play and positive parent-child interactions are so important for your child's development. Located at the Devon Parent Link site (#5 Jasper Court – Old Robina Baker School). From 9 am to 12 pm.

March 2 (every Wednesday): Tours for Tots at the Art Gallery of Alberta. Drop-in explorations for families and kids aged three through five from 11 am to 12 pm, free with admission. Come by for gallery explorations, art-making, story time, scavenger hunts and more! For more information, visit www.youraga.ca.

March 4: Modern Mama presents: Childcare Choices. Are you expecting your first child? Currently on maternity leave? Stayed at home for a while but thinking about returning to the work force? Then you need to consider your childcare choices. This unique event will feature three local experts to talk about your options. Coffee, Moxie's famous banana bread and fruit included! From 9 to 11 am at Moxies, South Edmonton Common. To register, visit www.modernmama.ca.

March 5: Star Party at Elk Island National Park. Breathtaking star gazing under the beautiful winter prairie sky of Elk Island National Park. Learn about astronomy, take in presentations, stories, and light installations in this unique dark sky preserve. For more information, visit www.winterlight.ca.

March 6: Mommylicious. Join us for an exciting activity-filled day for everyone. Vendors from Western Canada are participating with amazing products and services for every budget. From 10 am to 4 pm at the Mayfield Inn and Suites. For more information, visit www.mommylicious.ca.

March 7: Concordia Community Chorus presents a Mardi Gras concert. From Carnival to Prayer begins with a party and ends with a prayer towards our Lenten journey! Refreshments, dancers and music will lead through from party to reflection throughout the evening. The concert takes place at the Robert Tegler Student Centre on the Concordia University College Campus (73rd Street South of 112 Avenue). Starts at 7 pm. Tickets are available at Tix on the Square, Concordia Student Accounts or at the door.

March 9: Modern Mama presents Mama Needs a Babysitter – SW Edmonton. Do you need an occasional babysitter? This is an evening of babysitter-speed-dating! Pre-registration is required. For more information, visit www.modernmama.ca.

March 12: Gish Baby and Tot Items Sale. Whether you are expecting a baby or want to get your little one ready for warm weather while saving money, plan to attend this sale. It is the largest sale of its kind in St. Albert and an excellent opportunity to buy gently used baby items, clothing, toys, etc. The sale is a fundraising event held at Elmer S. Gish School, 75 Akins Drive, St. Albert from 9:00 a.m. to 12:30 p.m. Adult admission is \$1. For more information, visit www.gishbabysale.com.

March 13: Flower Power Fun at the Muttart Conservatory. In 60's style we will celebrate the coming of spring with fragrant bulbs and lots of fun art projects. For more information, visit www.muttartconservatory.ca.

March 19: Shell Presents Roman Danylo. Roman Danylo is sure to fill the Shell Theatre (Fort Saskatchewan) with laughter when he arrives with his hilarious comedy show in tow. Packed with quick witted, interactive sketches, high energy observational stand-up and improv, he'll cover a range of subjects from love to war, to snacks at the mall food court. Tickets are available at www.ticketmaster.ca.

March 20: The Fort Saskatchewan Music Festival Gala Concert. 2:30 pm at the Shell Theatre in the Dow Centennial Centre..

March 24 – 27: The 2011 Edmonton Home and Garden Show. Get help from top celebrity experts and shop over 600+ exhibitors where you can find the latest in new products for your home. For more information, visit www.edmontonhomeandinteriordesignshow.com.

March 25: Reach to Recovery. This breast cancer peer support group meets in the Strathcona Health Centre at 7 pm. Offers support, education, and information sharing for those living with breast cancer. For more information, contact Ann at 780-464-3144.

March 27: The Arden Theatre presents King Arthur's Kitchen as part of their Family Series Performances. For more information, visit www.ardentheatre.com.

March 28 – April 1: Science Fun Day Camp at Telus World of Science. A week of thrills, chills and spills for ages six to seven. Let your child discover science like never before. Each day, a different topic will be explored to introduce kids to a variety of sciences including: fabulous chemistry, space travel, engineering marvels and biology exploration. Campers will get their hands on science as they put together and ecosystem to take home, build a model rocket to launch, and create bubbles to pop. Come and see how fun science can be! From 9 am to 4 pm daily. Register at 780-451-3344.

March 28 – April 1: Science Wizardry Day Camp at Telus World of Science. The magic of science comes alive for ages eight and nine! Grab your wand and get ready to cast some spells of the science kind! Become a potions master as you mix solutions that change colour or turn into crystals. You don't need a flying car to come discover the secret world of science as you explore mind blowing, eye-popping science tricks! Science wizards in training! From 10 am to 4 pm daily. Register at 780-451-3344.

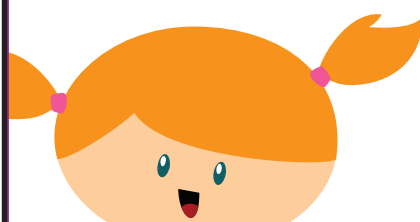
March 28 – April 1: Robotic Missions Day Camp at Telus World of Science. All robots, all the time for ages nine to 11. Enter our world of Artificial Intelligence as you become the brain behind our robots! Campers will work with a partner using the LEGO NXT robotic systems to design, build, program and test their creations. Take the next step in robotic construction with a whole range of sensors and programming elements at your fingertips as never before. This leading-edge robotics camp is designed for individuals who love building challenges and problem solving. There are new and exciting missions each day! From 9 am to 4 pm daily. Register at 780-451-3344.

March 29 & 30: Spring Break Event at the Fort Saskatchewan Public Library. On Tuesday or Wednesday afternoon (from 1 to 3 pm), bring the kids (ages 6 – 12) for crafts, games and the movie, The Tale of Despereaux. For more information, call 780-998-4275.

April 13
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April 2 (the first Saturday of every month): Kids Klub at Millwoods Town Centre. From 12 to 3 pm, pop by Millwoods Town Centre where parents and children can create a themed craft.

April 2 – 17: Rick: The Rick Hansen Story at the Citadel Theatre. The true story of one man's journey that would alter a life and unite a nation. Recommend for 10 yrs and up. For more information, visit www.citadeltheatre.com.

April 2: Five Peaks Trail Run – Night Race. Get ready for Alberta's first night trail race! This course will begin with a bang as you put the pedal to the metal on this flat, fast and furious course. From 8 to 10:30 pm, there will be a post race snack and the chance to share a few tales from the night trail. For more information, visit www.5peaks.com.

April 3: The Wildlife Rehabilitation Society presents: Run Wild for Wildlife. The annual Run/Walk Wild for Wildlife is WRS' biggest fundraiser. In 2010, \$26,000 was raised to support the society and in 2011 we hope to raise even more for Edmonton's only wildlife shelter. This great event will be held at Hawelrak Park; the race will start at 11 am. To register, visit www.events.runningroom.com.

April 10 (second Sunday of every month): All Day Sunday at the Art Gallery of Alberta. Features full afternoons of activities, performance, and Gallery exploration for people of all ages. Activities are themed around current exhibitions, so there are new art adventures each month! Free with admission. For more information, visit www.youraga.ca.

April 14: Play 'N Stay Beaumont (every Thursday). This is time for you and your toddlers to have free play together or with their friends. All FREE and drop-in. From 9 am to 12 pm at the Beaumont Youth Centre (5202 50 Street).

April 17: Swing into Spring Shopping Extravaganza and Trade Show from 10 am to 4 pm at **The Palace Banquet Hall** (3223 Parsons Road [99 Street]) Over 75 vendors selling and displaying their products and services. Portion of \$2 admission goes to the Alzheimer Society. Concession available. There is something for everyone!

April 22: Earth Day. This is a day to initiate, encourage, support and celebrate individual environmental awareness and activity in all areas of human endeavor, empowering Canadians to make a positive difference in the ecological health of their communities, their country and the Earth. Why not plant a tree or start a recycling program with the family? For more information, visit www.earthday.ca.



April 23: Sweet Treat Hide and Seek at Fort Edmonton Park. Go on a scavenger hunt and search for coloured eggs, then cash them in for some sweet treats! Easter crafts, games, roving entertainment, petting zoo and more. Pre-registration for this event is required. For more information, visit www.fortedmontonpark.ca.

April 24: Easter Sunday Brunch at Fort Edmonton Park. Johnson's Café offers a delicious buffet of Easter delights that is sure to please all ages. Buffet selections include fruit and vegetable platters, salad bar, shrimp, assorted smoked fish, eggs benedict, sausage, French toast, omelettes, bbq chicken, grilled salmon, roast baron of beef, sweet treats and many more. For more information, visit www.fortedmontonpark.ca.

April 25: Hop to it! at the Valley Zoo. Visit with Easter babies including chicks and bunnies in the indoor petting zoo. Crafts, games and activities for young and old. Take in live music, face painting, Easter treats, animal encounters, and more. For more information, visit www.valleyzoo.ca.

April 25: Celtic Romp at the Muttart Conservatory. Celebrate the coming of spring with this romp of Celtic delights at the Muttart Conservatory. Enjoy the mystery of Stonehenge, the designs of the Celtic lands all done with flowers in the feature pyramid. Wee ones enjoy face painting, a petting zoo, stories and more. For more information, visit www.muttartconservatory.ca.

April 28 - 30: Spruce Grove's Horizon Stage and Horizon Players present Disney's Jungle Book. The jungle book is jumpin' with jazz in this exciting Disney classic! Join Mowgli, Baloo, King Louie and the gang as they swing their way through madcap adventures and thwarte the ferocious tiger, Shere Kahn. The Jungle Book Kids is sure to be a crowd-pleaser for audiences of all ages. For more information, call 780-271-0060.

Editors' Notes: Times and dates are accurate at time of printing; however, changes can occur. Always call ahead to confirm. To list your event in Edmonton's Child, e-mail us at editor@edmontonschild.com.

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Help is Just a Phone Call Away!

- AADAC Help Line** 1-866-332-2322
- Alberta Mental Health Board, Edmonton Mental Health Services** 780-427-4444
- Capital Health Link:**
24-hour information and advice on all health related concerns including illness, prenatal, and postpartum questions and concerns. 780-408-LINK (5465)
- Capital Health – Community Sector**
(Public Health Centres – general inquiries) 780-413-7900
- Child Abuse Hotline (24 hours)** 1-800-387-KIDS (5437)
- Child & Family Services Authority (Child Welfare)** 780-422-2001
- City of Edmonton Community Services Assessment & Short-term Counselling**
We can help with such concerns as: Daily life stresses, issues with dating, marital or partner relationships, problems with family parenting challenges, abuse or violence in the family. To Speak Privately With A Professional Social Worker Call: 780-496-4777
- Community Service Referral Line**
Edmonton and surrounding area (Information about available community services) 780-482-INFO (4636)
- 211 Edmonton** (Information about available community services - Edmonton only) 211
- Distress Line** 780-482-HELP (4357)
24-hour telephone support and referral service
- Edmonton Gleaners Association (Food Bank)** 780-425-4190
- Family Support for Children with Disabilities** 780-427-4354
- Food Safety Information Society**
Mon to Friday, 9 am to 5 pm 1-800-892-8333
- HEARTS (Helping Empty Arms Recover Through Sharing)**
Support for pregnancy loss; a program of Parent's Place 780-464-3217
- Kids Help Phone** 1-800-668-6868
Website kidshelp.sympatico.ca
- Kids Kottage Foundation – Crisis Nursery**
24-hour child care for parents in crisis 780- 944-2888
- Kidsafe Connection** (childhood injury prevention) 780-407-7250
- La Leche League** (Breastfeeding Support) 780-478-0507
- Mental Health Children's Crisis Response Line** 780-427-4491
- Mental Health Adult Crisis Response Team** (24 hours) 780-482-0222
- Missing Children Society of Canada**
An organization dedicated to the search for abducted and runaway children. 1-800-661-6160
- Parent Help Line** 1-888-603-9100
Website parentsinfo.sympatico.ca
- Poison and Drug Information Services** 1-800-332-1414
- Ronald McDonald House**
A home away from home for out of town families with seriously ill children in Edmonton hospitals 780-439-5437
- Sexual Assault Centre of Edmonton** 780-423-4121
- Suicide Prevention Line** (The Salvation Army) 780-429-0230
- Teen Suicide Prevention** (Tues to Sat, 3:30 to 11 pm) 780-412-2747
- Terra Association**
Prenatal information and parenting assistance for teenage parents. 780-428-3772
- The Salvation Army Community and Family Services**
Offers assistance to families including counseling and an emergency food depot. 780-424-9222
- The Salvation Army Teen Support Line** 1-877-803-8336
- Strathcona Sexual Assault Centre** 780-449-0900
- St. Albert Family & Community Support Services** 780-459-1756
- St. Albert Stop Abuse In Families (SAIF) Society**
Our aim is to send the message that family violence and bullying will not be tolerated in our community. 780-460-2195
- St. Albert Youth Community Centre**
(for youth in Grades 7- age 17) 780-418-1802
- The Support Network** 780-482-0198
Walk-in counseling. Free drop-in solution-focused therapy; call for hours.
- Victims Assistance Program** (Family Violence) 780-422-0721
- Shelters (all 24 hour access)**
A Safe Place 780-464-7233
Kids Kottage (crisis care nursery) 780-944-2888
Lurana Shelter 780-424-5875
Safehouse (street kids ages 13 to 19 who are at risk) 780-474-9938
WIN House 780-479-0058
- Women's Emergency Accommodation Centre** 780-423-5302
- Youth Emergency Shelter Society** 780-468-7070

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