

Dr. E.W. Coffin School

The A, B, Cs of Dr. E. W. Coffin School

A: Amphitheatre – Our outdoor, sandstone classroom with its spectacular view of the Rockies in one direction and Nosehill in the other.

B: Big Buddies – All children in the primary division have children from the upper grades as mentors and friends.

C: Coffin – Our namesake, Dr. Ernest William Coffin; principal of the Calgary Normal School from 1911-1940. The Calgary Normal School, (now the McDougall Centre) was a teacher training institution, over 9000 wonderful teachers came under his wise, gentle and witty influence.

D: Dare to Care – Our anti-bullying program.

E: Emerald Award – A huge achievement and honour for our school. We were awarded this for addressing water conservation and native plant species studies in our natureground.

F: Field trips – Everywhere from “Awesome Pizza” to the

“Zoo”, and lots of places inbetween.

G: Glockenspiels, xylophones, metallophones, conga drums, claves, hand bells, hand drums and tempo blocks; just some of the fantastic instruments played by our students in music class.

H: Helping hands – Dr. Coffin students love to help those in need, whether they be in our neighbourhood, our country and even around the world. (We raised the funds necessary to build a well in India so that fresh water was available to the community.)

I: Inspiring teachers!

J: Juane Priest – Our principal, who has a clear vision towards the success of our students.

K: Kids – At the heart of it all at Dr. Coffin!

L: Laughter – Echos in our hallways!

M: Millennium Kidz – Our excellent before and after school care program. The “kidz” have lots of fun before

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† ST. DAVID'S UNITED CHURCH †

3303 Capitol Hill Crescent NW Phone: 284-2276
(Charleswood exit off Crowchild Tr., near W of CRT Stn.) www.stdavidscalgary.net
Wheelchair Accessible

Join us for worship every
Sunday at 10 am
Youth Church, Nursery
and Sunday School are available.

Christmas Eve Worship
December 24

10 a.m. - Worship service
6 p.m. - Family Service
8 p.m. - Carols & Candlelight (Nursery Available)
10 p.m. - Carols, Candlelight & Communion
(No nursery, Sunday School or Youth Church)

New Year's Eve Day Worship
December 31

10 a.m. - Worship service
(No nursery, Sunday School or Youth Church)

and after school as well as on P.D. and organizational days. They look forward to skiing at C.O.P. during the teachers' convention and other exciting jaunts around Calgary.

N: Nosehill – Practically part of our school, Dr. Coffin students were involved in the planning of the John Laurie pedestrian overpass. Students enjoy many field trips to Nosehill.

O: Outdoor school – Happens every second year, the grades five and six classes head out to Camp Chief Hector in Kananaskis. It is a highlight for all who go.

P: Prairie Natureground – People are welcome to come and stroll our natureground and relax amidst its natural beauty.

Q: Quest – One of only 234 schools in Canada to receive the status "Earth School One." Our quest is to achieve "Earth School Two" status by June 2007, completing 2,000 environmental projects.

R: Rescued plants – Many of our native prairie plants which are thriving in our natureground were rescued by the students from a proposed construction site in the northwest.

S: Sun Circle and Sundial – An unused patch of concrete was transformed into a living, growing, outdoor classroom. Students were able to give their input into the

design of the sundial and it shows the correct time for Calgary's latitude.

T: Treat days – Held once per month, each classroom takes a turn providing homemade treats for the school. Twenty-five cents will buy you a yummy treat and the money raised goes towards new purchases for the sponsoring classroom.

U: Unique – The three "R's" coupled with our strong focus on science and the environment, our caring students and committed teachers make Dr. Coffin a special place.

V: Volunteers – A great majority of Dr. Coffin parents volunteer in their child's classroom every month.

W: Whispering Woods – In 1995 we adopted this natural area adjacent to our school through the city's adopt-a-park program. Named by student Shauna Daly, children spend a great deal of time in the woods learning and playing.

X: eXtracurricular activities – During the frigid months of January and February students are able to join various lunchtime groups. Chess, knitting and floor hockey are just a few of the options open to the students.

Y: Year – Happy 2007!!!

Z: Zeal – What is found in great abundance at Dr. E. W. Coffin School!

BALANCE BETWEEN MATERIAL AND SPIRITUAL BRINGS ABUNDANCE by Anil Giga, B.Sc.



ANIL GIGA

All year long I have provided readers with ideas and strategies that can assist in creating wealth. By implementing these ideas we can reduce taxes, increase returns and reach our goals to be financially independent sooner. However with Xmas upon us I would also like to share other perhaps more important insights. More wealth does not mean greater happiness; some of my wealthiest clients are often not the most content and happy! True wealth which I call abundance is only realized

when we find that balance between our material and spiritual self. As a civilization we have become very advanced in technology, science and medicine. We have taken the mud and extracted minerals, metals and oils in order to make Cars, TV's, medicine and fancy durables so that we can create comfort and luxury for our self. Despite all this our world is filled with conflict, confusion, depression, crime, hunger and homelessness! Why? Because we have understood our physical world but have failed to understand our real self! We are physical and spiritual beings and both need to be nurtured, otherwise the true wealth of abundance will never be ours. Christmas time is a good season to reflect upon this. In the new year my second book titled 'The Invisible Way' will be released by SterlingHouse Publishers Inc. I hope that you have a

chance to read it; it has taken me 27 years to write it! The book contains deep spiritual secrets that empowers us to change our life and attract into it boundless happiness, joy and fulfillment.

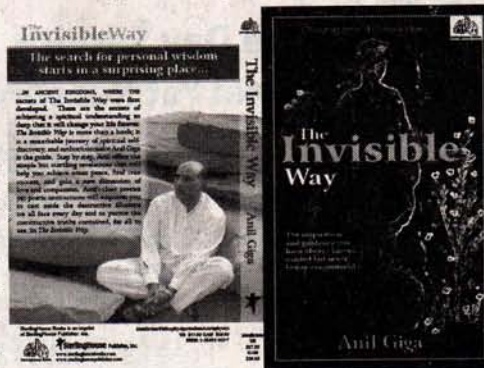
The book will be available in bookstores in the New Year, however just for the readers of my column I will have a limited number of copies available at the publishers price \$12. Please review the book at my website www.anilgiga.com and subsequently you can email me at rainbow@anilgiga.com or phone me at the office 717 0733.

Have a wonderful Christmas and an abundant New Year.

Anil Giga is a Mutual Fund Advisor with Assante Financial Management Ltd. The opinions expressed are those of the author and not necessarily those of Assante Financial Management Ltd. Anil can be reached at 717 0733

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