



DECEMBER

RI BAKER MIDDLE SCHOOL



December 1, 2017

Principals Message

From the Desk of Jason Prebushewski...

I cannot believe it is almost December! One thing we have been focusing on this year is trying to enhance school spirit within the building. We have been encouraging staff and students to take part in boosting our school spirit by attending our sporting events, wearing Baker gear on Friday's, and over all respecting our building and the property within it.

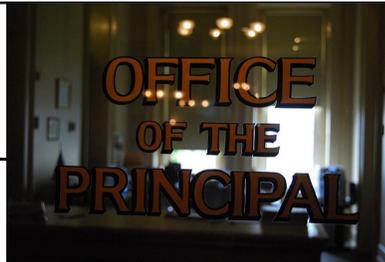
School spirit can be defined as "the sense of identity and community shared by members of an educational institution. This can apply to any type of school, from elementary schools to universities. Members of a school can manifest spirit in the exhibition of school colors in dress and decoration, in attendance at athletic events, or verbally in the form of chants or cheers. It can also be respecting and celebrating the school you attend."

The Online Baker Store is now open for business. We have everything from hats, hoodies, sweats, t shirts, an assortment of bags and backpacks, water bottles, and even some winter toques! Orders can be placed immediately through to December 6th. Orders will be ready for Christmas gift giving!

Please see the link for access to the online shop.

Website: <https://bakerbears.itemorder.com>

Thank you,
Mr. Prebs



Important Dates:

- December 2 –Term 2 Starts
- December 6– A1 Hot Lunch
- December 7–Clothing Order Due Online
- December 8 & 9–Boys RIBMS Basketball Jamboree
- December 12–RIBMS Christmas Concert
- December 13–Booster Juice Hot Lunch
- December 20–Wiebe's Lunch
- December 21–Turkey Dinner
- December 22–January 7–Christmas Break

BAKER GEAR

GET YOUR GEAR TODAY

Bears Performance Tshirts, Hoodies, Toques, Hats, Bags, Water Bottles, Sweatpants, shorts, and Jackets.

<https://bakerbears.itemorder.com/>

Store closes December 6 to ensure arrival before Christmas. If you want it as a Christmas gift please note on your order.





Grade 5 News

Grade 5 is a significant transition into the Middle School lifestyle. Part of the middle school philosophy is to transfer the responsibility of organization to the students themselves. We are finding that students are struggling with the organization of personal effects and school work. Please keep in mind that it is the student's responsibility to keep track of their work and belongings. Please ensure that your child has adequate pencils, erasers, paper and other supplies for their classes. You are welcome to come in and help them organize their lockers if they need assistance finding their materials.

LA : We are finishing up our sentence focused project "Best Parts Of Me", and we will be entering into a study of "Stuck Stories".

Social Studies 5A, D, E: We are starting our study of the regions of Canada, beginning with the Atlantic Region.

Social Studies 5B, C: We have started Chapter 3: The Great Lakes St.Lawrence Lowlands region. Students will be working on a presentation in the form of a poster, slide show, model or writing on one of the following topics: The Quebec Act, The Great Migration, or The Haudenosaunee / Longhouses and Ouendat First Nations.

Science 5A, B, C: We have begun our unit on Electricity, and are looking at static electricity and lightning, before moving into current electricity.

Science D and E: We are completing our Weather unit.

Math 5A, B, C and E we are now working on division facts up to 81, estimating quotients and calculating 3 digit numbers divided by 1 digit numbers.

Math 5D: we are wrapping up comparing and ordering decimals as well as equivalent fractions. We will be starting multiplication soon.

Thursday, December 21

The entire school will be enjoying a turkey dinner. **We are looking for volunteers to help with this day. If you are available, please contact the office.** After the Turkey dinner the grade 5's will be doing pod activities in their classrooms. More information will follow once it is finalized.

As the weather gets colder, please remind your child to dress properly as the weather can change quickly in Southern Alberta.

Happy Holidays. We look forward to the coming year and working with your children.



BREAKFAST FOR
LEARNING



Grade 6 News



Social

In Social, the students have been busy working on their giant “SocialCity” project. The project is a month-long venture into founding, designing, and ultimately creating their own cities. At this point, the city council has been elected and students are busy balancing their budgets and building the designs of their cities. Feel free to ask your child to explain what their role is in SocialCity.

Math

We recently completed our unit on Number Relationships, and we have started our Patterns and Expressions unit. In this unit, students will describe and extend patterns, make tables of values from patterns, and identify relationships in patterns. We will also get our first introduction to algebra as we explore variables and solving problems using equations with variables.

LA

6B/C LA: Our focus has shifted to reading, and the students are working to master basic reading comprehension strategies, such as: predicting, inferring, summarizing, analyzing and synthesizing. We have finished and celebrated our personal narrative writing, and are moving on to persuasive writing, a style of writing that middle schoolers love! We will be learning about the basic essay format, and students will be thinking about topics they’re passionate about. These units will take us to the winter break, and in January, we will be moving on to realistic fiction writing, and more complex narrative structures in reading.

6A/D LA: In Language Arts, we have just started our Narrative Writing unit, focusing on the Circle Story format and the details of creative writing. This unit will take us up to the Winter Break, and give us a platform to discuss the narrative aspect of the Provincial Achievement Exam (PAT) coming this June. By reviewing PAT rubrics, we hope to focus the students’ attention on writing strategies that will help them during exam time. Also, we continue to work with words two periods a week, and explore strategies for word use in our writing.

Science

We have started the Sky Science unit in science class. So far, we’ve studied objects that emit and reflect light in space, characteristics of different stars, and what constellations are and how they move in our sky. This is a great time to get outdoors with your child and take a look at the night sky. The app “Sky View” is a tool that help locate stars and constellations in the sky!

Parents, please remind your students that with winter upon us we need to dress appropriately for the weather. Boots, gloves, warm coats, etc. Students are expected to go outside at all breaks, unless the temperature or wind chill is greater than -20 Celsius.



Grade 7 News

General Note: Holiday activities are in the works, so keep an eye out for more information later in the month. Thank you to all the grade 7 students who continue to put in great effort and show responsible behaviours by completing their work on time, asking for help, helping others and being prepared. You are learning and showing great future work skills and habits.

LA

We have started our Superhero fictional writing unit which will probably continue into January. We are also finishing our Global Read Aloud unit on the novel *A Long Walk to Water*. *The major project for this unit will be completed before the break in December. We have learned so much about the lives of others in Africa and how water is a valuable resource. The midterm exam will be happening in later January. More info and a study guided will be handed out in January.*

Science

This month in Science we will be continuing our Plants for Food & Fibre unit. We have been focusing on the structure of plants, how they effectively meet living things needs and how we can improve our efforts to be more sustainable in this world.

Social Studies

We are continuing our journey through Canada's history. We are currently looking at the social and political structure of the initial colonies that would become Canada later on. Throughout the chapter, we look at how and why these colonies were formed and the conflicts that arose.

Math

In December we begin our fourth Chapter: Patterns & Relations. We will begin to recognize patterns in data. Students will also be introduced to variables and expressions and learn to solve expressions. Then, we will investigate the relationship between expressions, tables of values and graphs. Next, we will move into comparing expressions and equations. Finally, with the use of algebra-tiles, we will learn to solve equations. This is a rather extensive chapter and covers multiple chapters from the textbook. However, this is a very valuable chapter moving forward into next year!



Grade 8 News

It's beginning to look a lot like the holiday season! How can there only be three weeks of school left until the break? Report cards are being sent home in a week, so please make sure you ask your son/daughter to view it, sign it and **return the envelope to your child's homeroom teacher**. Here is what is happening in the classrooms:

Math: In December we begin our fourth Chapter: Linear Equations & Graphing. Like last year, we will be working with algebra-tiles to learn to solve equations. We will also analyze graphs of these linear relations and distinguish any patterns. We will relate the patterns to linear equations. This is a rather extensive chapter and covers multiple chapters from the textbook. However, this is a very valuable chapter moving forward into next year!

Science: In November we finished our first unit, Mix and Flow of Matter. We have started on our new unit, Cells and Systems where we will be investigating what parts (organelles) make up a cell, how cells combine to form tissues, tissues combine to form organs and organs combine to form systems. We have already begun this process as students have spent some time making a 3D model of either an animal cell or a plant cell. Their creativity and effort to accomplish this was awesome! Next, we will be learning how to look at some of these cell structures under a microscope. This unit will take us into January, where we will combine all we have learned and investigate how this relates to the structures we find in our frog dissection.

Language Arts: Students wrote their "The Obscure and The Unsure" unit exam on Nov. 27. We are now working on a group project for the short play "The Monkey's Paw." Students are writing an additional scene and then presenting their scene to the class. We will also be engaging in personal narrative writing over the next weeks. Students need to have a scribbler to keep all of their writing together. This will stay in the classroom to avoid it getting lost. A good book or a magazine subscription would be great to add to the Christmas list!

Social Studies:

We have written our first exam and students have received their marks back. We are now working on humanist scholars and inventions. By Christmas we will be approaching the end of our Renaissance Unit and be preparing for our Final Exam.

Important Events: If you are leaving early on holidays, please make your child's teachers aware ahead of time in order for work to be collected for the concepts being missed.

Have a safe and happy holiday season with those you love!

Student Leadership Committee

The SLC wants to thank everyone for their fantastic support of the Michael Project. We are blown away by the number of snacks and t-shirts that were sold. We are tallying up all of the donations and will announce the official tally in a future assembly. A huge thank you to Logomotives Group, the Coal-dale Dairy Queen, and Nicole Daminato for their contributions and support of our fundraiser! As well, a thanks to Mrs. Bueckert and Mr. Cahoon for their work in the canteen.



Notes from the Music Room

Christmas Concert

Tuesday December 12th - RIBMS Gymnasium - 7:00pm



All Baker musical groups will be performing, this includes:

- Grade 6 band
- Grade 7 band
- Grade 8 band
- RIBMS Choir
- RIBMS Handbells

Doors open at 6:30 and students who are performing need to be in concert dress and at the school no later than 6:40pm.

RIBMS Turkey Dinner

RIBMS will provide a free turkey dinner for all students on December 21st. Thank you to Natasha Richards for coordinating this event for us. This meal will include turkey, potatoes, gravy, vegetables, buns, dessert, and a drink.

This year we will have a DONATION JAR with all proceeds going to the family of a Baker student who is currently undergoing Cancer Treatments. We appreciate your support.

In order to provide this dinner, we still need assistance in the following areas:

Set up/Clean up /Servers

Cooking potatoes at home and bringing item to the school the morning of the meal.

Turkeys will be roasted Tuesday & Wednesday at the School, but we are looking for volunteers to help carve them in the afternoons on these days.

Ingredients, supplies and recipes are provided.

To sign up there will be a link on our website www.ribms.ca



This event cannot be possible without volunteers, please consider helping out with this event. The success of this event depends on many volunteers.

Please call the office at 403-345-3340 if you have any questions or go on to the website and sign up!!

THIS LUNCH IS BEING PROVIDED BY FUNDS RAISED FROM THE WALKATHON AND CANTEEN!

R.I. Baker Middle School Canteen

THANK YOU to Maria Peters for all of her assistance in the school canteen. We greatly appreciate her donating every Wednesday lunch hour to our school canteen. We would also like to welcome Mrs. Poettcker who has recently offered to assist in the canteen on Thursdays. Our canteen is an extremely busy place each lunch hour and we appreciate any parent volunteers that are willing and able to help us out.





Looking for a Christmas Gift Idea? How about a trip?.....

RIBMS SKI TRIP—JANUARY 25, 2018

Information, registration and permission forms for our annual RIBMS ski trip to Castle Mountain have been sent home with your child. It is our hope that each child will attend this event and either learn the basics of skiing or practice their ski skills. **For students who do not go skiing, it is a regular school day where grade level instruction will be provided.** We need a majority of our students to participate in this event, or it may be cancelled. We strongly encourage and welcome parents to attend the ski day with your child. **Ski trip fees and forms are due January 12, 2018.**

In accordance with procedures at Castle Mountain, **every student must take an ability test and lesson, even if they are a season pass holder. All students must wear a helmet, the cost of which is included if they rent equipment.**

In order to plan and order adequate transportation, **every student** needs to ride the bus to and from the ski hill. All students who are attending the ski trip must attend a ski safety presentation at the school..

As this activity is partially subsidized by the school, please note that schools fees and any other outstanding fees are to be paid in full prior to the ski date. Please call the office, 345-3340, if you would like details on outstanding fees or to speak to an administrator regarding payment plans to pay fees.

Parents accompanying our students on the ski trip will be expected to adhere to Palliser Regional School policy in regard to tobacco and alcohol.

Please Note: Students and parents who choose not to participate on the school ski trip but choose to ski that day (at Castle Mountain) will not in any way be affiliated with the school, its insurance, discounted rates or transportation. Also, if a student drives with a parent or another parent they become the responsibility of that parent. If a student not on the ski trip is a discipline issue or is injured they are the sole responsibility of the overseeing guardian.

BUSES WILL BE LEAVING THE SCHOOL PROMPTLY AT 6:45 AM AND RETURNING AT 5:30 PM. STUDENTS MUST BE AT THE SCHOOL BY 6:30am FOR PROMPT DEPARTURE. STUDENTS WILL NOT BE ALLOWED IN THE SCHOOL WHEN WE RETURN FROM THE HILL SO PLEASE HAVE PICKUPS ARRANGED.





Athletics

GRADE FIVE VOLLEYBALL CLUB



Thanks to those who have been participating in our very own RI Baker Grade 5 Volleyball Club! We have some awesome players! The idea of the club is to introduce players to volleyball skills and concepts of the game. The club will continue to run through December and January. Students who have not been in this club are still welcome to join us. We'll be running a grade 5 basketball club following volleyball. GO BEARS GO!



BASKETBALL

Congratulations to all of our players on making it onto our 2017/2018 teams. We have two girls and two boys teams that are eager to compete beginning in December. Just a reminder to parents to pay attention to their email for important items. We're looking forward to hosting our basketball tournaments, coming up December 8-9 and January 19-20. GO BEARS GO!



INTRAMURALS

In intramurals, students will be competing in 3 on 3 basketball games. The kids are working hard, dribbling, passing and shooting up a storm.

YEARBOOK

Yearbooks are on sale! \$30/book

Pre-order your yearbook now, just stop in at the office. Cheques or cash are acceptable and make sure you get a receipt. Each book is \$30.





LIBRARY NEWS

The library continues to be a very place for students with many new books for them to enjoy.

Thank you to all that supported our annual Scholastic Book Fair as we were able to choose close to \$500.00 in books to add to our well stocked library collection. With a variety of fiction as well as non-fiction books there should be something new to appeal to most every student in our school. Your continued support of the monthly Scholastic Book Flyers also benefits our school library collection.

Approximately 10 students from our school participated in the annual Canadian Legion Poster/Literacy Contest by entering either a poster, poem or short essay on their interpretation of 'Remembrance'. Entries were due on December 2 and any winners will be notified in early spring of 2018. The entries showcased some of the great artistic and literary talent that we have among our R. I. Baker students. We wish all of the entrants the best of luck. The Legion appreciates that students remember and appreciate all of their efforts and we are pleased to know that some students have taken a portion of their free time to express their appreciation by entering this contest.

"There are many little ways to enlarge your child's world. Love of books is the best of all".

Jacqueline Kennedy

Sock it to 'em Campaign

Our SOCK IT TO 'EM CAMPAIGN continues until December 7th. We would appreciate if each child in our school could donate at least one pair of NEW socks that will be distributed to various agencies in time for Christmas. We have received a lot of socks already but willingly accept any more that can be brought in. Thank you from the Palliser Caretakers.

OPERATION CHRISTMAS CHILD

Thank you to all that supported the Operation Christmas Child shoe box campaign. We were happy to receive a total of 44 boxes that will be sent to children around the world that will likely receive no other gift in their entire lifetime.



Counsellor Corner

Tips for Parents Managing Holiday Stress

According to a recent Stress in America (</news/press/releases/stress/index.aspx>) survey, adults are more likely to find family responsibilities stressful than they have in the past. For many of us, the holiday season can bring an increased sense of family responsibility and, along with it, additional feelings of stress. Advertisements about the joys of the season can seem lost on us as we scurry around trying to do even more than usual. It's easy to feel overwhelmed.

Unfortunately, we may turn to unhealthy stress management behaviors such as overindulging in eating or drinking to keep going. These actions don't help and often make us feel worse. There are better, healthier and longer-lasting techniques we can use to make holiday stress – and other stressful times – more manageable. Here are some tips to help parents effectively manage holiday stress:

Strengthen social connections – We know that strong, supportive relationships help us manage all kinds of challenges. So, we can view the holidays as a time to reconnect with the positive people in our lives. Accepting help and support from those who care about us can help alleviate stress. Also, volunteering at a local charity on our own or with family can be another way to make connections; helping others often makes us feel better, too.

Initiate conversations about the season – It can be helpful to have conversations with our kids about the variety of different holiday traditions our families, friends and others may celebrate. Parents can use this time as an opportunity to discuss how some families may not participate in the same holiday traditions as others. Not everyone needs to be the same. It is important to teach open-mindedness about others and their celebrations.

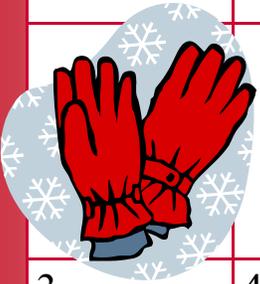
Set expectations – It is helpful to set realistic expectations for gifts and holiday activities. Depending on a child's age, we can use this opportunity to teach kids about the value of money and responsible spending. We need to remember to pare down our own expectations, too. Instead of trying to take on everything, we need to identify the most important holiday tasks and take small concrete steps to accomplish them.

Keep things in perspective – On the whole, the holiday season is short. It helps to maintain a broader context and a longer-term perspective. We can ask ourselves, what's the worst thing that could happen this holiday? Our greatest fears may not happen and, if they do, we can tap our strengths and the help of others to manage them. There will be time after the holiday season to follow up or do more of things we've overlooked or did not have the time to do during the holidays.

Take care of yourself – It is important that we pay attention to our own needs and feelings during the holiday season. We can find fun, enjoyable and relaxing activities for ourselves and our families. By keeping our minds and bodies healthy, we are primed to deal with stressful situations when they arise. Consider cutting back television viewing for kids and getting the family out together for fresh air and a winter walk. Physical activity can help us feel better and sleep well, while reducing sedentary time and possible exposure to stress-inducing advertisements.

Submitted by the Family School Liaison Counsellor.

December 2017

SUN	MON	TUE	WED	THU	FRI	SAT
					1 HAPPY NEW YEAR	2
3	4 Term 2 Starts	5	6 A1 Lunch Clothing Order Close 12:00 AM	7	8 Report Cards BOY'S RIBMS BASKETBALL TOURNAMENT	9
10	11	12 RIBMS Christmas Concert 7:00	13 Booster Juice	14	15	16
17	18	19	20 Wiebe's Hot Lunch	21 Turkey Dinner	22 NO SCHOOL	23
24	25	26	27	28	29	30
CHRISTMAS HOLIDAYS						
31						



January 2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

2

3

4

5

6

CHRISTMAS HOLIDAYS

7

8

9

10
Wally's
Pizza

11

12
SKI TRIP
DEAD-
LINE

13

14

15

16

17
Booster
Juice
Lunch

18

19
GIRL'S RIBMS
BASKETBALL JAMBOREE

20

21

22

23
Parent
Council
6:30

24
Subway
Lunch

25
SKI
TRIP

26

27

28

29

30

31
No
SCHOOL

RIBMS LUNCH PROGRAM 2017-2018

NAME: _____ HOMEROOM: _____

This order is for the month of **JANUARY**. Please choose each one that you would like to participate in by **checking the appropriate boxes (or the choice will be made for you)** and totaling the amount. **No substitutions will be allowed.**

Orders are **DUE December 18** and no late orders will be accepted. If your child is absent the lunch will be left in the fridge until the next day only.

Wednesday, January 10 – Wally’s Pizza

\$3.00 per slice \$ _____

- Pepperoni
- Hawaiian
- Cheese

Wednesday, January 17 – Booster Juice

\$3.50 each \$ _____

SMOOTHIES:

- Mango Mania
- Berry Blossom
- Pineapple Chill

WRAPS:

- Protein chicken (No sauce, BBQ sauce or Salsa)
- Hawaiian Pizza (Pineapple, Ham, Pizza Sauce & Cheese)
- Turkey (Turkey, mayonnaise & cheese)
- Ham (Ham, mayonnaise & cheese)
- Garden Veggie

\$3.50 each \$ _____

Wednesday, January 24 – Subway

\$5.00 each \$ _____

- Ham & Cheese Sub
- Turkey Sub
- Cold Cut Sub
- Pizza Sub

TOTAL AMOUNT for **JANUARY** (cheque to RIBMS or cash)

\$ _____

HOST *an* international student!



Learn new customs and create lifelong friendships

MLI Homestay is seeking enthusiastic and caring
Coaldale/Lethbridge
families to host **Japanese middle and high-school students**
for our upcoming spring program

MALE AND FEMALE STUDENTS

Staying 8 nights from March 16-24, 2018

Students will attend Kate Andrews High School

They look forward to spending evenings and
weekend with their host families!

Register online at www.mlihomestay.com/apply-to-host.html
To sign-up, or learn more about this exciting cultural-sharing
opportunity, please contact:



Barb McDonald

403-328-4111

barb.mcdonald@pallisersd.ab.ca

www.mlihomestay.com



THE BEST GIFT YOU CAN GIVE THIS SEASON.

Your donation gives someone their holidays back.
Book your appointment to Give Life at Blood.ca



Canadian Blood Services
it's in you to give



COALDALE CARES

December 1-31, 2017

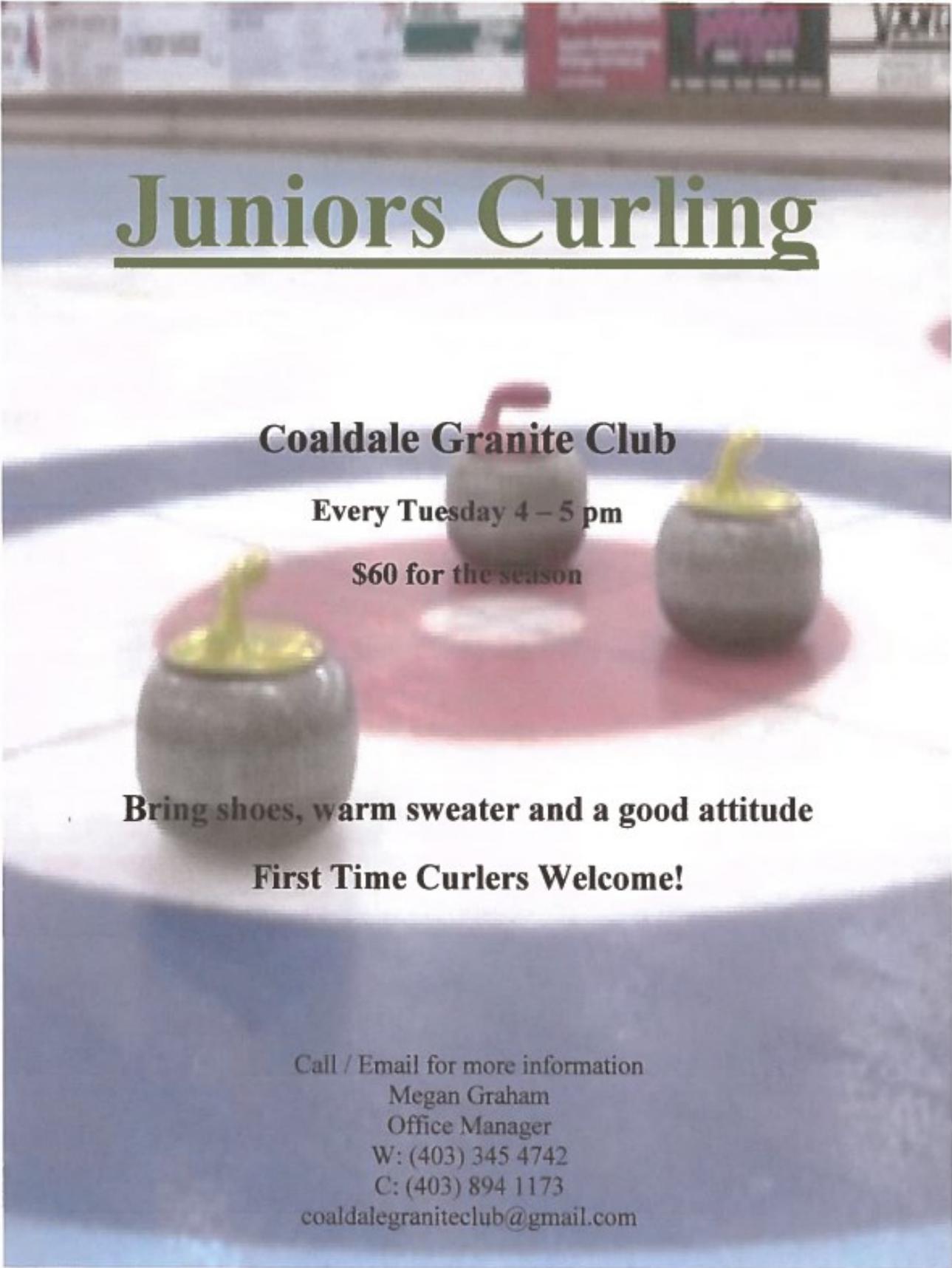
Co-Sponsored by: **Intercontinental Truck Body,
Kate Andrews High School, Kinsmen Club of Coaldale
& Town of Coaldale**

**Over 800 appointments in December need to be
filled to keep up with patient needs**

Lethbridge Centre - 220, 200 4th Avenue S, Lethbridge

Clinic Hours	
Tuesday, Wednesday & Thursday	12:30 – 6:30
Friday & Saturday	10:30 – 2:30

Give Life now by downloading the **GiveBlood App** or visit Blood.ca



Juniors Curling

Coaldale Granite Club

Every Tuesday 4 – 5 pm

\$60 for the season

Bring shoes, warm sweater and a good attitude

First Time Curlers Welcome!

Call / Email for more information

Megan Graham

Office Manager

W: (403) 345 4742

C: (403) 894 1173

coaldalegraniteclub@gmail.com

Healthy Children

December 2017 Parent Newsletter



Hand Washing

Anytime is hand hygiene time. Studies done by the Centre for Disease Control have shown that if children wash their hands as few as four times during the school day they have up to 50% fewer colds, flu and sore throats.

When it comes to hand washing, there are five important steps:

1. Wet hands with warm water
2. Apply enough soap
3. Scrub for 20 seconds focusing on the thumbs and fingertips
4. Rinse off the soap and dirt
5. Dry hands well

The first four steps remove 60% of the germs. The last 40% of the germs come off when hands are dried. Keeping skin in good condition also keeps the germs away, so use lotion if skin gets dry. If the dirt is visible, waterless hand gels do not work. The best way to keep the germs away is to use plain soap and water, spend the time and get good friction.

Hand hygiene continues to be one of the best and simplest ways to stay healthy all year round.

Articles

Hand Washing

Talking to Your Child about Tobacco

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit www.optometrists.ab.ca



To find an electronic copy of this newsletter visit www.ahs.ca/csh

Healthy Children

December 2017 Parent Newsletter

Talking to Your Child about Tobacco

One of the most important jobs as a parent is to keep your children safe – steering them away from staircases as toddlers, teaching them to cross the street when they go to school and, as they grow, protecting them from tobacco use.

Tobacco addiction is a serious health problem today. Kids will feel pressure to try tobacco from youth to adulthood. You can make a difference by talking to them about tobacco.

It's important for parents to talk to their children early and often about the side effects of tobacco use. New studies tell us that when young people make it to 19 years old without smoking they're unlikely to start. Plan to talk about tobacco many times throughout your child's developing years, as soon as they begin to be curious, if not sooner.

Whenever you have time together, you can share your thoughts about tobacco. It doesn't have to be formal. If you use tobacco, studies tell us that by talking to your kids about your use and how hard it can be to quit, you can help prevent



them from starting. It's important to know what matters to them. Use this list to make your conversations personal:

Staying healthy: Tobacco smoke has about 7000 chemicals in it - at least 69 of them cause cancer.

Making your own decisions: Tobacco companies target young people to get them addicted for life.

Looking attractive: People who use tobacco often have yellow teeth, more wrinkles and bad breath.

Grades in school: Young people who use tobacco tend to have

lower grades in school.

Playing sports: People who use tobacco have trouble breathing and slower reflexes.

Listen to what your child has to say about using tobacco. Ask about the pressures they are facing or how tobacco is portrayed in movies and on television. Talk about what they could do if they were offered tobacco. Let them know they can tell you what is happening and you can help.



If you find out your child is using tobacco, don't panic. You aren't alone – we can help. Call AlbertaQuits at 1-866-710-7848 or visit www.albertaquits.ca