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Oh baby!

By GERRY FORBES

There appears to be a baby boom going on here in Calgary. Seems as if all my pals are having kids.

My radio sidekick, and all round sweet girl, Jodie Hughes, is in the family way and will be making way for a new family member in about seven weeks -- for her, and all you new moms and dads, I have news about a new book.

It's called A Baby Guide to Calgary -- Making the Most of Your Parental Leave.

The book's authors, Paula McGarrigle and Elena Rhodes, wrote the tome after meeting at a pre-natal class and finding out there was no guide for what to do when you have a newborn in Calgary.

The first eight chapters deal with important things such as administrative issues, surviving the first six weeks and health and safety.

Chapters nine through 15 cover fun things such as activities and courses you can take, exercises and various publications and organizations which support families with young children.

Finally, in chapters 16 and 17, they have stuff that will get you past the first year. The website has all the information at www.babyguidetocalgary.com.

BEER DRINKERS' GUIDE

It seems Alberta leads the country in drinking.

With the boom on and everyone having more disposable income, it's only natural we imbibe a little more. So I present The Beer Drinker's Trouble Shooting Guide.

Symptom: Beer is unusually pale and tasteless. Cause: Glass is empty. Remedy: Get someone to buy you another.

Symptom: Beer tasteless and the front of your shirt wet. Cause: Mouth not open. Remedy: Practice in mirror.

Symptom: Feet cold and wet. Cause: Glass being held at incorrect angle. Remedy: Rotate glass so the open end points toward ceiling.

ONLY THREE?

Guys, you'll want to cut this out and leave it lying around the house.

Men can reduce the risk of heart attack by having a daily siesta. A Greek study released investigates the medical history of some 24,000 men, concluding men who take a 30-min. nap three times a week have a 37% lower risk of heart related death. I don't know if I'm going to be able to cut back to three times a week.