

OCTOBER 2016

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THE OFFICIAL BRENTWOOD COMMUNITY NEWSLETTER



**NEW BRENTWOOD
MURAL
PAGE 18**



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Casino	Alicia Clifford	alandpat@gmail.com			
Volunteer Coordinator	Alicia Clifford	bcavolunteer@telus.net			



Kelli Wreford, Editor

EDITOR'S SCRIBBLINGS



Early in 2016, three community projects were made known in The Brentwood Bugle and on the BCA website. The first began with the news that the mural on the SW corner of Charleswood and Northmount Drives had been destroyed by vandals. The project to create a new mural began within a few weeks of the incident, and at the end of August, a celebration to wrap up the successful endeavour was held. Many thanks and congratulations to the organizers, partners, volunteers and sponsors of this event.

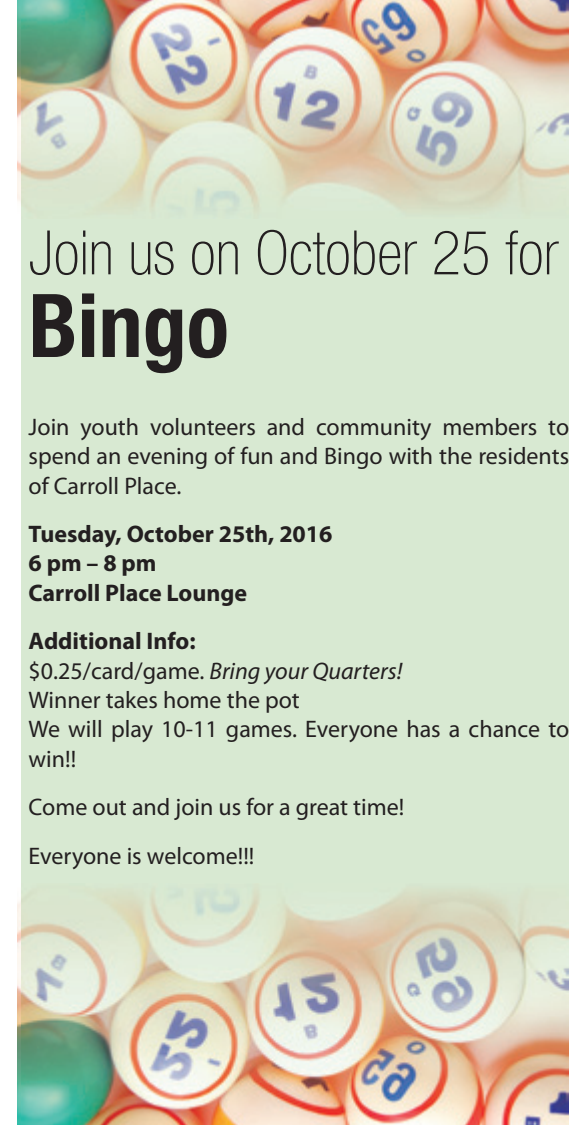
The second project was ReTree YYC, which included Brentwood in a city-wide project for recovery and restoration of Calgary's urban forest following the storm in September 2014. The City estimated that 50 per cent of Calgary's 500 000 public trees had been damaged. Beginning in the spring of this year, the City offered free tree education programs in 25 communities throughout Calgary. The communities were chosen based on a variety of factors including damage from the 2014 storm, available tree canopy and community readiness. Brentwood hosted three ReTree events in the spring.

The ReTree program has planted new trees in Brentwood and the rest of the 25 communities to ensure a healthy urban canopy for the future of the City. Information on the ReTree Project can be found on the City website www.calgary.ca.

Finally, thank you to Polly Lee Knowlton Cockett and the number of volunteers who worked in the Nature-ground and the Whispering Woods at least once a week throughout the summer waging a non-chemical war on weeds. Polly also hosted a wonderful wrap-up potluck and birthday party for Doug Andrews, who turned 90 a few weeks ago, at her house the final evening of weeding on September 1. Please see Polly's article in this issue.

Happy birthday to Brentwoodian Dr. Richard Guy, Professor Emeritus of Mathematics at the U of C, who turns 100 this year!

Congratulations to all organizers and volunteers that make Brentwood such a special community.



Join us on October 25 for Bingo

Join youth volunteers and community members to spend an evening of fun and Bingo with the residents of Carroll Place.

Tuesday, October 25th, 2016
6 pm – 8 pm
Carroll Place Lounge

Additional Info:
\$0.25/card/game. *Bring your Quarters!*
Winner takes home the pot
We will play 10-11 games. Everyone has a chance to win!!

Come out and join us for a great time!

Everyone is welcome!!!



Our neighbourhood contributors for this month include: Anne Burke, Druh Farrell, Eva Gustavson, Lee Hunt, Polly Lee Knowlton Cockett, Melissa Neville and Cynthia Sim.



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Your donations have helped us knit well over 500 sets of hats, mitts and scarves, as well as a variety of other items for young children in need. The group has donated to various causes including multiple schools throughout Calgary and Ronald McDonald House.

If you have any yarn, wool or knitting/crochet needles you would like to donate, please contact Lynne, Tenant Resource Person, at 403-282-6565. Thank you, Brentwood!

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Brentwood

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Public Skating at Brentwood Sportsplex
 Mondays 10:00 am to 11:30 am; October 3, 2016 to December 19, 2016 and January 2, 2017 to March 27, 2017 (no skating on statutory holidays)
 Saturdays 12:15 pm to 1:15 pm; October 22, 2016 to December 3, 2016 and January 7, 2017 to March 4, 2017
 Cost \$1.00 per person; please pay at the office on Mondays and at the concession on Saturdays.
 Public skating only – no sticks, pucks, sleds or strollers. We do not supply skating assistance equipment. Anyone under age 18 must wear a helmet.

Scrabble Group: Call 403-284-3477 for more information.

55 Plus Bridge Group:
 If you enjoy playing bridge, please join us on Wednesday afternoons. We meet at 1 pm upstairs in the Banquet Room of the Sportsplex. Contact Roman at 403-289-6244.

Brentwood Community Association Board Meeting:
 The next regular meeting will be Tuesday, October 25, 2016 at 7:15 pm in the upstairs Boardroom of the Sportsplex. All community members are welcome, but are asked to submit agenda items in advance if they have items for discussion at the meeting by contacting Linda Van Holst at 403-284-3477 or brntwdca@telus.net

BCA Hall Rentals:
 The Banquet Hall and Boardroom at the Brentwood Sportsplex are available for rental by the public. Please refer to the BCA website for details www.brentwood-community.com and go to the Facilities page. Current BCA members get a 15% discount on hall rentals.

Bugle Deadline for the December 2016 Bugle community articles and notices is October 26, 2016 and the deadline for the January 2017 Bugle is November 26, 2016.

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Meal Exchange: Trick or Eat

Want to make a difference this Halloween? Dress up in costume and come join Meal Exchange as we go door-to-door collecting non-perishable food items for the Calgary Interfaith Food Bank and the Student Union Campus Food Bank.



We will be meeting on October 31 at 4:00pm in the MacEwan Ballroom and the event will wrap-up by 8:00pm for trick-or-eaters. If you're interested, please register at trickoreat.ca under "Locations" and join "University of Calgary Meal Exchange". If you would like to go out with a specific group, please specify your group name when prompted. Come in costume!!

If you are super eager and would like to help us deliver flyers on routes near campus from 10:00am-1:00pm or 1:00pm-4:00pm on October 26, (hot chocolate will be provided) please let us know or if you have any questions, please email calgary@mealexchange.com.

Canadian Martyrs CWL Annual Fall Bazaar and Luncheon

Saturday November 19, 2016, 10:30 am – 2:30 pm
835 Northmount Drive N.W.

RAFFLE – Gingerbread House
Sale tables: Baked goods, Crafts, Kids, Christmas and Religious Cards and Items
Religious Books by Author E. Mary Christie
Metamorphic Beads by Dayna Muscoby

Did you know that there is a Facebook group and a Twitter account dedicated to bringing our community together? Use the Twitter profile @BrentwoodYYC to get connected or find Brentwood Facebook www.facebook.com/BrentwoodYYC/

Would you like to add to the Brentwood Bugle's Bulletin Board? Contact the Editor Kelli at bcabugle@telus.net

BCA Volunteer Positions Available

Secretary

The BCA is seeking a volunteer for the position of Secretary to the Board of Directors effective October, 2016. If you are interested in this position or would like more information, please email Linda at the BCA Office: brntwdca@telus.net. The Secretary's duty is taking minutes at the monthly Board meetings and at the AGM. The meetings are held the last Tuesday of the month at 7:15 and are approximately 2 hours long. There is no meeting in July or December.

Westwood Hockey Representative

The position consists of attending Westwood hockey meetings and reporting at the Brentwood Community Association Board meetings. You would be a liaison between the two boards, keeping both boards informed. Please contact Linda at brntwdca@telus.net if you are interested in helping out your community. Westwood Hockey meets every other month and the Brentwood Board meets the last Tuesday of every month except for July and December.

Volunteer/Casino Coordinator

The BCA is seeking a volunteer for the position of Volunteer/Casino Coordinator effective September 2016.

The duties of this position include:

- Ensuring all concession and maintenance shifts for the year are entered into the Sportzsoft system and are filled with either volunteers or hired students.
- Working closely with arena staff to ensure all shifts are filled with either volunteers or hired students.
- Maintaining the Hire-A-Student Listing which includes performing an annual review.
- Ensuring all casino and board positions are entered into the Sportzsoft system.
- Ensuring all casino positions are filled for the duration of the two-day event that takes place every 18 months.
- Communicating with the Alberta Gaming and Liquor Commission, Cash Cage Advisor and Volunteers.
- Submitting license application to the AGLC and obtaining all necessary documentation to be forwarded relating to volunteers in key roles.
- Checking the bcavolunteer@telus.net email inbox regularly to field inquiries and address any issues.
- Attending monthly Board Meetings and the AGM. Meetings are held the last Tuesday of the month at 7:15 pm and are approximately 2 hours long. There is no meeting in July or December.

If you are interested in this position or would like more information, please email Linda at the BCA office: brntwdca@telus.net.

Trivia

Jack-o'-lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.



Essential Steps for Moving from Body Loathing to Body Love

By Carol Fredrek, Registered Psychologist

- 1. Attention:** listen to your body instead of mistrusting it and your body will tell you what it needs – hunger, pain, pleasure.
- 2. Appreciation:** recognize the value of what your body has to offer you – sexual, athletic, aesthetic. Celebrate all of the amazing things that your body does for you – running, dancing, breathing, laughing, dreaming.
- 3. Acceptance:** accept your imperfections and limitations and you will be freer to take pleasure in the beautiful parts of yourself rather than yearning for what you don't have.

You are probably asking yourself “How do I move through these steps?” It is important to remind yourself that it has taken years to get to where you are today so it will take time to change those negative tapes that you have learned. This will be a very powerful healing journey for you. Rather than pursuing beauty desperately you will pursue it joyfully.

You will need to work on each level of body image:

- **Mirrors** make you more conscious, more critical and more conforming. Check your frequency of mirror use by gathering baseline data on how many mirrors you use – at home, at work, in your purse, magnifying mirrors, rearview mirrors. How many times a day do you

look in a mirror? How much time do you spend in front of each mirror? Then ask yourself a few questions: What am I looking at? What am I looking for? What am I expecting? You may want to get rid of certain mirrors and shorten the time you spend in front of the mirror. An excellent exercise to do is “The Imaginary Mind Mirror” from Marcia Germaine Hutchinson’s book *Transforming Body Image*.

- **Automatic Irrational Thoughts** lead to distorted body image and produce bad feelings. If you change those beliefs you will change how you feel about your body and yourself. There are four cognitive errors that can lead to these bad feelings: exaggerating, personalizing, emotional reasoning, and jumping to conclusions. A psychiatrist by the name of Aaron Beck developed a method of examining your thoughts, identifying the cognitive error, and challenging the defeating beliefs.
- **Awareness of one’s felt sense:** feeling sensations and responses in your body, knowing how to move your body, where your body is in space, and where your body parts are in relation to one another. Many women are disconnected from their bodies. An excellent exercise to help move toward a greater connection with your body is an exercise from Marcia Germaine Hutchinson’s book *Transforming Body Image* titled “The Imaginal Body”.
- **Rolling Back the Years:** what we learn about our bodies and ourselves during childhood, adolescence and young adulthood become engraved into our body images and carried over into our later years. Our families can influence our body image through their own body images. And what we learn from the women in our lives and the men in our lives also influence our body image.

Five Ways to Love Your Body:

1. Walk with your head held high, supported by pride and confidence in yourself as a person.
2. Wear comfortable clothes that you like and that feel good to your body.
3. Be your body’s friend and supporter, not its enemy.
4. Every morning when you wake up, thank your body for resting and rejuvenating itself so you can enjoy the day.
5. Put a sign on each of your mirrors saying, “I’m beautiful inside and out.”

Adapted from *Transforming Body Image* by Marcia Germaine Hutchinson and *Body Love* by Rita Freedman

Carol Fredrek, MA, R. Psych. is a Registered Psychologist who has worked in the areas of women’s issues, disordered eating and body image for over two decades.

IN & AROUND CALGARY

Did You Know?

Cloverdale Paint Now Offers Discounts to Community Association Members!

Cloverdale Paint is now offering club member pricing to community association members and organizational members of the Federation of Calgary Communities!

What does this mean for you? Well, whenever you need to buy paint you simply go to Cloverdale and say you are a “Federation of Calgary Communities Club Member” and you will receive more than 25% off paint and more than 15% off paint accessories!

Cloverdale Paint approached us to set up this discount program as they understand that community associations, their volunteers, and their members are at the heart of our city, and they wanted to give back in some way.

Thanks to Cloverdale Paint for their support and commitment to the community association network and for helping improve neighbourhood life in Calgary!





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FIND SOLUTION ON PAGE 31



Article and photo by Cynthia Sim, Garden Coordinator



Signs of autumn are all around us – the decreasing daylight hours, the cooler nights and the appearance of the ripe highbush cranberries (see photo). Although the berries are quite sour when eaten raw, they are an excellent source of vitamin C and can be boiled to make jelly, juice or wine. The individual raised garden beds have been very productive this year, aided greatly by the generous rainfall during the early summer followed by a fairly mild late summer. At time of writing (late August), there has been no frost and very little hail damage so it has indeed been a fortunate growing season.

We were extremely pleased to have two classes from Captain John Palliser School involved in the garden this

year. The students will be amazed when they visit the garden in September once school resumes. Their small garden bed produced a bumper crop of cherry tomatoes, carrots, chives and tall, fragrant dill plants. Interspersed with them are showy daisies and huge sunflowers – an impressive result from a small 4 x 4 raised bed. The second class has attractive looking pumpkins growing in a large planter under our pergola, where they have had unlimited sunshine throughout the summer. It is very encouraging to see the interest in gardening shown at such an early age and we are grateful to the teachers (Tami Pretty, Christine Ross and Carmen Ma) who have been strong advocates for these programs.

Preparations are ongoing for our final social event of the year, our annual potluck dinner on October 1. We look forward to an evening of good fellowship and good eating as the gardeners traditionally have provided a delicious and diverse array of dishes, most containing some garden produce. It is an opportunity to reminisce about the growing season, compare results, complain about the mice who love to eat the beets but not the beet tops, and share suggestions for next year's planting.

Anyone interested in joining our gardeners' group next year can contact our membership coordinator, Cheryl Moller cm.checky@gmail.com for information.

Brentwood mybabysitterlist

Name	Age	Contact	Course
Ariel	17	587-968-3526	No
Camryn	15	587-439-1472	Yes
Elaina	16	403-808-1328	No
Eric	15	587-439-2875	No
Megan	14	403-969-6336	Yes
Nicole	16	403-279-2765	Yes
Sholeh	43	587-707-6816	Yes
Sihana (See-Ana)	15	403-228-5339	Yes
Tamara	26	403-689-8140	Yes

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in. Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.



NOSE HILL

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Sun (mid-Sept to mid-May) Noon - 5:00 pm

Bill's Book Café

It's the creation of a literary landmark. Join us for the launch of Bill's Book Café with Bill Ptacek, CEO, Calgary Public Library, and a local luminary. Participants are encouraged to read the featured book and come prepared for a rich and lively conversation. Watch for Bill's Book Café at *your* community library, but feel free to come to them all!

The first event features South East Calgary Communities Local Luminary Tom Huffaker, VP Public and Government Affairs, Imperial Oil and President, Imperial Oil Foundation, who selected the first featured book: *A River Runs Through It and Other Stories* by Norman Maclean. Quarry Park Library Friday, October 28 | 7:00 pm

Author In Residence

Get inspired with the Library's Micheline Maylor! *Life Is Strange and Other Brave Leaps In Poetic Impressionism* Poetry is non-linear in nature; its insights come in flashes. Learn methods for building meaning in poetry using leaps and pattern rather than linearity. Implicit examples from poets John Wall Barger, Selima Hill, and Don Coles.

Central Library | Wednesday, October 5 | 6:30 pm
Improve Your Style and Find Your Voice

Improve your writing at the sentence and line level by learning the eight parts of speech and how best to craft them, as well as self-editing techniques. Every kind of writing will benefit.

Louise Riley Library | Tuesday, October 25 | 6:30 pm

Understanding Teens and Understanding Aging

Understanding Teens and *Understanding Aging* are two important series presented by the Calgary Public Library in partnership with Alberta Health Services. For full details, check the September-October *Library Connect*, available in libraries and at calgarylibrary.ca.



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Summer Summary of Biodiversity Bees: Thanks for your Giving!

Illustrative of the City of Calgary's recent explicit commitment to biodiversity, it is once again time to recognize all those participating in urban native biodiversity conservation right here in Brentwood.

Up the hill in Whispering Woods and the Centennial Natureground, we hosted 11 weekly Biodiversity Bees: every Thursday between the summer solstice and Labour Day, alternating between mornings and evenings. We, as always, had turnouts of brand-new and veteran enthusiastic helpers, especially for the season's windup potluck, and somehow managed not to have a single rainout despite the unprecedented frequent torrential summer downpours.

Whether enjoying and researching our glorious native prairie plants, pulling out alien invasive species, wandering through and saying hello, playing on the nearby playground, hosting boisterous birthday parties, providing support through phone calls, emails, shared walks, or contributing to – or simply attending – potlucks, neighbours from near and far met as new friends and old in the Centennial Natureground and Whispering Woods during these organized events, as well as on several informal occasions over the season.

Extra special happy 90th birthday wishes to Doug Andrews, who was feted with cake at our festive Windup Potluck. Doug has been volunteering in the Natureground since its inception, and was instrumental in the Whispering Signs project. The article about him in the September Bugle brought out old friends to the party and also former student and Brentwoodian John Khan and family, who had "Mr. Andrews" as his teacher at Dr. Coffin School in Grade 6 in 1984, and still recognizes Doug jaunting about the neighbourhood by his satchel slung over one shoulder.

Huge shout outs to Kelli and Geoff Wreford, who got an early season stewardship start with me at a May Bee, prior to my leading several Jane's Walk-style interpretive tours of Whispering Signs and the area in association with the Environmental Studies Association of Canada and the Congress of the Federation of Canadian Humanities and Social Sciences held at the University of Calgary. International, national, and local visitors continue to be impressed with how the schools, city, and com-

munity collaborate together in these special neighbourhood places. Special thanks to those visiting from New Zealand, Simon Fraser University, from almost every Canadian province, the Calgary Foundation, and the City of Calgary Biodiversity Advisory Committee.

This summer we also renewed contacts with City Parks, both in Natural Areas and Volunteer and Environmental Education programs, and we are thrilled to connect with Tricia Striker, Maggie Nelson, and Leslie Gibb. Through these people and ReTree YYC, we received 10 wee trembling aspen trees, and planted them between the Centennial Natureground and the Millennium Playground, to lovingly nurture until they are tall enough to provide some shade and new habitat. THANK YOU! We will soon be looking for ways to repair the trails after serious summer storm water erosion—meanwhile: please watch your step!

Participants from Brentwood and Beyond include: Polly Knowlton Cockett, Madeleine Oldershaw, Gus Yaki and Aileen Pelzer, Mickey Sloot, Doug and Audrey Andrews, Jennifer Jeffrey, Juane Priest, Robin Cockett; and University of Calgary graduate students Priyaa Srinivasan, Hong Jing Feng, Chad Nester, and Jonathan Gallagher, Deb Hall, Judith Hall, Marion Makarchuk, Rowan Cockett, and many, many more behind the scenes.

Special thanks to Donna Hamby and Meredith Boyer, teachers at Dr. E.W. Coffin School; and Ulla Kalny, Chair of the Environment Committee there, for organizing volunteer families from the school to join in these Native Biodiversity Bees; as well as families each week to tend the Sun Circle Gardens. We have one of the most effective summer stewardship programs for any school in Calgary or even Canada. Participants included: Kelli and Geoff Wreford; Joanne Bigelow and Cohen, Ava, Payton (Grades 5,3,1); Jennifer van Zelm and Evelyn, Lawrence (Grades 2,K); Rebecca Ghelfi and Isabel, Senna, Arianna (Grades 2,K,Preschool); Stacey Hamel and Alex, Emma (Grades 8,4); Amy Remmer and Dahlia, Liam (Grades 3,K); Jung Lee and Claire, Ashton (Grades 3,1); Cassie Leyden and Solomon, Pierce, Augustus (Grades 1,Preschool); Wenbei Zhu and Kevin, Tanya (Grades 7,4); Ulla Kalny and Samantha, Julie, Nicole (Grades 8,6,6); Donna Hamby, Meredith Boyer, and all those on the home-front supporting their efforts.

Each year, as our reclaimed and restored prairie continues to mature, so do the interconnections within the greater community of which we are a part.

Thank you so very much to everyone listed above, and all those I missed, for your ongoing interest and support. Do take a stroll through these special places, and please join us next year!

Environmentally yours,

Polly Lee Knowlton Cockett, Grassroutes Ethnoecological Association, naturegroundnews@gmail.com



your COMMUNITY BUSINESS OF THE MONTH

Northland Village Mall

Northland Village Mall is northwest Calgary's most convenient shopping location. You can find us located adjacent to the communities of Dalhousie, Varsity and Brentwood on Northland Drive. With easy access from Crowchild Trail, close proximity to Calgary transit and abundant parking, Northland Village Mall is your ideal shopping destination.

Enjoy a one-stop shop at Northland Village Mall – whatever the occasion, we have what you are looking for. With our large, marquee retailers WalMart, Best Buy, Winners and Shoppers Drug Mart, we have you covered from groceries to electronics, and from clothing to cosmetics. With a fitness facility and multiple salons within the mall, you are never far from the services you are looking for. Keep current with the latest trends with our various fashion retailers and our furniture and home décor stores. Northland Village Mall has all the essentials you are looking for in one convenient place!

Visit us Monday to Friday from 10:00am to 9:00pm, Saturday from 9:30am to 6:30pm and Sunday 11:00am to 5:00pm.

With the holiday season right around the corner, check back with us for upcoming holiday promotions, information about Santa Claus visits, and find out how you can help some of Calgary's most deserving families through our partnership with Habitat for Humanity.

What is next for Northland Village Mall?

With many exciting plans in the future, community remains at the heart of our operations. We strive to bring convenience, vibrancy and energy to our mall and share

it every day with our customers. We consider ourselves a vital part of the community and look forward to sharing new and exciting updates as they become available.

Follow along on social media for the latest promotions, offers and news updates. We can be found on Facebook at NorthlandVillageMall and on Twitter @shop_northland and online at www.northlandvillage mall.ca

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TRIVIA

Frankenstein, the famous monster of the iconic story bearing the same title, is actually not named Frankenstein. His maker, Dr. Frankenstein, called him "creature" and "demon".



Brentwood Real Estate Update

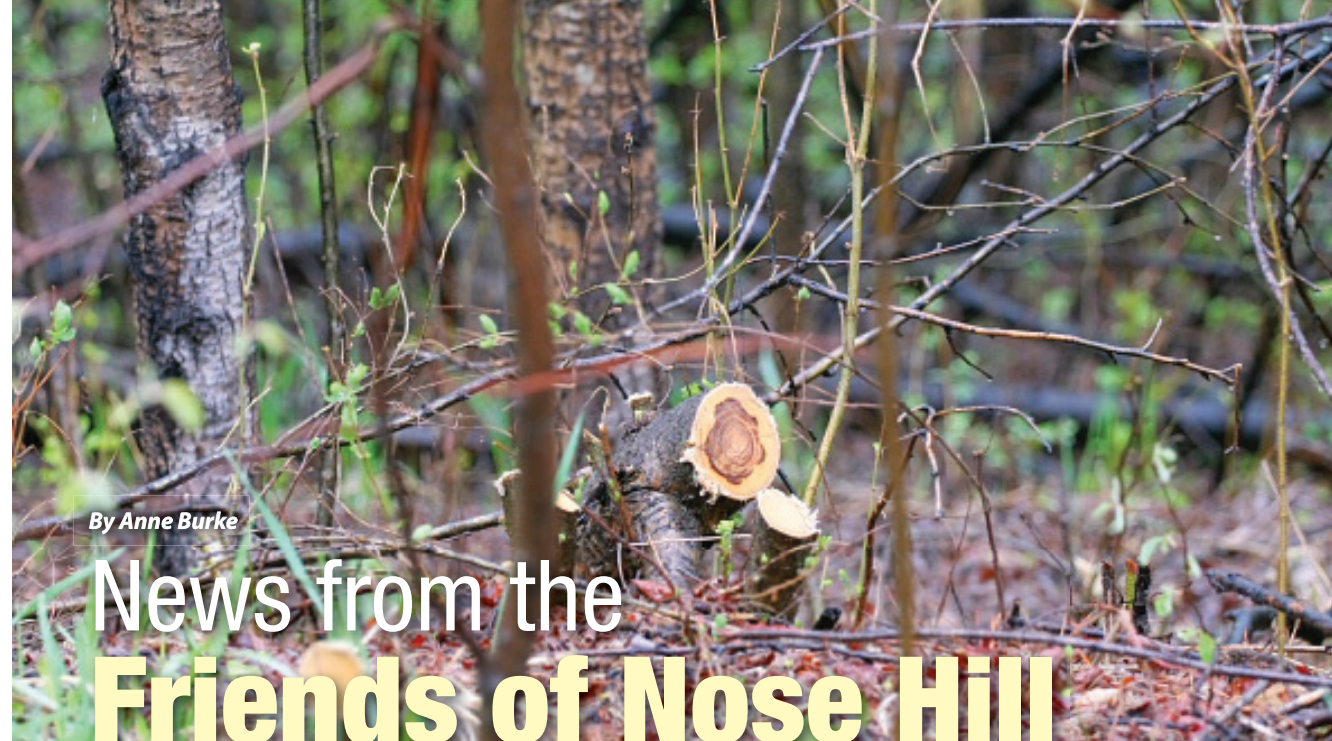
Last 12 Months Brentwood
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$534,900.00	\$508,000.00
July 2016	\$554,950.00	\$536,000.00
June 2016	\$549,900.00	\$549,000.00
May 2016	\$549,900.00	\$547,000.00
April 2016	\$559,900.00	\$545,000.00
March 2016	\$514,900.00	\$514,900.00
February 2016	\$577,444.00	\$562,250.00
January 2016	\$654,350.00	\$625,000.00
December 2015	\$486,800.00	\$475,000.00
November 2015	\$579,900.00	\$534,000.00
October 2015	\$519,900.00	\$508,000.00
September 2015	\$522,450.00	\$508,000.00

Last 12 Months Brentwood
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2016	8	7
July 2016	9	6
June 2016	11	7
May 2016	3	9
April 2016	11	9
March 2016	13	7
February 2016	6	8
January 2016	7	2
December 2015	2	1
November 2015	4	3
October 2015	4	7
September 2015	9	4

To view the specific SOLD Listings that comprise the above MLS averages please visit brentwood.great-news.ca



By Anne Burke

News from the Friends of Nose Hill

This year is North Haven's 50th Anniversary. One of the seniors interviewed for an anniversary video led the committee of surrounding communities that lobbied the City for park status. As a result, The Friends of Nose Hill were asked for any information about Nose Hill when it became a park.

Nose Hill Park is a natural environment park that lies in the northwest part of Calgary and is surrounded by 12 residential communities. We are often asked about its history, so documents are posted on our website at www.fonhs.org. Here is an excerpt:

In 1858, Captain Palliser noted that the Blackfoot referred to Nose Hill as their wintering hills. It was a winter grazing area for the buffalo herds since the frequent winter Chinooks kept the grass clear of snow. The area around the hill was eventually mostly used for dairy farms, while the plateau was grazed. The land has been subject to speculation since before World War I. "The Great Prairie Fire of 1944" put an end to habitation on Nose Hill. Its rich supply of gravel began to be exploited in 1961, when Calgary began to grow.

The Calgary Municipal Airport was constructed in the

northeast corner of the city in the late 1950s. The runways were oriented north-south and east-west. Nose Hill was on the flight path of the latter, so it was necessary for the Federal Department of Transport to impose a development ban on the area. This forced some farmers on the hill to relocate. In the late 1950s, much of the suburban sprawl occurred in the area to the east and south-east of Nose Hill. Purchasers of homes in these developments were told that they would always have the open space of Nose Hill adjacent to their communities. In 1960-61, the Calgary Winter Club proposed a golf course development on the top of the Nose Hill, but this idea was rejected by the Calgary Planning Commission because of the caveat imposed by the Department of Transport. Communities that developed later in the 1960s to the south of Nose Hill were unaware of this caveat, which was dropped when the jet replaced propeller airplanes. Indeed, some residents nurtured the ambition to own a house on top of Nose Hill because of the fantastic view that it afforded of the City, the foothills, and the mountains.

Developments on Nose Hill were ultimately prevented. Vigorous citizen action saved the land for the magnificent park we have today.



MURAL CELEBRATION

On August 28, 2016 the Brentwood community came together on a chilly August day to celebrate the long awaited completion of the community mural project. Community members and sponsors were invited. The many project partners were also invited as honoured guests.

Connor Tansey greeted everyone by playing the guitar and singing. He did a beautiful job and really set the tone for the celebration. Although it was unseasonably cold, our enthusiasm and excitement kept us warm, (well that and hot coffee and tea) with a celebratory slice of cake or pizza. The pizza was generously donated by Ken at Pango in Northland Plaza. As everyone gathered in front of the mural, Neil Hamel, who is a local resident, graciously accepted the position of MC for the afternoon.

Neil's young daughter, Emma, participated in the presentation to the Calgary Foundation to obtain the Soul of the City Grant that helped fund this project. There were a number of door prizes donated by Hudson Ma of BMO Nesbitt Burns, Calgary Co-op of Brentwood, Calgary Winter Club, and Starbucks at Northland Plaza. We then presented certificates of achievement recognizing all the corporate and community sponsors, coordinators and youth painters that helped make this mural a reality. We also thanked Katie Green and Daniel Kirk, the wonderful artists who not only designed the mural but also taught artistic techniques and painted with the local children. Unfortunately, Katie was unable to join us; however we managed to get Daniel to explain the significance of the mural design to the audience.

Starting at the left of the mural is a tribute to Pauline, the woman who previously lived on a farm where the tennis courts are now located. The centre features the

symbolic representation of Nose Hill while the indigenous animals and plants of Brentwood are found throughout the mural.

After all the pictures were taken and certificates handed out, we mingled and chatted until it was time to go home. The celebration was short, but the mural itself is now a large and permanent presence in the Brentwood Community. A big thank you to Neil Hamel, Emma Hamel, Bonita McCurry, Jennifer MacPhail, Filomena Gomes, Chantal Khan-Paul, Isabella Gomes, Kelli Wreford, Enid Holtby, the Swailes family and David Proctor.

Melissa Neville

The mural that almost wasn't!

Have you seen the new Brentwood Community mural facing Northmount on the tennis courts near the Nose Hill Library and Sir Winston Churchill Fitness Centre? I sure hope so! But I have to tell you that the mural almost didn't happen.

Planning and financing for the proposed mural started out very well in early April. Our mural reps—Melissa Neville, Emma Hamel, Terry Allen, and Lee Hunt—formed one of ten groups competing for funding from the Soul of the City grants. These grants are sponsored by The Calgary Foundation, RBC and Calgary Economic Development and we were fortunate to win one of the five \$10,000 grants.

Before we even entered the Soul of the City competition, we had been guaranteed a site for our new mural – the Charleswood/Northmount site where our ear-

lier mural had stood for 10 years until being damaged beyond repair by vandals. Unfortunately, the property owner changed his mind. Thus began the lengthy ordeal in our search for a new site, one had too much water damage; others were too close to busy roads; yet another was soon to be re-developed. YIKES! More than once, I was ready to say, "Let's just return the money and forget the mural." But the others kept us going.

Fortunately, Councillor Druh Farrell and City Parks came to our aid and we were given permission to put our new mural on the tennis court fence. There was a delay having the boards installed, but by mid-August we were ready to go. Our saga was definitely looking up!

On August 15 and 16, our artists Katie Green and Daniel Kirk, both members of This is My City Art Society, sketched their design on the boards. Then on August 17, thirty Brentwood youths (ages 7 to 18) got busy painting in three shifts with 10 youths on each. There was such a steady, productive tone as the mural came to life! Though some of the youths had taken art classes in the past, most had no particular background in art at all and what a wonderful job they did!

The following day, Daniel and Katie finished up the mural by adding the names of all who helped to make it happen.

The mural design focuses primarily on the flora and fauna of nearby Nose Hill Park. The left side of the mural includes a barn as a special tribute to an early Brentwood resident, Pauline N., who owned a farm on the land which is now the library and the tennis courts. Her loyal collie dog, Penny, is in our mural as well. (As an aside, I am hop-

ing to learn more about Pauline and Penny and should you have additional information soon, please contact me via the Community Association at brntwdca@telus.net. Thanks.)

Melissa, Terry, and I extend our thanks to all who helped create this mural. Thanks to you, the mural which almost didn't happen is happily a reality! Thanks, all.

Lee Hunt

Proud Participant

A couple of weeks ago, I had the pleasure of being one of the youth volunteers who painted the new Brentwood mural near Nose Hill Library. I thought the design of the mural was very impressive and I learned that they incorporated the story about the Brentwood resident and her dog who used to live on the land that is now occupied by the library and the tennis courts. The mural to me is a great addition to our community, representing our past and the beautiful nature surrounding us. Both artists, Daniel and Katie, worked very hard to keep us busy and to make each shift as fun as possible. I was in the first shift of three, and I purposefully came back every two hours or so to see the amazing progress as more layers of colours were added. I also went to the recent celebration, and found it really awesome to be able to meet lots of new neighbours at the gathering. I believe that volunteering and supporting projects like these are essential for our community and city. Art contributes to the beauty around us and I am very proud of being a part of this new cultural addition to Brentwood.

Éva Gustavson (13-year-old volunteer)



ALBERTA BEES

Barbara Shorrock

If I hadn't gone to hear Lyndon Penner speak and bought his latest book Native Plants for the Short Season Yard, I wouldn't have learned about the Helen Schuler Nature Centre. Because I had read about it I jumped at the chance to drive down to Lethbridge with a friend one day and visit the centre to see its rooftop garden planted with native grasses and flowers. (Actually we were on a mission to source Spudnuts but that's a different story.) We did indeed see the native garden, and it is wonderful, definitely worth the drive. But even better was the display on the main level. This display changes several times a year, at the time of our visit featuring Alberta's native bees. It was fascinating.

Everyone is familiar with *Bombus* the bumblebee, first to appear in the spring, and *Apis mellifera* the honeybee, so necessary for crop pollination, not to mention honey production. Gardeners know about the leaf-cutter bee and some have built boxes for mason bees to keep them in the neighbourhood. There are actually over 800 species of native bees in Canada; our scientists have identified more than 30 species native to Alberta, some of which look so much like flies that you need to look very closely to tell the difference. There are orchard bees and mining bees, sweat bees, carpenter bees and plasterer bees, to name just a few. Some sting, most don't. Most collect nectar and pollen, some are predators. Some, like the early-to-rise bumblebee and many of the smaller native guys, are out and about at the crack of dawn before the honeybee wakes up, and are more cold tolerant, foraging on cool cloudy days while the honeybee waits for the sun. Some bumblebee

species are solitary, while others live in colonies, typically in holes underground. Usually, only the queen survives our harsh winter; the workers die off. Many native bees rely upon the nectar from only a few species of plants – you can imagine what happens when those plants are eradicated for commercial development or monoculture (think vast expanses of neatly trimmed grass – totally useless to a bee). Yes, some of them have stingers, but if you behave calmly when working in your garden in the company of bees, there is rarely a problem (unlike wasps, who are constantly in search of trouble and have a more aggressive nature). If you care about the environment and would like to create a bee (and butterfly, incidentally) friendly garden, consider adding some native plants to your space. The list is very long indeed, including asters, blue flax, columbine, bee balm, clematis, honeysuckle, Jacob's ladder and on and on. No doubt you already have some of these in your perennial beds, whether native or hybrid species. Watch what is attracting bees from spring to fall – when you have identified the successful attractors, plant more. The other part of the equation is pesticides – the lack of them. A chemical that will kill a caterpillar or moth will kill a bee. Simple as that. A bee friendly garden is a pesticide free garden.

Seventy percent (70%) of all flowering plants need bees to pollinate so they can reproduce. The Department of Agriculture tells us that one-third of the human diet comes from insect-pollinated plants. Have you ever stood under a tree in bloom in the spring, and thought the whole tree was buzzing? Right. The pollinators are hard at work. Bees are hugely important to our society.

Barbara Shorrock is a member of the Queensland Garden Club, which meets monthly on the first Wednesday at the Queensland Community Centre. All are welcome; it doesn't matter where you live.



Canadian Cancer Society
Société canadienne du cancer

Start Fall Off On The Right Foot

By Paula Trotter

The Canadian Cancer Society, Alberta/NWT Division



Fall sees adults getting back to their regular routines at work – routines that often involve a lot of sitting.

Canadian adults are sedentary for nearly 70 per cent of their waking hours. More of us work at a desk and choose activities that involve a lot of sitting, like watching TV and playing games.

The problem with sedentary behavior is that it contributes to weight gain – and being overweight and obese increases your risk of developing cancer.

Research has shown that just 30 minutes of moderate daily activity can protect you against colorectal, breast and uterine cancers.

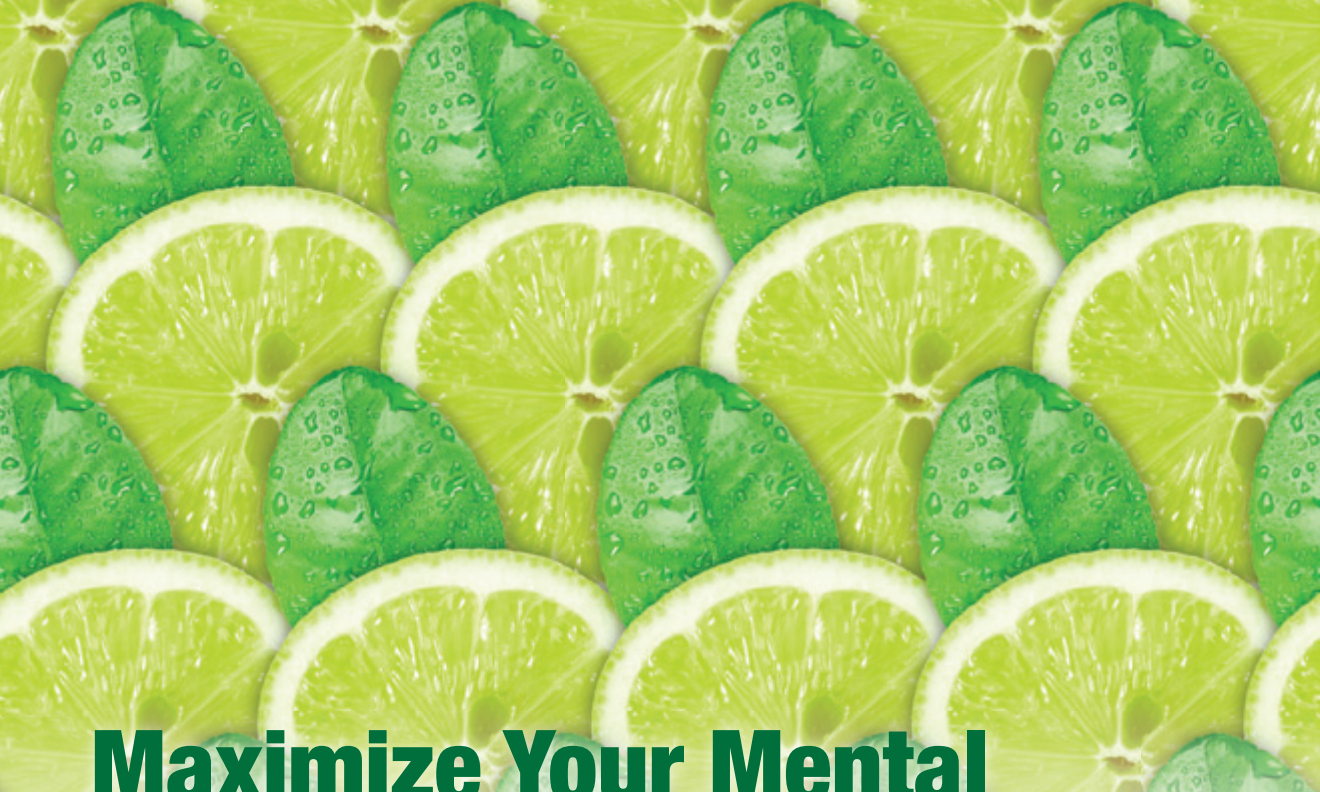
It's important to note, however, that you can still be at an increased risk of developing cancer even if you do exercise regularly, but then spend the rest of your day sitting.

That's why you should take frequent, short breaks from sitting – standing or moving for just two to three minutes at a time can be beneficial.

Here are some Canadian Cancer Society tips to help you move more and sit less, both at home and your workplace:

- If you haven't been physically active for quite a while, ask your doctor to suggest activities that suit your age, fitness level, and general health, as well as any activities you should avoid.
- Take hourly breaks from sitting at work. Set an alarm, then stand up and stretch.
- Walk around or stand while you're talking on the phone at work.
- Start an activity club at work. It can be as simple as going for a walk over the lunch hour.
- Schedule your activities. Pick a time and place, and invite a friend who can help keep you on track.
- Turn physical activity into a social event. Go to the park with a group of friends and a Frisbee. Invite the neighbours and their kids over to play ball hockey or basketball. And don't just watch your kids play – join them in games of tag or soccer.
- Swap 30 minutes of television for a 30-minute walk each day.
- Walk or ride your bike to work; if you live too far to be an active commuter, choose to park a few blocks away and walk the rest of the way to your office.

For more cancer prevention tips, please visit the Canadian Cancer Society online at cancer.ca/prevention.



Maximize Your Mental Performance With Water!

We would often rather 'hydrate' ourselves with anything but water!

Angela Villavicencio-Requis

Feeling tired and groggy and you don't know why? You may just be dehydrated! We have all heard about the importance of drinking water - as kids, we were told over and over again to drink 8 glasses per day. But even then, not many of us are actually doing it. We would often rather 'hydrate' ourselves with anything but water! But, if nourishing your body with some water doesn't seem that important to you, then maybe you should consider learning how to maximize mental performance through proper hydration.

Although it may sound odd, water is a lot more important to mental function than we may have thought. Recent research studies have shown that acute dehydration can actually cause brain shrinkage, which in turn causes negative effects on mental performance. This is

due to the generation of an osmotic gradient that provokes water to flow outside of the cells resulting in their shrinkage. This obviously doesn't happen overnight, but reduced water intake over a long period of time may adversely impact your ability to do certain things such as plan or process information. This is definitely a problem none of us want to have! But if you are anything like our typical modern-day human, you are probably wondering how you'll ever increase your water intake. Changing habits isn't easy, so below we've created some fun tips to help you stay hydrated and mentally sharp!

1) DRINK WATER BEFORE AND AFTER MEAL

This is probably the easiest way for you to stay hydrated. It's a simple way to get more water into your day and keep your brain happy. As simple as it may sound, this

is also a great way to eat less! That's good news for those who are looking for easy ways to lose some pounds!

2) CHOOSE QUALITY WATER

Drinking tap water? Unfortunately, there are many harmful contaminants present in tap water that could make us ill. Installing a good-quality water filter or gathering water from a spring provides some options to obtain quality water.

3) SAY NO TO SPORTS DRINKS

Although sports drinks may seem like a good idea, the truth is the ingredients present in these drinks may actually be detrimental to your health. Many of them contain high amounts of sugar or artificial sweeteners that don't actually quench our thirst.

4) SPRUCE UP YOUR WATER

Forget plain old water! Adding herbs, fruit, or veggies are great ways to make water taste better. Try out the recipe below for a little motivation!

WHY YOU NEED A WATER BREAK?

This natural flavored water recipe infused with

herbs and fruits is not only healthier but a whole lot more exciting! It'll make you want to drink more of the good stuff without you realizing it. So what are you waiting for?

Lime and Mint Flavored Water

Ingredients:

- 8 ounces of lime
- 4 ounces of mint
- 2 quarts of water

Directions:

Place lime and mint in a pitcher and add filtered or spring water. Refrigerate 2 to 4 hours to allow the ingredients to infuse. Stir well and strain. For serving, add fresh lime and mint for garnish and plenty of ice. The infused water will keep refrigerated for up to 2 days. You can replace the lime and mint with raspberries and basil or cranberries and rosemary!



CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

It's October, and students are settled into the school year. The mornings are colder, the leaves are falling and we start to think about the Thanksgiving holiday and reflect on all that we are grateful for.

We have much to be thankful for this year. We are grateful that we live in a city that highly values education. We see this through the increasing number of families choosing Calgary Board of Education schools for their children each year. We also see the value placed on public education by the City of Calgary and our communities, who provide tremendous support for our students. Your support helps our students succeed, and for you, we are grateful.

We are grateful for our employees. Nearly 14,000 people from all across the city of Calgary choose to work with the CBE and their efforts and passion make a difference in the lives of our students every day. Some are faces you see in our schools, and some work behind the scenes, but each employee contributes to our success.

We are grateful for our families and communities. By getting involved in school councils, volunteering in

classrooms, supporting schools with their fundraisers and projects and sharing your experiences you make our school system better.

We are grateful for our students. Their commitment, excitement and energy fuels our system. They are the reason we are here. Every day, we see our students learn, grow and challenge themselves and others. Our students inspire us and help us realize how much the work we all do to make this world a better place truly matters.

As community members, parents and educators, we have a chance every day to make a real difference in a child's life. We have a chance to engage children and encourage their lifelong learning. The moments we get to spend with our children and students matter. For that, we are grateful.

If you are interested in learning more about how the Board of Trustees advocate to protect public education and student success, we'd love to speak with you. Contact us at boardoftrustees@cbe.ab.ca.

Follow the Calgary Board of Education on Twitter @yycbedu



Pet Pointers

By Dr. Sara E. Wick BSc., MSc. (Zoology), DVM

While most of us humans are pretty excited to get the kids back to school and get back into our normal routines this fall, there may be a member of your family that is less than enthused about the transition. Canine separation anxiety can range in severity from mild anxiety with no destruction to a condition that results in extreme home destruction, soiling and loud vocalization sure to disturb your neighbours.

Separation anxiety can put a lot of strain on the relationship you have with your pet. I have first hand experience with this one and it's challenging! The following are signs of separation anxiety; destructive or anxious behaviour when left alone, hyper-attachment to you or others in the house (your constant shadow), soiling or destruction aimed at the exit of the house, or if there is high pitched vocalization involved (a distress call).

Dogs diagnosed with separation anxiety can be helped with behaviour modification training. Severe cases may require medication to help ramp down the anxiety while training is occurring or even long term. Some simple things you can try at home if your beloved family member misses you a bit too much during the day include the following:

1. Discourage hyper-attachment by not always petting your dog when they seek your attention. Make attention on YOUR terms when they aren't seeking it. When hanging out together, try to keep more than a meter between you at times and encourage them to entertain themselves with interactive toys (peanut butter filled Kongs are great for this). It sounds like tough love but it's teaching your pet to be self confident.
2. Try to help them relax when you are away by turning on the TV or radio and consider using a pheromone collar or diffuser.
3. Try to make your exit less predictable or noticeable. Believe it or not, everything you do before leaving the house is well noted by Fido. From your last sip of coffee, to turning off the lights and picking up your keys, these are all cues that have taught him/her that you are leaving them. Each move escalates that feeling of dread. Solve this problem by doing these random behaviours multiple times a day when you are home, randomly. You can also leave the house, lock the door for a few seconds and then return immediately. Doing this repeatedly and excessively will teach your pup that these cues aren't so import.

Most importantly, chat to your veterinarian if you are battling canine separation anxiety. It helps to have a pro on your side.

CALGARY



WILDLIFE

The Brown Creeper

By J.G. Turner
Photo credit: David Mitchell

This tree-climbing bird has a tiny, slim body that is well camouflaged with brown streaks on its back, white under parts, a yellowish bar across the wing and a buff stripe over the eye. The Brown Creeper--also known as the Tree-Creeper--is a permanent Alberta resident found in parkland, mountain and boreal forests at many elevations. These creepers are found in mixed woods but seem to prefer coniferous areas for their breeding grounds; however, in the winter, they move to more varied environments and are easier to find in deciduous woodlands.

Fun Facts:

- The Brown Creeper got its name because it climbs (or creeps) in an upward spiral from the bottom of a tree while it forages for food. The short legs and long curved claws allow this creeper to hook into the bark.
- The Tree-Creeper uses its unique bill to probe into crevices in the bark to eat small insects and spiders.
- The male finds the materials for a nest but the female is the one that builds the nest. The male sings to the

female (a high thin trill) from nearby while the female works.

- Although the Brown Creeper may pass a Nuthatch working its way from the top of a tree to the bottom, there is no competition between these birds as the Brown Creeper can reach into spots and find food where the Nuthatch cannot reach.
- Due to their tiny size and weak call, Brown Creepers are very inconspicuous birds, so it is thought that estimates of the birds' dispersal and numbers are conservative.
- You can attract this inconspicuous little bird to a feeder by offering suet (especially if it is smeared right onto a tree trunk), peanuts and bread crusts. During the winter, they will also eat seeds.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.



Seniors' Tea

Well, the summer went fast and fall is here again. Our October Seniors' Tea will be held October 20, 2016. The November Tea will be on the 17th and the December Tea will be on the 15th.

All BCA Senior's teas will be held in the upstairs of the Brentwood Sportsplex building (unless otherwise notified) between 1:00 pm to 2:30 pm. The BCA Senior's tea is a free event and welcomes ages 55+.

See you at the Sportsplex!

HALLOWEEN HAZARDS!

Keeping your Pet Safe

Happy October!

It's hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy the occasional mini chocolate bar!

While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. Just as families must take safety precautions to ensure a safe and happy Halloween for children, pet owners should be mindful of safety during the festivities. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

1. Keep candy out of reach of pets! Chocolate, artificial

sweeteners and certain types of nuts are toxic to animals.

2. Set up a safe space! Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
3. Leave Fido at home. Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.
4. Put a sign on the door asking trick or treaters to knock, especially if your pet reacts to the doorbell!
5. Be cautious with your costume, especially if your pet is easily frightened. Consider setting your pet up in a safe space before getting changed into your festive duds.
6. If your pet is dressing up, choose a costume that does not restrict your pet's airway or movement. Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.
7. Do not allow your cats to roam. A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.
8. Looking for more tools to help a stressed out pet at Halloween? Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!



Reap What You Sow...

By Dr. Alma Nenshi, Registered Chiropractor

What is your greatest asset? Is it your wealth, your kids, perhaps your intelligence? There is no greater asset than your health, without which you cannot live your life's full potential, physically, emotionally, or spiritually.

According to the World Health Organization, "Health is 100% function of every cell, tissue, organ and system, and not merely the absence of disease or infirmity." Anything less than 100% function hints an underlying weakness that holds you back from living your life's full potential.

Let's take a moment to appreciate a few of the miracles of life. There are 100 billion nerve signals sending messages throughout your body this very moment! Your heart beats 3000 million beats in an average lifespan, and it's only the size of your fist! You have 100,000 miles of blood vessels in your body and you can hold 1 quadrillion (1 million billion) bits of information in your long-term memory over a lifetime. Ninety percent (90%) of your brain's resources are devoted to ensuring you are able to stand upright to gravity with good posture. You have breathed 24,000 times in the last 24 hours. And finally there are 7,000,000,000,000,000,000,000,000 (7 octillion) atoms that make up your adult body, all which started as two tiny cells that joined, multiplied, and differentiated in an organized fashion, creating your life and the wisdom within it to create life again.

You are naturally designed to be healthy, and the innate wisdom within you expresses health and healing through the nervous system as long as there is no interference in the communication pathways. The brain is the most adaptable organ in the human body as it has the ability to change physically and chemically based on experience and what is happening inside and outside the body. Eighty-five percent (85%) of the human genome is concerned with the brain and its development leaving only 15% for the rest of the body including the development of your heart, lungs, digestion etc.

A breakdown in spine flexibility causes a breakdown in brain-body communication, similar to driving in rush hour traffic. Signals want to move through rapidly but they may be slowed, diverted, or even blocked. Arthritis, curvatures, poor posture, unhealthy eating, inactivity, etc., all may produce constant, chronic, low levels of stress on the brain and nerves leading to functional breakdown of the cells they supply. The result may be headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, digestive concerns, allergies, bedwetting, learning and attention challenges, vertigo, etc.

Regular chiropractic care clinically clears the traffic jams, alleviating nerve stress and restoring your brain-body communication systems. This results in better posture and frontal lobe activation, the area of the brain that is responsible for human executive functions like learning, planning, reasoning, intelligence, and socialization. According to neurologist and Nobel Prize recipient Dr. Roger Sperry, "90% of ALL Nutrition and Stimulation to the brain comes from movement of the spine!"

So how invested are you in improving your life's greatest asset? You are worthy of enjoying the life of your dreams, it's all in your head just waiting to be nurtured and cultivated. So what's your next step?

Embrace your innate wisdom and appreciate all that your body provides. You are designed to be healthy, strong, and healing by nature. Reflect on your life and have gratitude for the gifts of experiences that have fashioned into this perfect You. Look ahead and visualize your desired future. Now make your vision a priority and resolve to take one action step today to enhance your health and move towards your goal.

After all, you do reap what you sow...

IN & AROUND CALGARY

Alberta Health Services: EMS

Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31st approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Costumes

- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

Protect Yourself, Immunize Your Pet



In some provinces and states, vaccination of household pets for rabies is mandatory or required by the law. This is not the case in Alberta. There have been eight recent positive rabies cases in bats turned in to Alberta Agriculture and Food to be tested; six in August alone. Locations include Edmonton, Red Deer, Medicine Hat, Airdrie, Canmore/Kananaskis, Ponoka, Camrose and Waterton. In a few of the cases, pets were involved and are now undergoing 45 day and 3 month quarantine periods, and Alberta Health Services deals with the human involvement. In April, 2010, a neutered unvaccinated pet cat died of unknown neurological disease in a veterinary clinic in Cremona. The veterinarian submitted the animal for testing and eight people subsequently received post-exposure treatment for rabies. This cat spent more time indoors with his family than outdoors. In 2007, a man bitten by a bat in Alberta died of rabies.

Cat bylaws in cities that require people to keep cats confined have caused complacency in the general public. Owners who fail to vaccinate, and the increase in carriers such as raccoons, skunks, foxes, coyotes, and bats in urban areas heighten the risk of rabies in cats. I have had bats turned in to my clinic after owners found them in their house, likely having flown through an open patio door. A bat positive for rabies was discovered in Calgary's downtown area a few years ago... bats fly, they can reach apartments. There are over 55,000 human deaths attributed to rabies each year, mainly in Africa and Asia.

Rabies is a contagious and fatal viral disease attacking the central nervous system. It can be passed to all warm-blooded animals through the saliva, primarily through bites, but a scratch is sufficient. Symptoms of rabies can be variable ranging from the "dumb" form where the animal appears depressed and isolates itself and the "furious" form associated with aggressive behaviour. Any abnormal behaviour should be considered suspicious. An animal's voice will frequently change as the vocal cords become paralyzed and seizures may occur. Rabies can only be diagnosed with certainty by testing an animal's brain tissue. Cats and dogs usually die within ten days of symptoms appearing. Symptoms may not begin, however, for days or months depending on the severity and location of the wound.

Rabies is a reportable disease; it is the law to inform authorities of suspected cases. People bitten by wildlife or any animal with an unknown vaccine status should report the bite by calling Health Link. If there is potential human exposure to the animal suspect, euthanasia may be recommended so the brain tissue can be tested. There is no treatment available to pets that contract rabies.

Consider vaccination of a pet as an investment into your health as well as your pet's. The decision to vaccinate your pet is yours to make in Alberta, but I do not know a health professional who would discourage the choice to vaccinate your pet against rabies.

Jennifer L. Scott, D.V.M.

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Not to be combined with other offers or promotions. Valid only at Joey's at 20 Crowfoot Cres NW. One coupon per customer per visit. Valid until Nov. 30, 2016.

\$3 Off Fish & Chips

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LINDSEY'S HOUSE SITTING SERVICES: Do you need someone to care for your property while you are away? Consider calling Lindsey Rostoker, a biochemist turned Brentwood stay-at-home Mom. Call 403-816-3630 or e-mail linz.rostoker@gmail.com to check availability. References available.

DO YOU NEED AN EXTRA SET OF HANDS? C & L Helping Hands can provide them! We offer handyman services, personal assistant, kitchen helper, cleaning and much more! Email: cl@clhelpinghands.ca. Call Craig or Laurie at 403-880-7125 or 403-510-8551.

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BRAIN GAMES SUDOKU

9	6	8	1	4	5	3	2	7
2	3	4	7	8	9	1	5	6
1	5	7	2	3	6	4	8	9
7	8	5	9	1	2	6	3	4
6	9	3	4	5	7	2	1	8
4	2	1	3	6	8	7	9	5
3	4	9	8	7	1	5	6	2
5	7	2	6	9	3	8	4	1
8	1	6	5	2	4	9	7	3

Put Your Stamp on the Process

Times have changed since the first letter was sent in Canada in 1693. The postal service provided by Canada Post is no longer as dominant in our daily lives as it used to be. With cell phones, email, texting, paperless billing, e-transfers and courier services, Canada Post has seen its role in our daily lives diminishing annually since 2006. At the same time, an average of 169,000 new addresses are added each year to the existing 15.8 million existing addresses.

With more places to deliver mail each year and less mail being sent, this has had a dramatic effect on revenues and costs. Canadians need to take a good look at our postal system and figure out a way to make it both sustainable and affordable. It is a vicious circle - stamp costs increase to cover growing operating costs which, in turn, results in less mail being sent and revenue dropping even further.

However, we still have a critical need for a national postal system as many Canadians and businesses rely on it for many reasons. Last year alone, Canada Post delivered almost nine billion items to every corner of Canada.

The time has come for Canadians to look at the future of our postal system to ensure it is both sustainable and affordable for everyone. A review of Canada Post is now underway and you can participate.

Canadians are being asked to contribute their comments, concerns and, most importantly, their ideas on how we can achieve these goals. For example, the most common idea I have heard so far is the suggestion to make mail delivery every second business day. This would save money and the impact on the environment. Canadians are known for being a resourceful and creative bunch and I am sure there are many more ideas to come.

An independent Task Force is currently gathering facts and developing options for consideration. Next, a Parliamentary Committee will consult Canadians on the options and make recommendations to the Government on the future of Canada Post.

To share your input, please send your ideas to TPSGC.ExamendeSPC-CPCReview.PWGSC@pwgsc-tps.gc.ca, fax 1-844-836-8138, or even better, MAIL your comments to Canada Post Review, CP2200, Matane, QC, G4W 0K8. As your Member of Parliament, I am interested in knowing your views, and would appreciate being copied on your submission.



COUNCILLOR, WARD 7 DRUH FARRELL

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As a large urban centre in a prosperous country, Calgary continues to mature and develop. To keep up with the pace of this perpetual growth, it is important for the City of Calgary to make investments in transportation infrastructure like streets and public transit.

Large projects like the Green Line LRT and the Crowchild Trail Study get most of the attention, since they will move many thousands of Calgarians across the city. It is important though that we don't forget about smaller investments that can make positive differences for local residents and their communities.

With this in mind, my staff and I joined the City's General Manager of Transportation and members of his team for a tour of Ward 7. The purpose of this tour was to identify small transportation issues in communities across Ward 7, and to begin working on solutions. We identified certain fixes that could be implemented quickly, as well as more significant projects for the future.

We noted instances where the design of various intersections made it less safe for all road users. One example was at 19 St and John Laurie Bv NW in Triwood, where higher visibility crosswalks and better lighting were identified to improve the safety of people walking through the area. In Sunnyside, we saw that a new crosswalk at Memorial Dr and 9 St NW would improve walking and cycling access to the Bow River Pathway and Downtown. Work on that crossing will be complete in Fall 2016.

We also noticed that several stretches of sidewalk along 16 Av NW, from Mount Pleasant to Banff Trail, were patch works of uneven concrete and asphalt. Weed maintenance was an issue as well. These are cosmetic issues that can improve an area by making them more pleasant and accessible for local residents. The weeding was quickly completed and sidewalk repair was identified as future work. Elsewhere along 16 AV, between Rosedale and Capitol Hill, we saw a need to improve awareness

between those driving and cycling at the busy 10 St NW intersection. Inexpensive green conflict paint was soon added across the turn lanes as a result.

In areas seeing redevelopment, we noticed several instances of construction projects impeding access for people walking. In East Village, we found construction hoarding blocking entire sidewalks. This is a serious concern for a community with high numbers of residents with mobility challenges. The hoarding issues were quickly corrected and we secured a commitment from city staff to ensure that sidewalks are more consistently kept clear and safe during construction.

These are just a few examples of issues we identified. If you see concerns such as these in your community, be sure to call 3-1-1 or go online to www.calgary.ca/311. To learn more about this and other Ward 7 topics, visit www.druhfarrell.ca. To sign up for updates on key issues, please email ward07@calgary.ca.

IN & AROUND CALGARY

Fraud Awareness

A message from the Federation of Calgary Communities

Join us and Cst. Andrew Critchley from the Crime Prevention Unit at the Calgary Police service for a presentation that will focus on fraud awareness, common scams and best practices to avoid being a victim. Learn what resources are available to communities and how the Calgary Police Service responds to these issues.

Date: Wednesday, October 19, 2016

Location: Capitol Hill Community Association (1531 - 21 Avenue NW)

Time: 7:00pm – 9:00pm

For more information and to register for this FREE event, visit calgarycommunities.com/workshops-events/

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit



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