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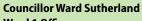
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Amelia	13	403-374-0440	Y
Breton	13	403-978-0056	Y
Nathan	13	403-668-4151	Y
Kendra	13	587-352-2878	Y
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Emma	13	403-240-0169	Y
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Fiona	16	403-277-9441	Y
Julia	16	403-667-5984	Y
Kaitlyn	16	587-436-9098	Y
Janeeta	18	587-284-9642	N
Megan	19	403-547-1958	Y
Eunice	19	403-801-0453	Y
Ekene	19	403-466-1134	Y
Claire	31	403-402-1917	Y
Lipi	32	403-207-5350	Y
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you would like to babysit in.

Do you tip the pizza delivery guy or gal?

If so, how much? Below are some facts and figures to help you out.

Tom Allum

If you get food delivered, whether it is Chinese, pizza or your standard fare, there normally is a delivery charge. The amount of the delivery charge varies from each establishment but is normally between three and four dollars per trip. This amount usually goes to the driver at the end of each shift. The driver supplies their car, fuel and insurance and maintenance. 99% of drivers are on contract basis only. They average 12 trips per shift. This equals \$42.00 for a five to 10 hour shift. Not including tips if any.

Most pizza places have a defined area of delivery which is about eight kilometres to the furthest delivery point. With an average of five kilometres one way per trip, and round trip equals of 10 kilometres. The government (CRA) allows independent contractors a 0.54 cent per kilometre allowance. At 120 kilometres per shift this equates to the driver going into the red for about \$20. So why do it? Most do not make enough to pay rent or even claim the 0.54 cent allowance. Most drivers pay out approximately \$15 for gas per shift which to them equals a positive cash flow of \$27 per shift. (Not including tips, if any.)

Which brings us to the question of do you tip or not and, if you do, how much? There are of course no set guidelines, established rules or common practices such as in sit down restaurants. (Restaurant staffs expect 10 to 20% of your total bill as a tip which they normally share.)

So what should you tip? But, before we get to that, let's explore some of the demographics regarding pizza deliveries and how different groups tip.

Office staffs ordering during the day often tip a minimum of 15% or \$10. I am sure they do not want to look cheap in front of their coworkers and most can expense this. Senior citizens always tip (there are a few exceptions) normally \$5 and sometimes as little as \$2. Low income do not tip well at all although some do make an effort. People who live in million dollar homes are nor-



mally not good tippers. Working class people normally are the best tippers. College and high school students are very poor tippers (unless ordering from a party). And the big one - women are better tippers than men (although there are exceptions).

A decent tip would be minimum of \$5 -\$10 for orders up to \$50, \$10 to \$15 for orders up to \$100, anything over a \$100 a minimum of \$20 would be nice.

So they do it for the cash and the tips. Some are retired and cannot live on the amount they receive; others cannot find a steady job or are limited due to personal circumstances that prevent full time employment.

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This very small, compact, buoyant diving duck can be identified by its large, dark, puffy looking head with short, wide, greyish bill. The Bufflehead has an average length of just 36 cm or 14.5 inches, wingspan of about 53 cm or 21 inches, and weight of approximately 411 g or 15 ounces. The best places to spot a Bufflehead are small lakes with marshy edges and open centres, and areas where there are lots of poplar trees and aspen woodlands in central Alberta from the Spring through to late Autumn.

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The Tiny but Mighty Bufflehead

Article by J.G. Turner Photo by Mdf

Fun Facts:

- The Bufflehead migrates from Mexico or the Gulf Coast of the United States to breed in Canada, and even as far north as Alaska.
- Buffleheads are one of the last ducks to leave Alberta before winter arrives.
- Where open water remains over the winter, this little duck sometimes stays year round.
- When mature, a female Bufflehead will return each year to the area where she was born to search for a nest cavity in which to lay her eggs.
- She will often choose an abandoned woodpecker's nest and absolutely loves the nest holes carved out by the Northern Flicker.
- As a diving duck, its legs are near the back of its body, so they must 'run' across the surface of the water to gain the momentum needed to take off and fly.
- The Bufflehead is Canada's smallest duck and they can squeeze through holes only eight centimeters wide!
- Buffleheads are territorial: males will defend a female by diving under water and popping up underneath a rival male. Females will defend the water where they rear their young.

The Bufflehead is one of the scarcest ducks in North America and its numbers continue to suffer from logging and agricultural clearing of poplar stands and aspen woodlands, decreased numbers of Northern Flickers in an area, and human hunting activities.

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.



Writings about Reading

Parents as Partners

It's 'back to school' and the perfect time to revisit how you can be the best partner in your child's education. You, as parent, grandparent or caregiver have been helping your child to learn since they were a tiny baby ... and your role continues. Here are ways to help your child build their language and reading skills:

Get to know your child's teacher

You'll build a connection and be able to ask questions. The teacher will suggest ways you can help your child at home.

Read aloud with your child every day

In order to read fluently, your child needs lots of practice with hearing how good reading sounds. Take turns reading aloud a story; the more familiar the words become the easier it will be for your child to read.

Incorporate literacy activities anywhere

Literacy skills are used in all kinds of situations. Encourage your child when reading food labels, talking with other children, discussing a movie with the family, or when writing lists to be posted on the refrigerator.

Teach phonemic awareness and phonics (letter names and their sounds)

Young children hear "dog," but not the "duh"-"aw"- "guh." To become readers, they have to learn to hear these sounds (or phonemes). And, a child can't sound out words or write them without knowing the letter sounds. There are lots of websites and ABC books to help.

Keep the fun and encouragement flowing!

Write notes to your child in their lunch kit so they feel supported during the first days of school. Ask specific questions at the end of their day: what games did you play today? Who is in your class? Did you teacher read a great book today, what was it about?

For resources to help your child develop critical literacy skills and the joy of reading, visit calgaryreads.com.



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Christmas Shopping! Hope to see you there!!

Calgary Humane Society Dental Care

Happy August! We hope you are enjoying a great summer with your two and four-legged family! At Calgary Humane Society we are enjoying a busy season of summer camps. Our annual August adoption event is also just around the corner and we hope you will all come out to celebrate with us!

For many families, summer includes a trip to the dentist to take care of everyone's pearly whites. Dental care is vital for humans, but did you know that pets need dental care too? Each and every year we see dozens of animals at the shelter suffering from dental problems, problems that can result in health issues for the pet and legal problems for the people! Failing to provide dental care to your pet is considered a form of neglect under the Alberta Animal Protection Act and bad teeth can cause unnecessary pain for Fido. Interested in learning more about dental care for your pet? Read on!

Do all pets need dental care?

If your pet has teeth then dental care is an important contributor to overall health! Dogs, cats, rabbits, guinea pigs and even small critters like hamsters and gerbils should have their pearly white inspected regularly as a part of an overall health check-up by their veterinarian.

What are some of the common pet dental procedures?

For dogs and cats the most common dental need is tartar removal and tooth cleaning, much like what you would have done at your own dentist. Extractions are another common dental procedure in pets. Just like humans, cats and dogs can suffer from cavities and gingivitis and if these problems continue unchecked the teeth will need to be removed.

Rabbits and rodents have more complex dental needs. These critters have teeth that grow continuously for their entire lives. Most of the time your rabbit or rodent will do a great job of wearing down their teeth by chewing and eating rough foods, but sometimes they need a bit of help. An exotics veterinarian will regularly check your pets teeth and can trim or file the teeth if necessary.

What is the cost of dental care for pets?

Just as with humans, the cost for dental care for your pet will depend on the condition of your pet's teeth and the pricing your vet sets for each procedure. We recommend booking a consultation with your vet to discuss your pet's specific dental needs.

What can I do at home to keep my pet's teeth healthy?

Providing an appropriate diet and opportunities for chewing is an important part of maintaining dental health in all animals. Choose toys that are the right size for your pet and made specifically for chewing as some items (like tennis balls) can damage your pet's teeth if chewed.

For additional suggestions we recommend speaking with your pet's vet.

Your vet is familiar with your pet's specific needs and will be able to help you develop an oral care plan.

Can I use human toothpaste for my pets?

Human toothpaste should never be used for pets as it contains some ingredients that can be harmful if swallowed by your pet. If your vet has recommended brushing your pet's teeth, you should invest in a good quality pet toothpaste.

What are the main benefits of dental care?

Providing good quality dental care is an important part of health and wellness for pets. Investing in routine dental care sets your pet up for a long and healthy life, and it will also keep Fido's breath smelling great on those long summer car trips!

From all of us at Calgary Humane Society, Happy Summer!



Living In A Man's World

One thing I look forward to each year is the annual Book Fair in a little lake town where I spend my summer vacations. They cram the local town hall with used books at bargain prices, so I always manage to fill two boxes or more. I figure, if I get at least one good life-changing quote, I've gotten my money's worth. And there it was, a self-help book for women on "How to Thrive in a Man's Environment" filled with pointed advice on how men would like women to communicate with them, such as this nugget: "Spare me the pain, just give me the baby."

What a message, loud and clear. Men just want the facts, Jack. The problem is, as women, we love to do this seductive pole dance around the punch-line, keeping our listener captive with every detail before we get to the point, if we *ever* get there. Shocker, ladies, this drives our men crazy!

Let's face it, men and women are different. The good news is, we weren't designed to drive each other crazy. What I've learned spiritually is that our goal is to find a balance between our two natures. For men, it means loosening the grip on *reason* long enough to *feel*, and for women it means getting off the emotional train ride long enough to *reason things out*. It's a delicate juggle between heart and head.

It can be done, and we grow spiritually the more we're able to combine the two. It happens with practice, with of our bosses, partners and friends, so bring on those relationships that push your buttons and take you to the next level.





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Tuscany

Real Estate Update

Last 12 Months Tuscany MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$488,900.00	\$475,000.00
July 2016	\$474,343.00	\$456,750.00
June 2016	\$539,900.00	\$521,500.00
May 2016	\$534,900.00	\$512,500.00
April 2016	\$491,400.00	\$479,800.00
March 2016	\$499,900.00	\$494,000.00
February 2016	\$512,888.00	\$500,000.00
January 2016	\$499,900.00	\$481,750.00
December 2015	\$550,000.00	\$527,500.00
November 2015	\$510,000.00	\$491,000.00
October 2015	\$532,450.00	\$524,575.00
September 2015	\$514,900.00	\$497,000.00

Last 12 Months Tuscany MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2016	27	25
July 2016	35	30
June 2016	36	37
May 2016	39	32
April 2016	43	30
March 2016	38	30
February 2016	31	17
January 2016	31	8
December 2015	14	11
November 2015	19	17
October 2015	19	14
September 2015	25	19

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

Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to **TC@great-news.ca**



CALGARY

SIEP INIO FALL Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be: -18 years of age or older -Exercising less than 3 days per week -Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive: -A pedometer (\$25 value) -\$10 gift card -Prize draw entry for \$1000 gift card

To participate contact: Research Coordinator 403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944 This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.







A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



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IN & AROUND CALGARY

The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

- 1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
- It's crawling with E. coli and often contains roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
- 3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
- 4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
- 5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.

CULINARY FILE: Feta Turkey Burgers with Sautéed Red Pepper and Onions

Written by Rae-Ann Hagen, Registered Dietitian

Turkey Burgers have become a family staple over the past couple of years. This recipe was originally my husband's creation that has since evolved into this quick and easy meal. Not only is this super quick but they always make for a delicious healthy meal which makes this recipe perfect for both a weeknight family meal or a weekend BBQ with friends. To make these burgers I recommend you start with your favourite fresh whole wheat bun. Follow the recipes for the feta turkey burger patties and sautéed red pepper and onion topping listed below. I find that fresh arugula adds a nice peppery flavour but any green will compliment these turkey burgers well. I love to serve these with a yummy summer salad on the side to keep it light and fresh.

Feta Turkey Burger Patties

Ingredients: 1 package of ground turkey 1/4 cup of feta cheese 1 tsp dried oregano freshly ground pepper to taste Directions:

1. In a medium bowl, combine all ingredients. Divide into 4 equal parts and form into patties. If time allows

let the patties rest in the fridge for an hour prior to cooking.

- 2. Cook the patties on a medium grill. Cooking time can vary but is typically around 20 minutes. Check the internal temperature is at least 165 °F to ensure the patties are fully cooked.
- 3. Serve on a fresh bun, top with the red pepper onion topping and fresh arugula.

Sautéed Red Pepper & Onion Topping Ingredients: 1/2 red pepper thinly sliced

- 1/4 white onion thinly sliced
- 1 tbsp. canola oil
- sprinkle of Montreal Steak spice

Directions:

- 1. Put red peppers, onions, canola oil and Montreal steak spice together in a pan. Cook on a medium heat until soft, around 5 minutes.
- 2. Place on top of your grilled feta turkey burger.

Enjoy these with family and friends during this fabulous barbeque season!

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FIND SOLUTION ON PAGE 17



IN & AROUND CALGARY Urban Planning Made Fun and Easy!

Are you curious about the urban planning process in Calgary? Do urban planning terms make your head spin? Do you want to know what a development permit is? If you've answered "yes" to any one of these questions, we have the right tool to help you!

The Federation of Calgary Communities is pleased to introduce our newest resource: Planning Cue Cards. Planning Cue Cards are the absolute beginners guide to the urban planning system in Calgary in fun and easy way! The cue cards will help you understand planning acronyms, the hierarchy of planning policies, implementation tools, and more.

These versatile cue cards are great for both the beginner to jump right into, or for the mature planning representative who needs a brush up on their knowledge. They are available for purchase at the extremely affordable price of only \$5 a set, and can be purchased in sets of one, five or ten in our online store at calgarycommunities.com/online-store.

Need a bit more convincing? Read a testimony from Bryan Ellert of the Downtown West Community Association:

Thank you for developing the Planning Cue Cards! I think you did a great job of making the planning hierarchies more understandable. In my view, the cards help make it a lot easier for members of communities to understand the "big picture" planning policies and where their work needs to "fit in" to help them achieve their goals.





Classes resume Sept. 7

Be Bold. Be Brave. Be Ready.

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COUNCILLOR, WARD 1 WARD SUTHERLAND

P.O. Box 2100, Station M Calgary, AB, Canada T2P 2M5 Phone: 403-268-2445 • Fax: 403-268-8091 Email: ward01@calgary.ca Web: www.calgary.ca/ward1

With Fall upon us, it's the perfect time to remember to slow down and pay attention to the road. With school back in session, it means sharing the streets with bicyclists, school buses, and pedestrians. Drivers play a particularly important role in back to school safety. All students, but especially the younger ones, need to be aware of traffic safety rules, much like pedestrians, bicyclists, skateboarders and school bus passengers. A collision with a vehicle poses the largest risk to their safety. Listed below are frequently asked questions about back to school safety rules.

When are school and playground zones in effect and what are the street limits?

Playground and School zones: 30 km/h, 7:30 a.m. to 9 p.m., all year around.

What do I do when a school bus has their amber flashing lights on?

School buses use flashing amber lights to alert passing motorists that the bus is slowing down and preparing to load or unload children. If the amber lights are flashing, you may pass with caution. However, watch out for pedestrians and be ready to stop.

If a pedestrian is waiting to cross illegally, what should I do?

Motorists should not stop for pedestrians **waiting** to cross illegally, but should be cautious when proceeding. Pedestrians have a responsibility to not step in front of a vehicle when it is impracticable for the vehicle to stop.

Are cyclists restricted to bike lanes or can they use regular traffic lanes?

Cyclists have all the same rights and responsibilities as a motor vehicle when travelling on roadways, unless otherwise indicated. Bicycles are permitted on all Calgary roads, and can use regular traffic lanes, except for Deerfoot Trail.

To receive my monthly Ward 1 e-newsletter, sign up at www.WardSutherland.com

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
Kerby Centre for the 55 plus	403-265-0661
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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Deadline – 1st of each month for the next month's publication 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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VISIT OUR NEW SCHOOL

Rundle College Primary/Elementary School Kindergarten - Grade 6 October 18th & 19th, 2016 at 6:30pm

Rundle College Junior High (Grades 7-9) October 12th & 13th, 2016 at 6:30pm

Rundle College Senior High (Grades 10-12) November 22nd, 2016 at 7:00pm



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TUSCANY 2016 STATS	# OF SALES	AVERAGE PRICE
Bi-Level	4	\$416,000
Bungalow	9	\$600,833
Two Storey/Two Storey Split	175	\$539,172
Townhouse	24	\$337,804
Condo	21	\$348,110
Villa	2	\$648,751
TOTAL	235	
Average days on Market	38 days	



\$534,900

- 5 bedroom+den two storey, fully finished
- hardwood floors, oak kitchen, bonus room
- mountain views, great family home!

ROYAL LEPAGE



upgraded 5 bedroom+den two storey

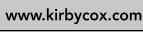
- Beattie-built 4 bedroom+den two storev • granite & A/C, finished walkout on ridge • finished walkout, bonus room, granite 2 fireplaces, gorgeous pie-shaped yard
 - maple kitchen, backs on greenbelt



- · 2 bedroom bungalow, fully finished hardwood floors, vaulted ceilings, 3 baths
- white kitchen, main floor laundry, balcony

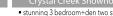


- stunning 3 bedroom+den two storey
- cul-de-sac, bonus room, 2nd floor laundry



\$794,900





- 3 car grage, extensive upgrades/extras

