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# Elbow Valley is minutes away from:

- Strathcona Shopping Centre
- West Hills/Signal Hill

- Chinook Centre
- Downtown core

## SCHOOLS

*(S) denotes Separate (FR) denotes French Immersion*

School	Grade	
Bow Valley High School	9-12	<a href="http://www.rockyview.ab.ca/schools/bowvalley">www.rockyview.ab.ca/schools/bowvalley</a>
Cochrane High School	9-12	<a href="http://www.rockyview.ab.ca/cochrane">www.rockyview.ab.ca/cochrane</a>
Elizabeth Barrett Elementary (FR)	K-4	<a href="http://www.rockyview.ab.ca/barrett">www.rockyview.ab.ca/barrett</a>
Manachaban Middle School (FR)	5-8	<a href="http://www.rockyview.ab.ca/manachaban">www.rockyview.ab.ca/manachaban</a>
Holy Spirit Catholic School (S)	K-9	<a href="http://www.cssd.ab.ca/schools/holyspirit/">www.cssd.ab.ca/schools/holyspirit/</a>
St. Francis High School (S)	10-12	<a href="http://www.cssd.ab.ca">www.cssd.ab.ca</a>
Rocky View Virtual School	9-12	<a href="http://www.rvvs.com">www.rvvs.com</a>
Elbow Valley Elementary (FR)	K-4	<a href="http://www.rockyview.ab.ca">www.rockyview.ab.ca</a>
Springbank Middle School (FR)	5-8	<a href="http://springbank.rockyview.ab.ca">http://springbank.rockyview.ab.ca</a>
Springbank Community High (FR)	9-12	<a href="http://www.rockyview.ab.ca">www.rockyview.ab.ca</a>
École de la Source (FR)	K-9	<a href="http://www.conseildusud.ab.ca/ecoles/lasource/">http://www.conseildusud.ab.ca/ecoles/lasource/</a>
Ste-Marguerite-Bourgeoys (S) (FR)	K-12	<a href="http://smb.cscfsa.ab.ca/">http://smb.cscfsa.ab.ca/</a>
École de la Rose sauvage (FR)	10-12	<a href="http://www.conseildusud.ab.ca/ecoles/larosesauvage/">http://www.conseildusud.ab.ca/ecoles/larosesauvage/</a>
Banded Peak School	K-8	<a href="http://bpeak.rockyviewab.ca">bpeak.rockyviewab.ca</a>

## CHURCHES

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403-288-9086  
Westlife Church  
403-242-3431  
Mountainview Lutheran  
403-242-5000  
Valley View Presbyterian  
403-249-6006  
First Lutheran  
403-242-4544  
Rockpointe Church - Westhills Site  
403-851-0011  
Richmond Hill Baptist  
403-242-1256  
Westside Kings Church  
403-777-0800

## COMMUNITY

Elbow Valley Visitor Information 403.949.4261  
Springbank Park Recreation Centre 403.242.2223  
Signal Hill Library 403.260.2600  
Newsletter Advertising Sales 403.263.3044  
Springbank Heritage Club 403.242.9350  
244168 RR#33

[news@great-news.ca](mailto:news@great-news.ca)

Editorial  
Content

DEADLINE

1<sup>st</sup>

of each month  
for the next  
month's  
issue

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### PROGRAMS

*Register at the Circulation Desk or by calling 403-932-4353. Further program details may be found online.*

- **Wiggles and Giggles** (age 0-1/parented) on Fridays @ 10-10:30 am from Sept. 6 - Oct. 25 and Nov. 8 - Dec. 20.
- **Hickory Dickory Tots** (ages 0-3/parented) on Fridays @ 11-11:30 am from Sept. 6 - Oct. 25 and Nov. 8 - Dec. 20.
- **Dramatic Story and Craft Time** (ages 3-5/parented) on Wednesdays @ 10 - 10:45 from Sept. 4 - Oct. 23 and Nov. 6 - Dec. 18.
- **Musical Mites** (pre-school) on Wednesdays @ 11-11:30 from Sept. 4 - Oct. 23 and Nov. 6 - Dec. 18.
- **Cochrane Humane Society** Visits on Saturdays @ 2 - 3:00 pm on Sept. 14; Oct. 12; Nov. 9 and Dec. 14.
- **Halloween Costume Party** for all ages on Saturday Oct. 26 @ 2-3 pm.
- **Sack Full-O-Fun** (ages 0-12 / parented) on Saturday Dec. 14 @ 4-6 pm.

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- Male turkeys are called toms and female turkeys are called **hens**
- At maturity, turkeys can have as many as **3,500 feathers**
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- The colour of a turkey's neck can turn **blue** when mating



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The Bragg Creek Centre, staff & many volunteer board members were there for us "big time" and "instantly" in our time of dire need, facilitating provision of over 10,000 volunteer hours, space for donated clothing, bedding, cleaning tools-supplies, etc., potable water, showers, counselling support & provision of over 7000 meals for volunteers from all over and flood victims from the Greater Bragg Creek area. And importantly provided a safe/clean/cool/respectful meeting place to eat, rest, meet and talk to each other. Obviously it also could not have been done without the awesome volunteers.

Bragg Creek Community Association is an organization, which operates a multifunctional facility providing its diverse membership a wide variety of activities & many opportunities to develop community spirit. The Bragg Creek Community Centre faces the challenge each year to meet its operating costs. It requires approximately \$475,000 per year for operations and relies on fund raising events such as this one to help cover yearly costs.

Tickets: \$40 – Call 403-949-4277

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## Halloween Safety

Alberta Health Services EMS would like to remind parents and trick-or-treaters of some basic Halloween safety tips, as October 31st approaches. As a member of the Calgary's Child Magazine, Partners for Safety; ambulances, along with Calgary police, fire, bylaw, transit, and Shaw Cable 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 cross walks 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 and advise them if you will be late returning.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- 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.

### Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- 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.
- 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 baggy or 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.





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# CROSSWORD

## ACROSS

- 3 Slick surface
- 6 Chewy, sweet candy
- 10 A Greek letter
- 12 Redeemable voucher
- 13 Lightning \_\_\_\_\_
- 14 City south of Arctic Circle (2 words)
- 16 First city in Canada to implement 911 emergency number
- 18 Bone extending from shoulder to elbow
- 19 Pasta "pillows of love"
- 20 Sound of a witch's laugh

## DOWN

- 1 An important muscle in the human body
- 2 \_\_\_\_\_ shooting
- 4 Guitar run
- 5 October weekend
- 7 Strong, black coffee
- 8 Trick-or-treaters dress up for this evening
- 9 A stringy vegetable
- 11 Popular pie eaten at Thanksgiving
- 15 Infinite
- 17 A card game

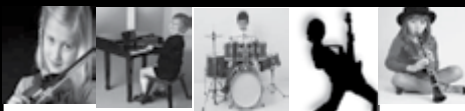


Created by  
B.G.Rose

**Across:** 3.glossy 6.toffee 10.omega 12.coupon 13.strike 14.Dawson City 16.Winnipeg 18.humerus 19.ravioli 20.cackle  
**Down:** 1.tongue 2.sneak 4.riff 5.Thanksgiving 7.espresso 8.Halloween 9.celery 11.pumpkin 15.endless 17.Euchre

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

FIND SOLUTION ON PAGE 23

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# Preventing the Next Elbow River Flood Let's Learn from Winnipeg!

By Mike Russell – Erlton Resident

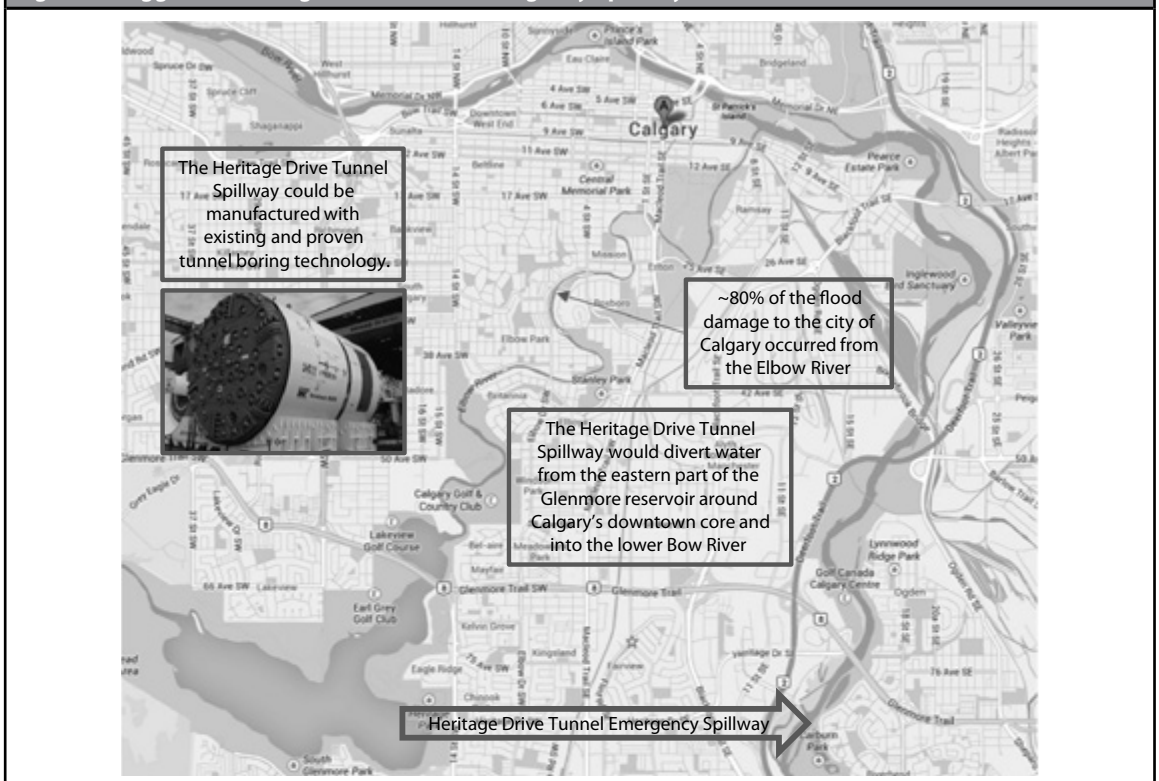
In my opinion, the majority of the 18 recommendations in the 2006 Provincial Flood Mitigation Report (See Table 1) would have done very little to prevent the 2013 flood in Calgary. I do agree that it is not prudent to sell crown lands in known flood risk areas. Unfortunately, the provincial government **has** sold crown lands in flood prone areas – and the 18 recommendations do not seem to address preventing future floods from happening – especially in the dense urban areas in and around Elbow Park.

It has been estimated that we lost 5.1 million labour hours due to the 2013 flood. Moreover, ~80% of the flood damage to the city of Calgary occurred from the Elbow River

– which not only ravaged all of Elbow Park and nearby communities, but also damaged major downtown infrastructure – effectively knocking out the downtown core for over a week. Early estimates peg the City of Calgary infrastructure costs at **\$400M+**, and damage to the remainder of the city's households at **\$5B**. Given the magnitude of the flood damage, implementing a long term sustainable Elbow River flood prevention system is not only a community priority – it is a city and provincial priority.

To me, building riverside berms, and dredging out the Elbow River to increase capacity is not a solution – we need to think much bigger.

Figure 1: Suggested Heritage Drive Tunnel Emergency Spillway



Politicians don't have to look very far to see what other cities and towns have done regarding flooding. Winnipeg is a great example with the Red River Floodway. The Red River Floodway is a 47km artificial flood control waterway which takes part of the Red River's flow around the city of Winnipeg, Manitoba to the east and discharges it back into the Red River below the dam at Lockport. It can carry floodwater at a rate of up to 2,550 M3/S (peak flood 2013 flood water flow in Calgary's Bow River was measured at 1750 M3/S). The Red River Floodway was built partly in response to the disastrous 1950 Red River flood. Duff Roblin was the Premier who campaigned for the controversial floodway despite what others at the time felt was a huge and unnecessary expense. Used more than 20 times from its completion in 1968 to present, the Red River Floodway has prevented an estimated \$10 billion in cumulative flood damages.

A long term sustainable Elbow River flood prevention solution would be to build a secondary upstream emergency tunnel spillway system that diverts water away from Elbow Park, and the downtown core. As I see it, the most effective way to accomplish this goal would be to build an underground Heritage Drive Tunnel Emergency Spillway beneath Heritage Drive running eastward all the way down to the lower Bow River (downstream from the downtown core) – beginning in the eastern part of the Glenmore Reservoir, and exiting into the Bow River south of Deerfoot Meadows (See Figure 1).

At less than 5km in distance, the Heritage Drive Tunnel Emergency Spillway would be able to handle enough water flow to ensure that the riverbanks of Elbow Park are never in jeopardy of overflowing. This spillway would not only safeguard all of the neighbourhoods and households below the Glenmore Reservoir, but it would also protect the majority of the downtown core and stampede ground – thus addressing 80% of the damage caused by the flood of 2013.

The threat of future flooding to the safety and economic stability of the city of Calgary is a major concern and must be addressed with haste. With Calgary elections only weeks away, future flood prevention needs to be a major hot button election issue. Simply put, Calgary cannot allow for major flooding to ever happen again and our elected representatives need to implement a flood prevention solution.

Send comments/suggestions/concerns to [flood2013@great-news.ca](mailto:flood2013@great-news.ca).

Table 1: Provincial Flood Prevention Report - 18 Recommendations
<p><b>1)</b> Alberta Environment to coordinate the completion of flood risk maps for the identified urban flood risk areas in the province. <b>2)</b> Alberta Environment to develop a map maintenance program to ensure that the flood risk maps are updated when appropriate. <b>3)</b> Alberta Environment to identify priority rural flood risk areas that require flood risk mapping and develop a program to prepare the maps. <b>4)</b> Alberta Environment to co-ordinate the determination of the 1:100 year still water lake elevation for all gauged lakes in the province. <b>5)</b> Alberta Environment to continue to collect high-water elevation, aerial photography and other appropriate data whenever a significant flood occurs and share this information with local authorities. Alberta Environment should continue to explore and evaluate other methods of collecting flood data such as satellite imagery. <b>6)</b> Alberta Environment to make historic flood information available to the public on its web site. Suitable information would include historic high-water elevations, flood risk reports, and flood photography. <b>7)</b> Minister of Environment to designate a flood risk area after the responsible local authority has had an opportunity to review the maps and provide comments on the technical elements. The recommended time period for designation is within six months of receiving the maps. <b>8)</b> A notification system to be established that will inform any potential buyer that the property is located within a designated flood risk area. <b>9)</b> Alberta Municipal Affairs, in consultation with Alberta Environment to prepare an information bulletin on the subject of planning for flood-prone lands to be circulated to municipalities. <b>10)</b> The flood mitigation strategy is to include a cessation of the sale of crown lands in known flood risk areas. <b>11)</b> Flood Risk Management Guidelines for Location of New Facilities Funded By Alberta Infrastructure to be followed when province constructs or contributes funding towards new facilities. <b>12)</b> The provincial government develop programs to cost-share flood mitigation measures to protect existing development in urban and rural areas. The costs should be shared among the federal, provincial, and local governments. In the case of individuals, they could cost-share directly with the federal government. <b>13)</b> Disaster Recovery Regulations to be amended to prohibit disaster recovery payments for new inappropriate development in flood risk areas. <b>14)</b> Provincial government continue to pursue amendments to the federal disaster financial assistance arrangements to allow federal funding for disaster recovery compensation for damages to appropriate development in flood risk areas. <b>15)</b> Provincial flood mitigation strategy not to include provincially operated or funded flood insurance. <b>16)</b> Provincial government to continue to support local authorities to educate their citizens on the flood risks to their communities. <b>17)</b> Alberta Environment to expand its forecasting network to provide an appropriate level of warning for all local authorities exposed to a flood risk. <b>18)</b> Alberta Environment and Municipal Affairs to work together to explore the potential for extending the provincial flood risk mapping program to an emergency mapping program.</p>



# Furry Ears come in all shapes and sizes

Veterinarians see a lot of patients with various problems of the ear canal and the pinnae or external structure of the ear. The worst victims tend to be dogs with trailing ears like Bassets or Poodles with hair-filled ears, but similar problems extend to all pets.

Puppies, kittens, and ferrets frequently have ear mites. The mites are discovered incidentally when the pet is examined for first vaccinations. The ears are full of black crusty material and mites are visible with a microscope. There may be only one patient in a household of pets with the parasite or everyone may have mites. Now, instead of medications instilled into the ear canal over weeks, veterinarians prescribe a single dose of an anti-parasitic applied to the skin, with possibly a few follow-up treatments.

Clinical signs of an ear infection include head shaking, scratching or rubbing at the ears. The ears may appear red, stinky, and may or may not have a discharge. In the worse cases I can smell the pet's ears from 10 feet away as I enter the exam room. Causes include parasites, fungal or yeast infections, bacterial infections, and allergies. Veterinarians will frequently treat the animal topically with a broad spectrum medication after examining the ear with an instrument called an otoscope, and possibly looking at a smear under the microscope or sending a smear for culture.

If ear problems persist or reappear chronically, more extensive testing may be required to isolate the causes. Ear problems can be primary such as a persistent bacterial or yeast infection in that floppy-eared Cocker Spaniel. Diagnostics may be necessary to find the right antibiotic or antifungal medication and to rule out resistant infections. The infections also may be persistent because they are secondary to allergies or endocrine

diseases such as hypothyroidism. Appropriate treatment options may only be reached following diagnostic procedures including blood work and biopsies or food trials to eliminate allergens. In elderly pets a warty structure or growth inside the ear may start persistent ear problems. There may be a foreign object in the ear such as a grass seed.

Prevention of chronic ear problems can include plucking the hair from a pet's ears, grooming to prevent matting of the hair, and regular cleaning with ear cleaners. Ear cleaners are far more effective than alcohol which stings and dries the skin.

Severe ear infections and inflammations are not only painful for the pet but may affect the pet's relationship with its owner. An otherwise sweet dog may lash out if inadvertently the painful ear is touched or the odor may be so bad you don't want to be in the same room as the pet.

A different type of problem of the ear flap is called an aural hematoma. This is when the external part of the ear is traumatized by shaking, fighting, or even accidentally cracking the ear and head against a hard surface. A blood vessel is ruptured and the ear develops a bubble of blood between the two skin layers. This problem may be easily solved with draining the blood but more often surgery is necessary. Hematomas are common in long-eared dogs but I have seen a few in cats.

For most of us, furry velvety ears are one of our favorite parts to rub, scratch, or adore on our companions. Seek early medical attention for your pet if you suspect an ear problem.

*Jennifer L. Scott, D.V.M.*



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# TURKEY SAFETY & ROASTING CHART

Preparing and cooking the perfect holiday bird safely, is important to everyone's health and happiness. Keep the following safety precautions in mind when handling and cooking a turkey.

Fresh turkey should always be refrigerated in its original vacuum sealed package in the coldest part of the fridge – bottom shelf, at the back. Place it on a tray or platter to prevent juices from coming into contact with other foods. **Freeze fresh turkey if not cooked within two days.**

Thaw frozen turkey in the refrigerator or in cold water. **Never thaw a turkey at room temperature.**

The refrigerator method of thawing a turkey is the safest, as it keeps the meat cold until it is completely defrosted. Allow 5 hours/lb or 10 hours/kg to thaw.

To thaw a turkey using the cold water method, keep the turkey in its original packaging, place it in a large container, or a clean kitchen sink, and cover completely with cold water. Change the water at least every hour to keep the meat cold. Allow 1 hour/lb or 2 hours/kg to thaw.

- If you purchase a frozen, pre-stuffed turkey, do not thaw – cook it from frozen, and be sure to follow the product label instructions
- Avoid cross contamination between foods by using separate cutting boards: one for raw meats, and another for fruit, vegetables and bread
- Use paper towels, not cloth, to pat-dry the turkey, and when wiping up juices
- Always wash your hands and utensils thoroughly with hot soapy water before and after poultry preparation
- A meat thermometer is the most accurate way to be sure turkey is cooked, as it measures the internal temperature, which should read 165°F / 74°C

## Turkey Roasting Chart (325°F / 160°C)

Weight	Stuffed	Unstuffed
8 - 10 lbs / 3.5 - 4.5 kg	3 ¼ - 3 ½ hours	2 ¾ - 3 hours
10 - 12 lbs / 4.5 - 5.5 kg	3 ½ - 3 ¾ hours	3 - 3 ¼ hours
12 - 16 lbs / 5.5 - 7 kg	3 ¾ - 4 hours	3 ¼ - 3 ½ hours
16 - 22 lbs / 7 - 10 kg	4 - 4 ½ hours	3 ½ - 4 hours

*Bfg Rose*

# COMMUNITY READERS

## RECOMMEND...



### Fiction

- All That Is – James Salter
- A Marker to Measure Drift – Alexander Maksik
- Inferno – Dan Brown
- The Casual Vacancy – J.K. Rowling
- And the Mountains Echoed – Khaled Hosseini
- Bloodline: A Dick Francis Novel – Felix Francis

### Non-fiction

- Salt, Sugar, Fat – Michael Moss
- The Boys in the Boat – Daniel James Brown
- The Water Here Is Never Blue – Shelagh Plunkett
- Strength In What Remains – Tracy Kidder
- Kitchen Cures – Peggy Kotsopoulos
- The Red Circle – Brandon Webb

### Children's

- Llama, Llama, Red Pajama – Anna Dewdney
- If You Give a Mouse a Cookie – Laura J. Numeroff
- The Cloud Hunters – Alex Shearer



# Canadian Cigarettes

The history of **Thanksgiving in Canada** can be traced back to 1578, when navigator Martin Frobisher set out from England in search of a route to the Orient by sailing north. Although he never found the passage, he

did establish what later became Newfoundland and Labrador. His formal celebration giving thanks for safe passage is considered the first Canadian Thanksgiving.

Thanksgiving is the time of year when families customarily gather together in their homes to enjoy the harvest. A common image is a cornucopia filled with seasonal vegetables, representing the "Horn of Plenty", a symbol of bounty in ancient Greece. Turkeys, pumpkins, ears of corn and large displays of food are also used to symbolize Thanksgiving Day.

Parliament officially announced Thanksgiving Day as the second Monday in October on January 31, 1957. It was declared *"a day of general Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed"*.

For centuries, Thanksgiving Day has been associated with prayers; communally and corporately in churches, as well as in homes at meal time. It is a day to give thanks and gratitude for the blessings of a plentiful harvest, and for the love of family and friends – to be thankful for the past harvest and for the coming year.



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# It's Halloween

by Jack Prelutsky

It's Halloween! It's Halloween!  
The moon is full and bright  
And we shall see what can't be seen  
On any other night.

Skeletons and ghosts and ghouls,  
Grinning goblins fighting duels,  
Werewolves rising from their tombs,  
Witches on their magic brooms.

In masks and gowns  
we haunt the street  
And knock on doors  
for trick or treat.

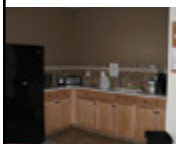
Tonight we are the king and queen,  
For oh tonight it's Halloween!

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	Mezzanine office/storage	1,100 sq. ft.
	Warehouse	1,950 sq. ft.
<b>Total</b>	4,050 sq. ft.	
<b>Bay Size</b>	Main Floor 30' x 100' less utility room	
<b>Mezzanine</b>	30' x 40'	
<b>Loading</b>	1 - 14' x 14' drive-in door	
<b>Ceiling height</b>	20' clear	
<b>Electrical</b>	100 amp, 208 volt, 3 phase	
<b>Possession</b>	April 1st 2012	
<b>Term</b>	1-5 years	
<b>Base Rent</b>	\$12.00 psf (\$4,050.00 / mo.)	
<b>Operating Cost</b>	\$3.25 psf est. 2013 (\$1,096.88 / mo.)	
<b>Utilities</b>	Tenant's responsibility	



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# When Are Antibiotics Appropriate and When Should You Avoid Using Them?

by Dr. Alma Nenshi, DC

People are becoming increasingly aware of the dangers that can result from the overuse of antibiotics. When antibiotics were first discovered in the early 20<sup>th</sup> century, researchers believed that they had found the key to conquering many deadly diseases. Since that time, antibiotics have certainly helped to cure diseases that once wiped out large parts of the population. However, there is growing evidence that antibiotics are now being used too frequently, and that they are often being used in inappropriate circumstances. This has led to many previously curable diseases becoming antibiotic-resistant, which means that a cure now requires the use of far stronger antibiotics. In fact, some diseases have now become resistant to nearly all antibiotics. It is obvious that if antibiotic use continues in this way, we may have a major health crisis on our hands.

The first thing to be aware of is that antibiotics are not effective in the treatment of viruses. They only treat bacterial infections, certain fungal infections and parasites. For diseases such as the common cold, flu or bronchitis, antibiotics are completely ineffective and their use in cases such as these will only contribute to the development of antibiotic-resistant bacteria. You should not ask your doctor to prescribe antibiotics if you have a sore throat or the stomach flu, for instance. According to the Centers for Disease Control and Prevention (CDC), antibiotics were prescribed for an acute respiratory infection in 68% of visits to the doctor. However, 80% of those prescriptions were unnecessary.

Antibiotics are often an appropriate treatment for conditions such as severe sinus infections that last longer than two weeks, ear infections, bladder infections and skin infections. These are frequently due to a bacterial or fungal infection, and treating them with antibiotics is effective.

If you have been prescribed an antibiotic, it is very important that you take it exactly as directed by your physician. If your symptoms happen to clear up before the entire course of antibiotics is completed, you must still continue to take them as prescribed. This is because there may still be a few lingering bacteria in your system, and—if they are not all killed—the strongest ones may survive to produce new generations of even stronger bacteria that might make current antibiotics less effective.

Some doctors feel pressured by their patients to prescribe something, whether it's really going to be helpful or not. A study published in the journal *Pediatrics* found that pediatricians will prescribe antibiotics for children 62% of the time if parents expect them to, and only 7% of the time if the parents do not expect an antibiotic prescription. Do not put pressure on your doctor to prescribe antibiotics for your condition. He or she is the best judge as to whether antibiotics are appropriate.



Cleaning your house while your kids are still growing up is like shovelling the walk before it stops snowing.

- Phyllis Diller

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**FACT:** Every child should see an orthodontist **NO LATER THAN AGE 7!\***



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- ✓ Reduce or eliminate the need for jaw surgery
- ✓ Prevent extractions of permanent teeth
- ✓ Enhance sleep quality (*ie. Snoring, mouth breathing*)

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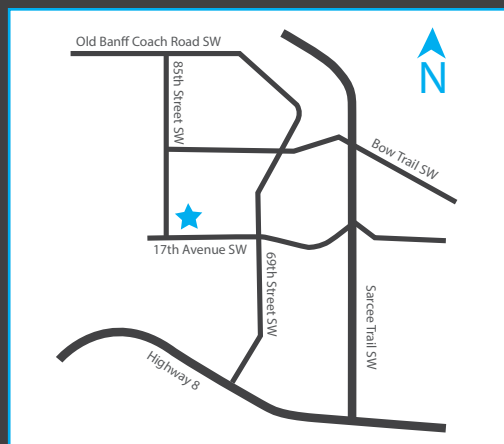
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# Top 5 Questions About Travel Insurance

Isabella Pino

## 1. Doesn't my credit card have travel insurance?

Maybe. You'll have to take a close look at the benefits for your specific card. Some cards offer travel and health insurance, while others offer emergency cash payment assistance.

Typically, credit card coverage does not include full medical insurance if you become hurt or sick outside of Canada, so make sure you understand your benefits before you cross the border.

## 2. What will my Alberta Health Insurance cover?

We're lucky to have the health care and coverage that is available to us in Alberta. When travelling within Canada, many provinces have reciprocal agreements for accepting your Alberta Health Care card for hospital services. However, it may not cover all expenses; supplementary insurance is recommended to cover excess of what provincial healthcare will pay.

For complete details on what's covered across Canada, visit the Alberta health Care Insurance Plan site.

Outside Canada, it's a different story. Coverage is limited, and you may find it difficult to be reimbursed for any costs incurred while you are out of the country. Alberta Health Insurance recommends getting supplementary health insurance while travelling outside of Canada.

## 3. Are pre-existing conditions covered?

To ensure you have adequate coverage and to protect yourself in the event of a claim, it's important to be upfront and honest about all the details related to your health and your trip.

Give your insurance provider a complete travel agenda. Include travel dates, locations, and your plans for once you reach your destination. This information will help the agent put together the best travel insurance package for you. This is also an opportunity to dis-

cuss activities you may get involved in, like extreme sports, which may not be covered.

When purchasing your travel insurance, carefully read the medical questionnaire and get your doctor to help answer any of the questions, if necessary. Incorrectly answered Medical Health Questionnaires can result in a \$5,000 deductible.

## 4. What do I have to know and bring with me while travelling?

It's important to have the necessary documents on you when travelling. Make sure you have your policy card, if one is provided, and a toll free number you can call in the event of an emergency.

Many policies require you to contact them within 24 hours of an event, so ensure your travel companions know where to find your documentation and how to contact your insurance provider.

## 5. When should I purchase travel insurance?

It's important to arrange your travel insurance with enough lead time to complete the paperwork. For this reason, we suggest arranging for coverage 2-3 weeks before you take off. There are travel insurance plans that will cover you for up to one year, so you can purchase your plan when it's convenient.



**EYI**  
**Lake Superior** covers 82,000 square kilometres, or 31,700 square miles. Its average depth is 147 metres or 483 feet. The deepest point in the lake has been measured at 405 metres or 1,333 feet. It rarely freezes over completely, and then usually just for a few hours.



# A Flash of White in the Forest

By Alicia Sully / Photo by - Andrea Hunt

The most abundant large mammal in North America is also the smallest of its family: The white-tailed deer. On average, bucks weigh 300 lbs and does, only 130 lbs. Their population is spread from southern Canada all the way to northern South America. They usually inhabit fields and meadows near forests, which they use for shade and protection. White-tailed deer are primarily nocturnal, and will usually forage for food at

dawn, dusk, and throughout the night. They are herbivores, and can eat almost any type of vegetation from leaves to twigs to fungi, thanks to their four-compartment stomachs.

In the summer, white-tailed deer are a reddish brown, and in the winter their coat becomes thicker and turns a duller grayish brown. However, year-round they have markings that remain white, like the characteristic white underside of their tails. They hold their fluffy tails upright and flick them side to side while running, which serves as a warning for other deer as well as a mark for their young to follow. Despite their relatively small size, these deer can run up to 48 km/hr and jump up to 10 feet high and 30 feet long in order to escape their predators, like bobcats, mountain lions, coyotes, wolves, and bears. White-tailed deer also spread scent from their many external scent glands to communicate things like social status, breeding condition, health, and to warn others of danger.

In Alberta, white-tailed deer's mating season, or rut, is in November. During the rut, bucks will battle, using their antlers, for the right to mate. Does give birth to one or two fawns in the springtime. A fact worth noting about white-tailed deer is that they will leave their reddish-brown, spotted fawns alone for hours at a time. The fawns have very little scent, and their white spots act as camouflage, so they are safer when left alone. The does return a few times a day to feed them.

If you find an injured white-tailed deer or other wild animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for further instruction.



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

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# Carving PUMPKINS

Carving pumpkins is a traditional, fun part of Halloween, using simple designs or intricate carvings. Here are a few tips for carving your pumpkins:

- Draw a pattern on a piece of paper
- Transfer your design onto the pumpkin by punching holes with a small pointed instrument through the paper
- Cut into the top of the pumpkin at a 45 degree angle to create a ledge so the top won't fall back inside the pumpkin when placed back on as a "lid"
- Scoop out the seeds and pulp from inside the pumpkin
- Carve out the pattern, working from the centre of the design outward. Cut the larger areas into smaller chunks to make them easier to remove



## DAYLIGHT SAVING TIME Ends Sunday, November 3<sup>rd</sup> at 2:00 a.m.

When changing the time on your clocks, copiers, recording equipment, etc., change the batteries in your smoke detectors at the same time to keep your family safe.





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## OCTOBER MOON CALENDAR



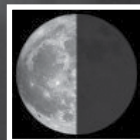
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Alberta Health Services	
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Ambulance (AHS) – Non Emergency	403.261.4000
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
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(Wildlife Emergencies)	403.932.5632
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Poison Centre - Alberta	1.800.332.1414
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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	
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South Health Campus	403.956.1111

## OTHER

Alberta Fish & Wildlife	1.877.944.0313
Calgary Humane Society	403.205.4455
Calgary Parking Authority	
(Towed/Abandoned Vehicles etc.)	403.537.7100
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