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Elbow Valley is minutes away from:

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- West Hills/Signal Hill

- Chinook Centre
- Downtown core

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(S) denotes Separate (FR) denotes French Immersion

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

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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

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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
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Editorial
Content

DEADLINE

1st

of each month
for the next
month's
issue

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BRAIN GAMES

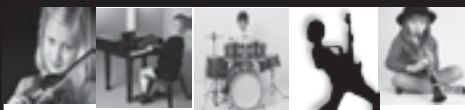
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FIND SOLUTION ON PAGE 19

BACK TO SCHOOL AND BACK TO MUSIC LESSONS REGISTER FOR FALL 2013

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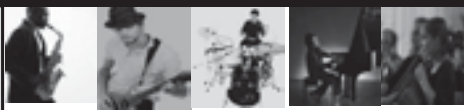
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PROGRAMS

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

Weekly Children's Programs:

Dramatic Story Time/Craft on Wed. from 10:00-11:00 am for ages 3-5.

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Musical Mites for ages 3-5 on Wednesday and Friday from 11:00-11:30. Become a member of our high-energy interactive environment. Watch your child learn to sing, dance, hop and sway to stimulating and engaging music. Fun for everyone, even MOMS!

Wiggles and Giggles for ages 0-2 on Fridays from 10:00-10:30 am.

Moms, are you looking for a bonding time where you can socialize with others while learning new songs and rhymes? Look no further... A FREE program on Fridays at 10:00am here at your library!

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Did you know... the Nan offers speakers and presenters on just about every topic imaginable? You can learn new ways of expanding your mind on so many levels... from knitting to managing aging parents. We've got it free right here for you at the Nan! Just ask our advisory staff for our monthly calendar.

MYTH: Orthodontists **ONLY** treat teens and adults.

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



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- ✓ Prevent extractions of permanent teeth
- ✓ Enhance sleep quality (*ie. Snoring, mouth breathing*)

myORTHODONTIST
ASPEN LANDING

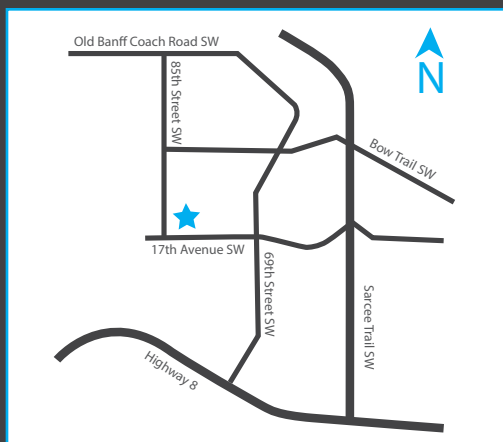
Dr. W. Dhol DDS, MSc, FRCD(C)

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*Canadian Association of Orthodontists (CAO)/American Association of Orthodontists (AAO)

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Alberta Health Services EMS

Back to School Safety

Alberta Health Services EMS would like to remind parents and students about some basic road safety tips, as streets become more congested, with the return of the school year. Both, pedestrians and motorists have an important role to play - road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving.
- Give right of way to pedestrians who have activated overhead crossing lights or who are waiting to cross from a street corner.
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop. Motorists should do likewise.
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights - unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines until fully clear of the road way.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By teaching them safe crossing habits as early as possible you can reduce the chance your child may be involved in a preventable auto/pedestrian collision

Are you winning the race with inflation?

Isabella Pino

Why you need to consider the real value of your investment returns

Inflation is a concept most Albertans understand. It's no secret that the items you buy today will cost more in the future. But what's more challenging is understanding how inflation can decrease the real investment returns you receive and erode the purchasing power of your retirement savings.

Investing is about balancing your desire to grow your money with your risk comfort level. Because fluctuations in the stock market are often front-page news, many investors think the only kind of risk is market risk.

In reality, investors have another kind of risk to consider: inflation risk.

Inflation and your portfolio

To make sure the money you invest will have greater purchasing power in the future, you have to understand the impact of inflation on your portfolio. For example, it's common sense that a 6% annual return is better than a 3% annual return, but the difference between the two is even more significant when you consider Canada's recent inflation rate has averaged about 2%.

That means that the first 2% of real purchasing power on your investment dollars will be lost to inflation—and, as such, the lower-paying investment returns just 1% more than the inflation rate itself. Over the long term, if your investment returns barely cover the inflation rate, the compounding effects of 2% annual inflation translate to more groans at the gas station and grocery store.

To have greater purchasing power in the future, your investments have to outpace inflation. By building a portfolio with investments that resist the effects of inflation, you can hold on to your purchasing power.

Investing in the stock market has its risks, and for "risk-free" investment products (like holding cash), the biggest risk is inflation. As a result, when it comes to reaching your retirement goals, playing it safe isn't usually the best strategy.



Is Tea Healthier Than Coffee?



There are numerous studies showing the health benefits of drinking tea. The list of diseases and conditions that tea is believed to assist or prevent seemingly grows longer by the minute. On the other hand, coffee has been vilified for a number of years, in particular the caffeine it contains. But recently, new studies have shown that coffee is actually protective against some diseases and may be good for you in moderate amounts. So what is a person to think? If you have to choose between tea and coffee, which is the healthier choice?

Tea is rich in catechins, which are antioxidant polyphenols. These have been shown to reduce the action of free radicals in the body that cause damage to our cells. Tea is one of the highest sources of this type of antioxidant in the Western diet. Both black and green tea have been shown to lower the risk of heart disease, and green has the added benefit of reducing cancers such as that of the breast and ovary. Green tea has three times the catechins of black tea.

Coffee, on the other hand, reduces your likelihood of contracting type 2 diabetes, which is one of the most prevalent chronic diseases in the country. Studies have shown that drinking at least three cups of coffee a day can reduce inflammation in the body, lower glucose levels in the blood and improve the body's use of insulin. This is the case with either caffeinated or decaffeinated coffee, so caffeine is not the active ingredient that leads to these health benefits. It is the antioxidant chlorogenic acid that is thought to be the beneficial compound in coffee.

Both tea and coffee contain caffeine, with approximately 180 mg in an 8-ounce cup of coffee, 43 mg in the same amount of black tea, and 30 mg in green tea. If you are sensitive to caffeine, then you might want to stick to tea (or limit yourself to one small cup of coffee per day). High intake of caffeine can also deplete the calcium from your bones, and should be avoided by pregnant women due to an increased risk of miscarriage.

So if both tea and coffee are good for you, drinking a little of each every day might seem like a good solution if you want to achieve the greatest health benefits from a warm beverage. Just try to skip the sugar, as the sugar added to either coffee or tea can largely negate the benefits. Excess consumption of sugar is one of the leading causes of diabetes, and scientific research has found it to be a contributing factor to cancer and heart disease. Whether you choose coffee or tea, by drinking each in moderation remains the best approach to your overall health.



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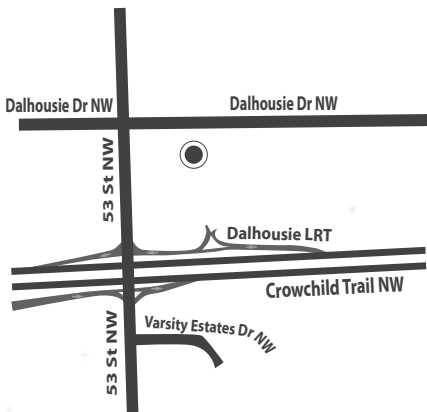
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Preventing the Next Elbow River Flood Let's Learn from Winnipeg!

By Mike Russell – Erlton Resident

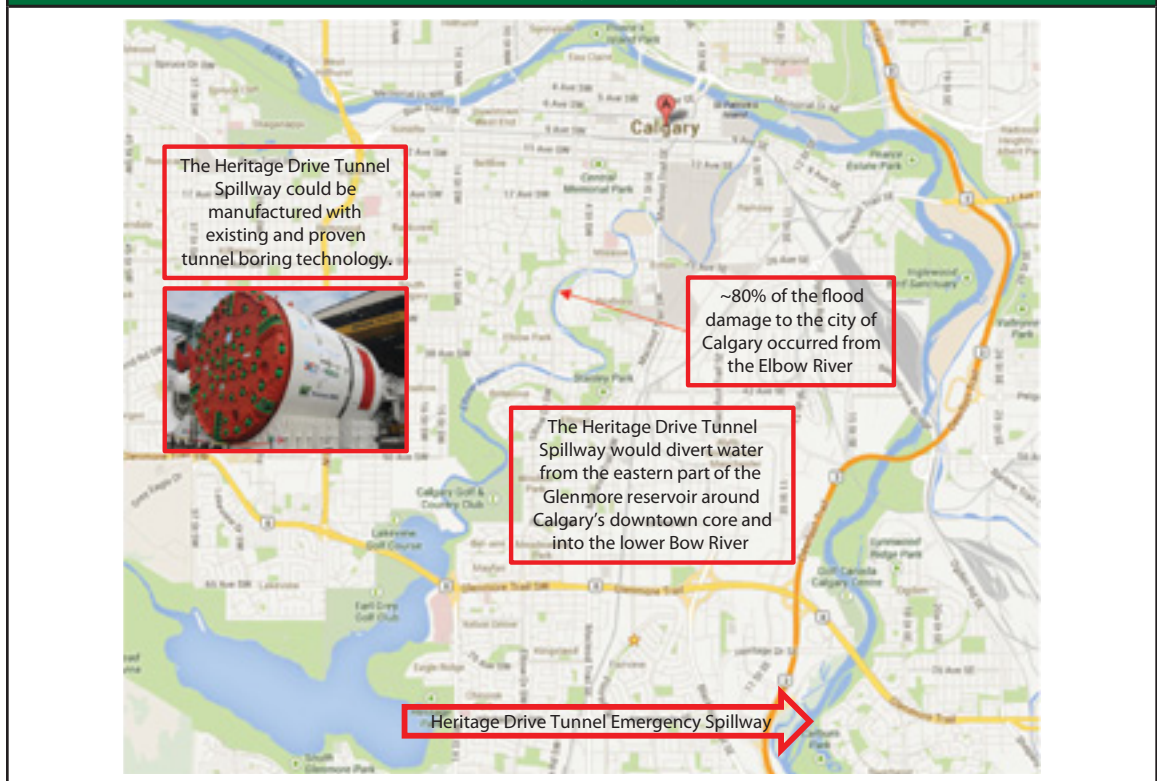
In my opinion, the majority of the 18 recommendations in the 2006 Provincial Flood Mitigation Report (See Table 1) would have done very little to prevent the 2013 flood in Calgary. I do agree that it is not prudent to sell crown lands in known flood risk areas. Unfortunately, the provincial government **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.

Table 1: Provincial Flood Prevention Report - 18 Recommendations

1) Alberta Environment to coordinate the completion of flood risk maps for the identified urban flood risk areas in the province. **2)** Alberta Environment to develop a map maintenance program to ensure that the flood risk maps are updated when appropriate. **3)** Alberta Environment to identify priority rural flood risk areas that require flood risk mapping and develop a program to prepare the maps. **4)** Alberta Environment to co-ordinate the determination of the 1:100 year still water lake elevation for all gauged lakes in the province. **5)** 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. **6)** 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. **7)** 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. **8)** A notification system to be established that will inform any potential buyer that the property is located within a designated flood risk area. **9)** 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. **10)** The flood mitigation strategy is to include a cessation of the sale of crown lands in known flood risk areas. **11)** 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. **12)** 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. **13)** Disaster Recovery Regulations to be amended to prohibit disaster recovery payments for new inappropriate development in flood risk areas. **14)** 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. **15)** Provincial flood mitigation strategy not to include provincially operated or funded flood insurance. **16)** Provincial government to continue to support local authorities to educate their citizens on the flood risks to their communities. **17)** Alberta Environment to expand its forecasting network to provide an appropriate level of warning for all local authorities exposed to a flood risk. **18)** 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.

CROSSWORD

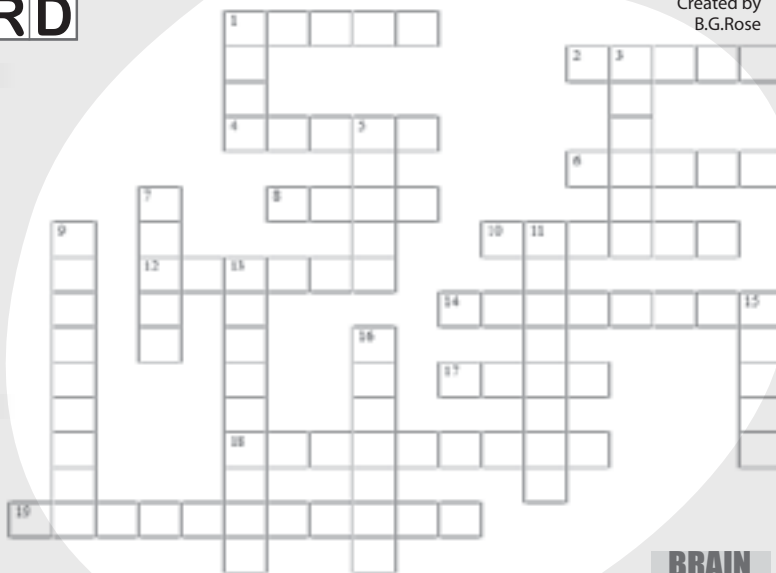
Created by
B.G.Rose

ACROSS

- 1 Style of music
- 2 The staff of life
- 4 Home for beavers
- 6 Mold and yeast
- 8 Stroll
- 10 A cold region
- 12 Italian and U.S. city name
- 14 Time when one day passes into the next
- 17 A magic dragon
- 18 Endangered species of owl in Alberta
- 19 Type of grape native to Spain

DOWN

- 1 Method of cooking corn
- 3 Descriptive wine term
- 5 Fish and mushrooms have these
- 7 Lone Ranger's sidekick
- 9 Alberta's pine
- 11 Give a new meaning to
- 13 Featured on Canadian coin (2 words)
- 15 To test the flavour
- 16 City in Oz



**BRAIN
GAMES**

Across: 1. Blues 2. bread 4. lodge 6. fungi 7. Tonto 9. robust 5. gills 7. Tonto 9. lodge 6. fungi 8. stroll 10. Arctic 12. Naples 14. midnight 17. Puff 18. Burrowing 19. Tempranillo
Down: 1. boil 3. robust 5. gills 7. Tonto 9. lodge 6. fungi 8. stroll 10. Arctic 12. Naples 14. midnight 17. Puff 18. Burrowing 19. Tempranillo



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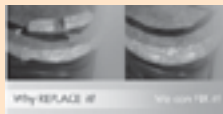
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YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **October 4 Oscar Lopez Trio** performs as part of the Fish Creek Concert Series. For detailed information and tickets – www.fishcreekconcerts.com
- **October 4 & 5 Wagner's The Ring Without Words** featuring Katherine Chi (Classics Showcase) with the Calgary Philharmonic Orchestra. 403.571.0849 / www.cpo-live.com
- **October 5 Calgary Stampeders vs Winnipeg Blue Bombers** in CFL play at McMahon Stadium, 4:30 pm. www.stampeders.com
- **October 6 Calgary Flames & Vancouver Canucks** face off at 6:00 pm at the Saddledome. www.calgaryflames.com
- **October 11 & 12 Disney in Concert** – magical music from the movies is performed by the Calgary Philharmonic Orchestra 7:30 pm on Friday and Saturday evening, as well as a 2:00 pm matinee on Saturday. 403.571.0849 / www.cpo-live.com
- **October 15 – November 10 The Great Gatsby** delivers glamour, decadence and obsession at Theatre Calgary. 403.294.7447 / www.theatrecalgary.com
- **October 18 David Francey** performs as part of the Fish Creek Concert Series. www.fishcreekconcerts.com
- **October 18 & 19 The Harpoonist & The Axe Murderer** features this Vancouver-based duo with a signature blues style. Part of Epcor Centre's Blues Series. 403.294.9494 / www.epcorcentre.org
- **October 20 Calgary Hitmen vs Lethbridge Hurricanes** at 4:00 pm at the Saddledome. www.hitmenhockey.com
- **October 26 Stampeders vs Roughriders** at McMahon Stadium, 5:00 pm. www.stampeders.com
- **October 26 Flames vs Capitals** at 8:00 pm at the Saddledome. (CBC-TV) www.calgaryflames.com
- **October 28 Mariza** is a world-renowned fadista whose interpretations have brought her international recognition and attracted audiences world-wide. Part of Epcor Centre's BD&P World Music Series. 403.294.9494 / www.epcorcentre.org
- **October 30 Cinema Italiano: The Good, the Bad and the Ugly** performed by the Calgary Philharmonic Orchestra at 7:30 pm. 403.571.0849 / www.cpo-live.com e. & o. e.



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- The licence tag lets people know that the cat or dog they have found has an owner.
- Licensing helps to protect your pet by providing Animal & Bylaw Services with the information required to reunite you with your pet if he gets lost.
- With a licence, pets who get lost can be returned home sooner, limiting the potential nuisance to community members.

- Licensing fees pay for all of our Animal Services operations which includes officers driving lost pets straight home.
- The fees also allow us to shelter, feed and protect other lost cats and dogs in our facility, keeping both the animals and citizens safe.

For information on more advantages of licensing, visit calgary.ca and search "Licensing a cat or dog."

Reliability and Power Outages

Why do power outages occur?

There are two different types of power outages: planned and unplanned. Customers are notified in advance of planned power outages that allow us to schedule maintenance and repairs.

However, most of the power outages that occur in Calgary are unplanned and are often caused by severe weather – lightning, high winds, freezing rain, extreme heat, and snow. Other factors that may trigger an unplanned outage include equipment failure, vehicle accidents, animals, digging that damages underground cables, and tree growth.

How can you prepare for a power outage?

There are a few ways you and your family can stay prepared in the event of an unplanned power outage.

One way is keeping a kit handy that includes a flashlight, batteries, a battery operated radio, matches, and candles.

Some other things to keep in mind include having access to a mobile device, and plugging your electronics into a surge protector to help protect against potential damage caused by power surges.

What should you do in the event of a power outage?

- To report a power outage or other electrical trouble in Calgary, call the ENMAX Power Trouble Line at 403-514-6100.
- Call 9-1-1 for emergency or life threatening situations.
- Turn off appliances or electronic equipment (e.g. stoves) to avoid hazards when the power comes back on.
- Keep one light switched on so you know when power is restored.
- Keep warm with layered clothes and blankets.
- Listen to a battery-powered radio or check your mobile device for information.
- Keep your freezer and refrigerator doors closed so food will stay cool for many hours.

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1	8	9	2	4	3	6	5	7
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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.

Laugh A Little!

I don't want to brag or make anyone jealous, but...

I can still fit into the earrings I wore in high school.



How to **Talk** with Your Kids about **School**

by Louise Ridout

The experts say that the best way to help your child succeed in school is to talk, talk, talk. And, I would add – listen, listen, listen to them. Many parents ask:

"How was school today?"

"Fine"

"What did you do at school today?"

"Nothing"

Big help that was! Try some questions that will require a more detailed answer, like these ones instead:

"What are you looking forward to in school this year?"

"What kinds of activities did you do at school today?"

"What cool things did you discover today?"

"Who are your friends at school?" "What do you and your friends do together?"

It's important that you are prepared to devote your attention to your child and engage with their responses. We want the chance to engage, share and learn from each other. Pay true attention to what they are saying, make eye contact and show them your interest. We cannot do that if our mind is on the millions of other things we have to do.

If your child is excited, happy and enthusiastic, then notice it, comment on it and be happy with them! Even if all they like about school is being with their friends, be happy about that for them.

If there are any hesitations in their answers to you, explore what is going on for them. Perhaps they are being bullied. Perhaps they do not understand their teacher and are feeling lost in their schoolwork. They might be afraid to tell you their challenges or simply what they don't like about school. Be prepared to listen to what is going on and their feelings about it in a nonjudgmental way. If things are not going well at school, work with your child to find a means to improve their school experience.

So listen, listen, listen to your child, and then you will be able to talk with them. Your relationship will be enhanced and they will have a happier and more successful school year as well!

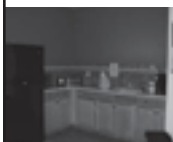
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Office/Shop in Douglasdale



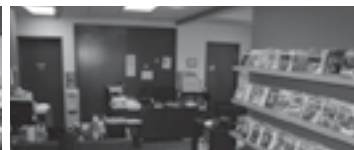
Highlights

- End unit with magnificent mountain view
- Across street from future LRT station
- Main floor showroom and office
- Large Kitchen
- Large unassigned parking areas
- Washrooms on 2 floors
- Zoning I-G



Property Information

Area Available	Main floor office/showroom	1,000 sq. ft.
	Mezzanine office/storage	1,100 sq. ft.
	Warehouse	1,950 sq. ft.
Total	4,050 sq. ft.	
Bay Size	Main Floor 30' x 100' less utility room	
Mezzanine	30' x 40'	
Loading	1 – 14' x 14' drive-in door	
Ceiling height	20' clear	
Electrical	100 amp, 208 volt, 3 phase	
Possession	April 1st 2012	
Term	1-5 years	
Base Rent	\$12.00 psf (\$4,050.00 / mo.)	
Operating Cost	\$3.25 psf est. 2013 (\$1,096.88 / mo.)	
Utilities	Tenant's responsibility	



Contact Mike

smruss@gmail.com | 403.333.4653

COMMUNITY CLASSIFIED ANNOUNCEMENTS

Deadline – 1st of each month

Contact news@great-news.ca

♦ Free announcements: lost/found, for sale, wanted, garage sale, etc ♦ Forty word limit

VOCAL LATITUDES WORLD MUSIC CHOIR warmly welcomes new members. For fun and friendship join us on Tuesdays starting September 10 at 7:30 pm at the Unitarian Church, 1703 1st St. NW. For more info: Frank 403-277-5245 or www.vocallatitudes.org.

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Alberta Health Services	
Addictions Hotline	1.866.332.2322
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
Cochrane Ecological Institute	
(Wildlife Emergencies)	403.932.5632
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre - Alberta	403.944.1414
Suicide Crisis Line	1.800.784.2433
HOSPITALS / URGENT CARE	
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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	
Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Alberta Fish & Wildlife	1.877.944.0313
Calgary Humane Society	
(Injured & Stray Pets)	403.250.7722
Calgary Parking Authority	
(Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Seniors' Resource -	
SeniorConnect	403.266.6200
Call Before You Dig	
(Buried Utilities)	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403.705.3246
Road Conditions – Calgary	1.877.262.4997
RCMP – Non Emergency	403.949.7729
Weather Information	403.299.7878
Wildlife Help Line	
(Injured Animals, etc.)	1.888.924.2444

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