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## Elbow Valley mybabysitterlist

Name	Age	Contact	Course
Nia	15	403-991-8045	Yes
Abigail	17	705-706-4338	No
Nathalie	20	403-909-0933	Yes
Sarah	21	587-225-2160	No
Christoph	23	587-998-6172	Yes
Silvia	31	403-467-8756	No

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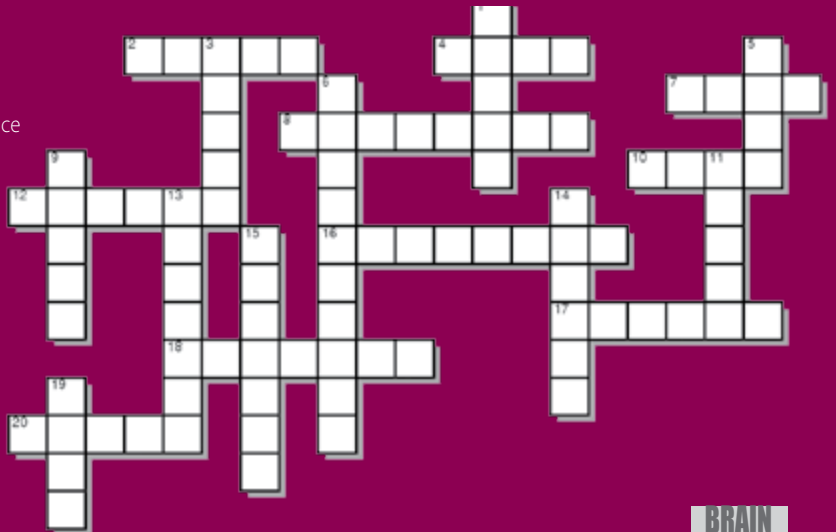
# CROSSWORD

## ACROSS

- 2 Emerge from an egg
- 4 Cook in an oven
- 7 Basic knitting stitch
- 8 Top producing province of sunflowers
- 10 A cereal grass
- 12 Stringed instrument
- 16 The day after today
- 17 Fictitious detective Sherlock \_\_\_\_\_
- 18 Cattle thief
- 20 Steam bath

## DOWN

- 1 Small boat
- 3 Thin candle
- 5 Soft French cheese
- 6 Large island in Lake Huron
- 9 Young dog
- 11 Dense growth of trees
- 13 Province that produces the most honey



- 14 A female parent
- 15 Glassware made of quartz
- 19 The young of a cow

**BRAIN GAMES**

Created by  
B.G.Rose

**Across:** 2.hatch 4.bake 7.purl 8.Manitoba 10.rice 12.guitar 16.tomorrow 17.Holmes 18.rustler 20.sauna **Down:** 1.canoe 3.taper 5.Brie 6.Manitoulin 9.puppy 11.copse 13.Alberta 14.mother 15.crystal 19.calf



HOME GARDENING WITH BARBARA

# LABYRINTHS

by Barbara Shorrock

A **labyrinth** is a pattern laid out on the ground or floor (permanent) or piece of canvas (portable) with a single path leading to the centre (unicursal). It differs from a **maze** in that a maze has many paths (multicursal) and is a sort of puzzle where one can choose routes that are confusing and unsuccessful; the labyrinth has only one path from outside to centre and is not intended to be difficult or challenging. There are no right or wrong ways to walk a labyrinth although some are right handed and some are left.

The first labyrinth was created thousands of years ago with purpose shrouded in mystery. Medieval and modern ones are usually found in churches and parks - their intent is for the walker to calm his mind, contemplate, pray, find an answer to a problem, achieve a meditative state. Walking along the path, one loses track of direction and the outside world, and thereby quiets the mind. Many cultures, including some of our North American natives, view the labyrinth as a sacred symbol, and indeed Christianity is fond of labyrinths; they can be found in churches in Europe hundreds of years old. It is said that pilgrims who could not make the long and expensive trek to the Holy Land would use the church labyrinth as a substitute by travelling it on their knees. Present day travelers are more likely to stand upright and walk slowly and thoughtfully on their feet. There is a health connection with labyrinth walking so we find them also in hospitals and treatment centres, as well as in universities and colleges, where meditation to calm the mind and spirit is welcome and appropriate.

There are many patterns for creating a labyrinth, of which the "7 Circuit Chartres" design seems to be most popular. Found within Chartres Cathedral in France, it originated in Roman times, and has been adopted by the Christian Church and installed on floors of churches world-wide. An exact replica will measure 30 feet across, so indoor ones are often adapted to fit the space. They are not all round either - Deer Park United Church's is square, with two indoor labyrinths of mirror images facing each other.

I found ten labyrinths in Calgary, and there may well be more that are not listed publicly. The outdoor ones are available at any time, while the indoor ones have specific

times when they are open to the public. If you are a labyrinth neophyte, pick one nearby and experience something new. If you are a regular, there may be some here you have not yet visited.

- Botanical Gardens of Silver Springs
- Christ Church – Elbow Park
- Parkdale United Church – Parkdale
- St. Stephen's Anglican Church – Connaught
- McDougall United Church – Acadia
- FCJ Christian Life Centre – Beltline
- Knox United Church – downtown
- Deer Park United Church – Deer Ridge
- University of Calgary, Kinesiology Dance Studio – NW
- Alberta Children's Hospital – NW

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## CHOCOLATE CRINKLES

- 1 ¾ cup cups granulated sugar
- 1 cup unsweetened cocoa powder
- 1 cup unsweetened applesauce
- ½ cup canola oil
- 2 teaspoons vanilla
- 2 ¼ cups flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 cup icing sugar

Using an electric mixer, combine sugar, cocoa powder, applesauce, oil and vanilla until well blended. In a separate bowl, whisk together the flour, baking powder and salt.

Add flour mixture to the cocoa mixture in three parts, beating well after each addition until a soft, moist batter is achieved.

Cover the bowl with plastic wrap and refrigerate for at least 2 hours or overnight.

Preheat oven to 350 degrees F and line 2 baking sheets with parchment paper.

Sift icing sugar into a shallow bowl. Scoop spoonfuls of dough and roll between your hands to form 1 ½ inch balls. Roll in icing sugar until well coated and place on baking sheets approximately two inches apart.

Bake for 10 minutes, but double check in 8. They should be puffed up and just set so they'll have a soft, brownie-like texture.

Cool on a rack and store in an airtight container for up to two days.

## PEANUT BUTTER CUP COOKIES

- ½ cup margarine or butter
- ½ cup granulated sugar
- ½ cup packed light brown sugar
- ½ cup creamy peanut butter
- 1 large egg
- ½ teaspoon vanilla
- 1 ¼ cups all purpose flour
- ¾ teaspoon baking soda
- ¼ teaspoon salt

24 miniature peanut butter cups

Beat butter, sugars and peanut butter together until smooth and creamy. Mix in the egg and vanilla, and then add the flour, soda, and salt.

Spoon 1-inch mounds into mini muffin tins, and bake for 8-10 minutes at 350 degrees F.

While the cookie mixture is baking, remove the wrappers from 24 mini peanut butter cups.

Remove muffin tins from oven and immediately press a peanut butter cup into the centre of the dough until only the top shows.

Cool on a wire rack until easy to handle, and carefully remove from the muffin tins.

Enjoy!

*Bj Rose*

# COMMUNITY READERS

## RECOMMEND...



### Fiction

- Bittersweet – Colleen McCullough
- The Hundred-Foot Journey – Richard C. Morais
- The Long Way Home – Louise Penny
- All the Light We Cannot See – Anthony Doerr
- Identical – Scott Turow
- Top Secret – W.E.B. Griffin

### Non-fiction

- Olivier – Philip Ziegler
- Flash Boys – Michael Lewis
- Jane Austen's England – Roy & Lesley Adkins
- Mona Lisa: A Life Discovered – Dianne Hales
- The Zhivago Affair – Peter Finn, Petra Couvee
- The Third Plate – Dan Barber

### Children's

- Where Is the Green Sheep? – Mem Fox
- Animalia – Graeme Base
- Bridge to Terabithia – Katherine Paterson



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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 31<sup>st</sup> approaches. Halloween can be an exciting time for children, but with the distraction of treats and costumes, safety rules can easily be forgotten. Take some time to review these simple tips and reminders to help ensure Halloween is a safe night for all.

### 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.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.

### Costumes

- 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.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

## Technology and Your Child's Brain

It's such an easy thing to do, distracting your toddler when you need a few extra moments of peace, by handing the child your iphone. But you may want to think twice about doing that. In fact, it's best to hand them a book instead.

It's true there are many early literacy resources on the internet and wonderful apps designed to promote early reading, but there is a dark side to all that convenience. Increasingly, studies show that regular internet exposure can change brain development, altering neural pathways to favour superficial understanding over deep thought. Brain imaging studies among internet addicts show shrinkage of areas of the grey matter that are responsible for planning, prioritizing, organizing, and impulse control, as well as those that suppress socially unacceptable impulses. These brain scans also show reduced cortical thickness and loss of some white matter, resulting in misfiring of brain network pathways and cognitive impairment. Excessive online use is linked to depression, poor school performance, increased irritability and impulsiveness.

But even without the spectre of internet addiction looming, online use among children is particularly worrisome for the structural and functional changes it causes in the developing brain. Digital natives seem to be superior to those who grew up without the internet in terms of snap decision-making and juggling increased sensory input, but they have been shown to have greatly reduced attention spans and decreased abilities to focus deeply and at length.

To learn more about how the internet affects your child's brain, plan to attend Calgary Reads' next Big Book Club event on October 16<sup>th</sup>, 2014. Keynote speaker Nicholas Carr will read from and discuss his acclaimed book *The Shallows: How the Internet is Changing the Way We Think, Read and Remember*. For more information on this event (and for resources to help your child develop critical literacy skills and develop a joy of reading), visit [calgaryreads.com](http://calgaryreads.com).

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# All Dogs should go to School!

Veterinarians often advise clients about behavioral issues with their pets. Statistically, behavior problems are the number one reason dogs are given up in the first year of their life. Hopefully your pet will be with you for many years, so an obedience class or two is a small investment towards a great partnership.

I am a veterinarian with a strong interest in behavior; I have taught hundreds of dogs in group and private obedience classes. I still attend obedience classes with every new dog I acquire. I do not want a dog that obeys in my backyard, when I am alone, or with family. A well-trained pet should obey when the doorbell rings, when the front door is open, and when walking down the street. In other words, you want a pet trained for normal life. For this you need to go to a strange environment with lots of other young hell hounds and say do this!

Calgary is loaded with great dog trainers in all quadrants but unfortunately anyone can market themselves as a dog trainer with no licensing. The Calgary Humane Society has a great series of classes with great trainers. Different breeds do need different approaches to teaching. Sporting breeds, like retrievers, and working breeds, like Border Collies, learn very differently from terriers and hounds. Toy dogs want to rule the world. Does the trainer understand your breed? Ask for references. What are the trainer's credentials? Have they competed in obedience trials? What is the focus of the class? Some trainers teach general obedience, others concentrate on competitive obedience, and a few trainers in the city are able to help owners with dogs with specific problems such as aggression. Private classes are occasionally warranted. Don't be afraid to walk away from a trainer if your instincts say you

will not be able to work together, the best training experiences are FUN!

The younger a puppy is started in obedience the more long-term effects it will have. If all puppies in a class are vaccinated, the risk of disease is outweighed by the benefits of early training. Make sure the trainer checks all puppies' vaccination records, no exceptions. Puppy classes are a foundation for learning with commands introduced as fun play as your puppy is socializing with other dogs in strange different environments.

Novice obedience classes start at six months of age. Obedience classes can lead to tracking, fly ball, and even dance classes. Learning is limited by your imagination. There are many ways trainers lead you through these stages and many tools that can be used. Good trainers use all of the tools as required by pet and owner. Various collars, halters, and harnesses are available and motivators range from liver, to a thrown ball, to a click associated with a treat, to a simple vocal "good dog". Trainers teach owners the timing that is critical and how to use their tools. Actually trainers train the owners, who then train the dogs.

Owners come to me with problems ranging from separation anxiety, general destructiveness, barking at the front door, dominance issues, housetraining problems, and aggression. In all cases, I will recommend obedience classes as part of the solution. Even fearful behaviors such as thunder phobias benefit from confidence built in obedience classes. A confident and well-adjusted dog is a partner you will enjoy and want with you in all your daily activities. Good judges and high scores to you if you decide to compete!

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

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# LIBRARY BOOK RECOMMENDATIONS

## The Giver, by Lois Lowry

In light of the recent movie release of the young adult movie *The Giver*, I thought it would be timely to review the book upon which it is based. This 1994 Newbery Medal winner, has become one of the most influential novels of our time. The haunting story centers on twelve-year-old Jonas, who lives in a seemingly ideal world. In this world, everybody has sensibly agreed that well-matched married couples will raise exactly two offspring, one boy and one girl. These children's adolescent sexual impulses will be stifled with specially prescribed drugs; at age 12 they will receive an appropriate career assignment, sensibly chosen by the community's Elders. This is a world in which the old live in group homes and are "released"—to great celebration—at the proper time; the few infants who do not develop according to schedule are also "released," but with no fanfare. Lowry's development of this civilization is so deft that her readers, like the community's citizens, will be easily seduced by the chimera of this ordered, pain-free society. Until the time that Jonah begins training for his job assignment—the rigorous and prestigious position of Receiver of Memory—he, too, is a complacent model citizen. But as his near-mystical training progresses, and he is weighed down and enriched with society's collective memories of a world as stimulating as it was flawed, Jonas grows increasingly aware of the hypocrisy that rules his world. The author makes real abstract concepts, such as the meaning of a life in which there are virtually no choices to be made and no experiences with deep feelings. This tightly plotted story and its believable characters will stay with readers for a long time.

## Little Bee, by Chris Cleave

Book clubs in search of the next *Kite Runner* need look no further than this novel about what happens when ordinary, mundane Western lives are thrown into stark contrast against the terrifying realities of war-torn Africa. Their marriage in crisis, Andrew and Sarah O'Rourke impulsively accept a junket to a Nigerian beach resort as a last-ditch attempt to reconcile. When machete-wielding soldiers appear out of the jungle and force them to determine the fate of two African girls, everyone's lives are irrevocably shattered. Two years later in a London suburb, one of the girls, now a refugee, reconnects with Sarah. *Little Bee* is experiencing all the fullness and emptiness of the rich world for the first time, and her observations are hopeful, charming and piercing. Together the two women face wrenching tests of a friendship forged under extreme duress. Chapter by chapter, alternating between *Little Bee*'s voice and Sarah's, Chris Cleave wholly and caringly portrays two very different women trying to cope with events they'd never imagined. A tension-filled dramatic ending and plenty of moral dilemmas add up to a satisfying, emotional read.



# Canadian Ignettes

The history of **Thanksgiving in Canada** can be traced back to 1578, when navigator Martin Fro-bisher 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.

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



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# Interesting Architecture



# A New Home for Our Aging Parents

*Corry-Ann Neilands*

As we age, most of us think about the beauty of retirement and what we will do with all the spare time we will have when it arrives. We plan financially in hopes of traveling to destinations in faraway places that we can't get to now, due to our work and family responsibilities. We look forward to taking up new hobbies that have always peaked our interest but never took the time to develop and we solidify our retirement plan with selling the house, downsizing into a condo to accommodate our new found freedom or we determine to take the plunge and build that dream home we always envisioned.

Yes, this is where our thoughts go but one thing we generally never seriously consider, is the difficult and emotional decision of how to meet the needs of our elderly parents, whom have long since passed that "recreational" retirement lifestyle. It quickly becomes an emotional mix of concern, fear and sadness that the very people who took care of us at our most vulnerable times, are now becoming reliant on others with daily tasks they so easily did before. Their increasing health concerns and safety flood our minds with questions as we enter into the unknown world of medical terminology and medications we frantically "Google" to understand, all

the while, trying to convince ourselves that Mom or Dad is "doing fine"... "they are managing".

More and more Calgarians are faced with the decision of moving their parents out of their homes and many are choosing senior living residences for all of the services they provide. For instance, their loved one(s) are ensured the level of care they require along with meal options they don't have to cook, opportunities for socializing and reduced household chores, while living in a safe environment. With this attractive option for our parent(s) and so many locations to select from, thus begins the educational process of finding the right location with the correct level of services. Where does one even begin or know what to ask? Here are a few things to keep in mind:

- Be honest with yourself on the care your parent now needs assistance with. Pay attention and makes notes on the changes you have seen along with dates of any deterioration. If you don't live in the same area, then have a trusted family friend visit frequently.
- Keep communication flowing with any doctors or pharmacists and other healthcare specialists, to stay on top of things and keep everyone abreast of your parents' condition. It is imperative to ask questions. Having some sense of control over the care of your parent(s) is key and there may be times when you have to be assertive and request meetings to ensure the level of care required.
- Further to that, try your best to put any sibling rivalries on hold when discussing your parents' care. It is in the best interests of your parent(s) that his or her health and well-being is the most important aspect.
- When sourcing senior living locations, make sure you understand the level of care your parent needs before calling around. Alberta Health Services provides clear descriptions on the various levels of supportive living ([albertahealthservices.ca](http://albertahealthservices.ca)) and the *Housing Directory for Seniors*, published by the Kerby Centre, is a great source that lists the private and government subsidized locations.

Having peace of mind that your parent(s) is cared for by compassionate professionals, that they live in a safe and comfortable environment while eating healthy, engaging with others and that they are living with dignity and respect, is the goal. The process to finding the right location and moving your parent(s) in, will be a stressful one that can feel overwhelming. Rest assured, moving your parent(s) into a senior living location that you feel confident in, is a decision that will benefit not only your loved one's health and overall well-being but also your own.





## A Beautiful Tail

### Red Fox

*By Janis Turner*

*Photo by Andrea Hunt*

Although it's called a "Red" Fox, their colouring ranges from red to brown and even to black or silver-tipped fur. The males (called dogs or reynards) are a bit bigger (Red Foxes weigh from 5 to 8 kg) than the females (called vixen) and their beautiful rust-coloured, full, bushy tails are about 2/3 of its body length. This tail is very useful to a Red Fox, because if it is cold or sleeping out in the open, it can wrap its tail around its body to keep warm.

The Red Fox is a common sight in Alberta. It can be found in many different environments, in the countryside, including forests, pastures, farmlands, mountains, prairies, and even arid areas (like south eastern Alberta). The Red Fox is adaptable and has learned to live alongside people in the city, in parks, and golf courses. They really get around, travelling about 10 km everyday, the distances depending on how good the local food supply is for them.

The Red Fox is a member of the canid family, and has very similar features to the dog, with long legs and a slender body. Red Foxes live out in the open by themselves most of the time, unless they are raising a family (starting in the spring). They dig dens and live as a family until the pups (also called kits or cubs) are ready to go out into the world on their own (in the fall).

The Red Fox is a carnivore and hence eats mostly meat: hunting mice, voles, gophers, hares, frogs, insects, and birds' eggs. They do eat some plants, often just the fruits and berries. Red Foxes hunt and store food even when they aren't hungry, just in case their next meal is hard to find. Watching a Red Fox hunt is fun because they crouch down low and then pounce on their prey, acting very much like a cat.

The Red Fox has excellent eyesight and hearing, and a terrific sense of smell (smelling their prey even through a thick blanket of snow) making them good hunters. Although the Red Fox is nocturnal (being out and about mostly at night), it is not uncommon to see them in the daytime too, especially when they are raising a family. After all, when you have a family to feed, it takes a lot of time and effort to hunt enough food to keep everyone happy and healthy.

If you find an injured or orphaned Red Fox or other wild animal in need, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 or [wildlife@calgarywildlife.org](mailto:wildlife@calgarywildlife.org).



## Daylight Saving Time

ends Sunday, November 2<sup>nd</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.



The world's first chocolate candy was produced in 1828 by Dutch chocolate-maker Conrad J. Van Houten. He pressed the fat from roasted cacao beans to produce cocoa butter, to which he added cocoa powder and sugar.

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# YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **October 8 – Calgary Flames & Vancouver Canucks** face off at 8:00 pm at the Saddledome. (SN, TVA SPORTS 2) [www.calgaryflames.com](http://www.calgaryflames.com)
  - **October 14-19 – WordFest** takes place at various venues in Calgary and Banff. For details and information – 403.237.9068 / [www.wordfest.com](http://www.wordfest.com)
  - **October 14 – November 9 – Liberation Days** is an inspiring WWII drama performed by Theatre Calgary. 403.294.7447 / [www.theatrecalgary.com](http://www.theatrecalgary.com)
  - **October 16 – Maceo Parker** performs as part of Epcor Centre's TD Jazz Series at 7:30 pm at Jack Singer Concert Hall. 403.294.9494 / [www.epcorcentre.org](http://www.epcorcentre.org)
  - **October 17 & 18 – Rocky Mountain Wine & Food Festival** offers a variety of wine, scotch, beer and spirits, as well as gourmet food samples from local restaurants and hotels at the BMO Centre, Stampede Park. 403.228.0777 / [www.rockymountainwine.com](http://www.rockymountainwine.com)
  - **October 18 – Mary Chapin Carpenter in Concert** with Calgary Philharmonic Orchestra – 8:00 pm – Jack Singer Concert Hall. 403.571.0849 / [www.cpo-live.com](http://www.cpo-live.com)
  - **October 19 – Louis Armstrong & Miles Davis' Kind of Blue** is performed by Calgary Jazz Orchestra at 7:00 pm at River Park Church. 403.239.8545 / [www.calgaryjazzorchestra.com](http://www.calgaryjazzorchestra.com)
  - **October 19 – Calgary Hitmen & Regina Pats** face off at 4:00 pm at the Saddledome. [www.hitmenhockey.com](http://www.hitmenhockey.com)
  - **October 20 & 21 – The Man in Black – A Tribute to Johnny Cash** with Shawn Barker, runs at Stage West. 403.243.6642 / [www.wtagewestcalgary.com](http://www.wtagewestcalgary.com)
  - **October 23 – Diego El Cigala** performs at 7:30 pm at Jack Singer Concert Hall. Epcor Centre's BD&P World Music Series. 403.294.9494 / [www.epcorcentre.org](http://www.epcorcentre.org)
  - **October 23-26 – Oktoberfest** is celebrated at Spruce Meadows with up-close competition and the indoor comforts of the Equi-Plex. [www.sprucemeadows.com](http://www.sprucemeadows.com)
  - **October 24 – Calgary Stampeders vs Saskatchewan Roughriders** at 7:30 pm at McMahon Stadium. [www.stampeders.com/2014-schedule](http://www.stampeders.com/2014-schedule)
  - **October 26 Calgary Hitmen vs Prince George Cougars** at 4:00 pm at the Saddledome. [www.hitmenhockey.com](http://www.hitmenhockey.com)
  - **October 30 – Classical Superstar Joshua Bell** performs with the Calgary Philharmonic Orchestra at 8:00 pm at Jack Singer Concert Hall. 403.571.0849 / [www.cpo-live.com](http://www.cpo-live.com)
  - **October 31 – Calgary Flames vs Nashville Predators** at 7:00 pm at the Saddledome. [www.calgaryflames.com](http://www.calgaryflames.com)
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## OCTOBER 5 – GREEN EGGS & HAM - SYMPHONY SUNDAY FOR KIDS

performed by the Calgary Philharmonic Orchestra – 3:00 pm at Jack Singer Concert Hall. 403.571.0849 / [www.cpo-live.com](http://www.cpo-live.com)



## OCTOBER 23-25 THE THREE MUSKETEERS

is performed by Alberta Ballet. 403.245.4549 / [www.albertaballet.com](http://www.albertaballet.com)



## SATURDAYS IN OCTOBER – PUMPKIN & SCARECROW FESTIVAL

at Kayben Farms, just north of Okotoks. Corn maze, live music, kids activities and more. 403.938.2857 / [www.kayben.com](http://www.kayben.com)



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**NOVEMBER 8 – DREAMS:**  
 Ultimate Tribute to Fleetwood Mac at  
 Deerfoot Inn & Casino – wristband 6:30  
 / show 9:00 pm. 403.236.7529 / www.  
 deerfootinn.com



**NOVEMBER 8 – DECEMBER 7  
 THE GAME'S AFOOT**  
 performed at Vertigo Theatre as part of  
 the BD&P Mystery Theatre Series. Evening  
 performances 7:30 pm – matinees 2:00 pm.  
 403.221.3708 / www.vertigotheatre.com



**NOVEMBER 8, 12 & 14  
 SILENT NIGHT**  
 Canadian premiere of this Pulitzer Prize  
 winning opera is performed by Calgary  
 Opera, and tells the First World War story of  
 a truce on Christmas Eve 1914. 403.262.7286  
 / www.calgaryopera.com



## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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- **November 1 – 23 – Beauty and the Beast** performed by Loose Moose Theatre for Kids. For detailed information 403.265.5682 / www.loosemoose.com
- **November 3 – Gordon Lightfoot** performs at Jack Singer Concert Hall, Epcor Centre at 8:00 pm. 403.294.9494 / www.epcorcentre.org
- **November 7 – The Bills** play their acoustic roots music at Southwood United Church as part of Fish Creek Concerts season. www.fishcreekconcerts.com
- **November 12 & 15 – From Broadway With Love** performed by the Calgary Philharmonic Orchestra at 8:00 pm each evening – Jack Singer Concert Hall. 403.571.0849 / cpo-live.com
- **November 13 – Calgary Flames vs Arizona Coyotes** at the Saddledome 7:00 pm. www.calgaryflames.com
- **November 14 – February 15 – Pirates of the North Saskatchewan** at Jubilations Dinner Theatre. 403.249.7799 / www.jubilations.ca
- **November 20 – Calgary Flames & Chicago Blackhawks** face off at 7:00 pm at the Saddledome. www.calgaryflames.com
- **November 21 – 30 – Where the Wild Things Are** is one of five Canadian productions for young audiences from Y Stage Theatre Series 2014/2015 season at Vertigo Theatre. Evening performances 7:00 pm, matinees 12:30 and 3:00 pm. 403.221.3708 / www.vertigotheatre.com
- **November 21 – December 4 – J'Aime Paris Festival** A tribute to Parisian music performed by Calgary Philharmonic Orchestra at Jack Singer Concert Hall. For detailed information, 403.571.0849 / cpo-live.com
- **November 23 – Calgary Hitmen vs Red Deer Rebels** at 4:00 pm at the Saddledome. www.hitmenhockey.com
- **November 27 – 30 GIRAF** is an animation festival featuring interactive workshops, artist talks, and activities for the whole family. Globe Cinema and Quickdraw Animation Society. 403.261.5767 / www.giraffest.ca
- **November 28 – December 22 – Peter Pan the Musical** High-flying fun for the whole family performed by Storybook Theatre. More details 302.216.0808 / www.storybooktheatre.org
- **November 30 – 102nd Grey Cup** in Vancouver at 4:00 pm Mountain time.  
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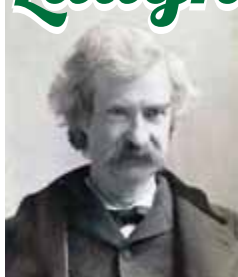
*When a person is upset, why do we say someone's "got his goat"?*

When someone "gets your goat", it usually means you've lost your temper or have become upset enough to be distracted. It's a term that came from a horse trainer's practice of putting a goat in a stall with a skittish racehorse to keep him calm before a big race. An opponent or gambler might arrange for the goat to be removed by a stable hand, which would upset the horse and its owner, and thus reduce their chances of winning.

# COMMUNITY ANNOUNCEMENTS

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

## Laugh a Little!



Age is an issue of mind over matter. If you don't mind, it doesn't matter!

~Mark Twain

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Alberta Health Services	
Addictions Hotline	1.866.332.2322
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	1.800.332.1414
Suicide Crisis Line	1.800.784.2433
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	
Alberta Fish & Wildlife	1.877.944.0313
Calgary Humane Society	403.205.4455
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	211 and 311
Kerby Centre for the 55 plus	403.705.3246
Neighbour Mediation Hotline	403.269.2707
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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- › Wednesday, November 12, 2014, 7pm
- › Thursday, January 8, 2015, 7pm
- › Thursday, February 19, 2015, 7pm
- › Thursday, April 23, 2015, 7pm



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For more details visit: [webberacademy.ca](http://webberacademy.ca)

# HAVE YOU OUTGROWN A WILL?

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*Sheri MacMillan,  
Senior Trust & Estate Practitioner,  
President of MacMillan Estate Planning Corp.  
and Host of The Strongroom on QR77*

**Q** I am a successful business owner and a father of three teenage children. My wife and I have a will but, as our family grows and our asset base increases, we're wondering if it is time to create an estate plan to protect our wealth and our family?

**A** As a father and business owner, I am sure protecting the people you love and the company you built is of the utmost importance. An estate plan is very effective tool and the best way to preserve the life you have so carefully built for you and your family.

Your will is merely a wealth transference tool – it provides no tax planning benefits and can be contested after your passing. By properly applying more sophisticated estate planning techniques, you can secure the future of your family and business for years to come. When completed, your estate plan should incorporate a variety of components such as a will, power of attorney, personal directive and trusts, as well as thorough plans for your retirement, taxes and business succession. Keep in mind that for an estate plan to be effective it must be tailored to fit your lifestyle and long-term objectives, offering you both peace of mind and financial security.

A properly planned estate is the surest way to prepare both your family and business for the future. Remember, you've created a fulfilling life and preserving it warrants every bit of the attention to detail you needed to reach the successful position you enjoy today.

MacMillan Estate Planning Corp. will be hosting a complimentary  
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