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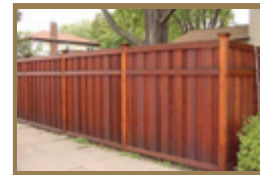


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**IN & AROUND
SCHOOLS**

Alberta Health Services EMS

Back to School safety

Alberta Health Services EMS would like to remind parents and children about a few road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on a cell phone, texting, or any other behaviour 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, 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;
- When activating overhead crossing lights, pause and make eye contact with all drivers before stepping off the curb. This is to ensure that motorists in both directions have seen you and come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the “walk” sign and only when all vehicles 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 demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



Elbow Valley Community Assoc.

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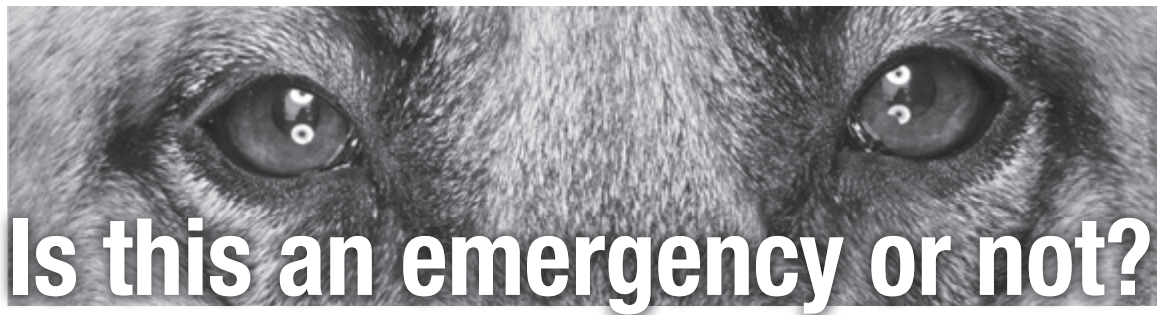
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Is this an emergency or not?

I was on holidays this summer and neighbors of the cabin we rented asked my advice about a pet which suddenly started paroxysmal coughing and bringing up white foam late on a holiday night. They also reached out for advice to a veterinary emergency clinic two hours away and their regular veterinarian three hours away.

As veterinarians we were all in a professional quagmire even though we all tried to help these people and their pet. I am not licensed in B.C. and cannot provide veterinary care and advice, but I offered an opinion when asked after examining the pet using only the tools at hand, my senses and experience. The veterinarians on the end of the two phone calls are legally liable if they provide an opinion and they must trust the information being provided by the owner is correct.

We, all three, gave the same advice given the information at hand; information that every pet owner should consider. Airway, breathing, and circulation were considered. The pet's airway was OK with no hoarseness or evidence of blockage, when she lay down she breathed easily without any impediment, and her heart rate was normal with strong even pulses. When I checked the color of her gums they were pink and if pressed to make them white they immediately pinked up again. So her heart was doing its job.

Bella was not in any apparent pain, given a tiny cookie she swallowed normally, and finally her demeanor, while she was confused she was not panicking and quite calm. The owners were told to give her small amounts of water at intervals and we all suspected that she had injured her throat with some foreign object. She did not appear to be in imminent danger. If something had been stuck she would likely not be able to stop coughing and relax. We all recommended waiting until morning.

The next day her owners transported her to her regular veterinarian for her throat to be x-rayed for a fishhook and thoroughly examined with sedation if necessary. Bella, the Labrador, was pronounced ok and that she would likely have a full recovery with time for a minor injury to her throat. This was the case.

Those emergencies when you are far from help can be terrifying and the veterinarian on the phone must err on the side of caution. Any painful condition related to the eye is an emergency in my book, any respiratory problem that doesn't respond to quiet rest, pale mucous membranes or gums, and unrelenting pain all require seeking immediate help. Fractures, lacerations, and most gastrointestinal disorders all require hands on assessment and treatment. Use the same judgment you would use for your child or spouse, but remember this patient can't articulate what they are feeling, which is why sight, sound, touch, and smell are imperative to reach your decision to head for help or not. Sometimes you may over react but that is infinitely preferable to the alternative outcome.

I hope everyone and their pets had a safe and relaxing summer.

Jennifer L. Scott, D.V.M.

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SPRINGBANK LADIES *Time Out*



Springbank Ladies Time Out invites new and returning members of all ages in the Calgary area to meet new people, to socialize, and to participate in a wide variety of registered classes. Classes and events are held on Monday mornings at the Eden Brook Reception Centre located on Lower Springbank Rd. and 17th Ave SW. We are a not for profit club supporting our community.

The Fall 2016 Registration for September to December classes will be held Monday, September 12 at 9am at Eden Brook Reception Centre on a first come, first served basis. Some of the activities available this fall include: floral arrangements, cooking, yoga, art, knitting, book club, and essential oils, just to name a few.

Please visit our website at www.springbanklto.com for a complete list of class offerings and our fall events calendar. You can also follow us on Facebook at www.facebook.com/springbanklto to see photos of some of our past activities and to learn more about upcoming events. Any questions can be sent to our email at springbanklto@gmail.com. We look forward to seeing you in the fall!!



EDIBLE SIX-PACK RING

The first fully edible beer can packaging has been made from by-products of the brewing process such as wheat and barley, their six-pack holders are fully biodegradable and completely digestible. Rather than ensnaring curious animals in a corset of litter, the company's six-pack rings could serve as a satisfying snack. And if nothing is biting, the rings quickly decompose.

-Discover magazine



Photograph: www.alamy.com

WHEN A CHILD FALLS BEHIND:

TIPS FROM A PSYCHOLOGIST & FORMER TEACHER

By Joyce Achtnig BEd, MC, CCC, Provisional Psychologist & Canadian Certified Counsellor

What Can You do if Your Child is Struggling in School?

Is your child underachieving academically? Or do you think your child may be gifted and is underachieving due to boredom and lack of challenge? Parents and teachers are often the first to voice concerns regarding a child's struggles and need for help. When teachers suspect that issues like Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), or a learning disability may be at the root of a child's challenges at school, they will often recommend a psycho-educational evaluation. Current research demonstrates that early identification, understanding, and appropriate intervention is the key to a child's success.

What are School Psycho-educational Assessments and What Benefits do They Offer?

It is understandable that many parents are unclear about exactly what a psycho-educational assessment is when school staff or a physician recommend it. A psycho-educational assessment will evaluate your child's thinking/reasoning abilities and underlying psychological processes (e.g., attention, processing, fluid reasoning, memory). It also assesses academic achievement (e.g., expressive and receptive language, reading, writing composition, math), social development, emotional functioning, and behaviour. This is generally accomplished through standardized testing, informal assessments, interviews, questionnaires, observations, and review of previous records or reports.

The end result is a rich and comprehensive assessment that helps parents and educators by making sense of a child's struggles and uncovering his or her strengths. A psycho-educational assessment is a powerful tool because it creates a more accurate and complete picture of your child that can change the way your child is per-

ceived and ensure that appropriate resources, educational programming, and accommodations necessary for success are recommended. In addition, information in the assessment may also be used to qualify the child for disability services, or to guide physicians in choosing appropriate medication, etc.

How Can Parents Obtain a Psycho-educational Assessment?

Parents may ask the school to complete a psycho-educational assessment; this is done by school board psychologists, at no cost to parents. Unfortunately, there are waitlists and only the most severe or in need students will qualify for the few assessment opportunities that have been allocated to each school for that year. The fastest way to obtain an assessment for your child is to use a psychologist in private practice; we can usually book an appointment in less than a month, and have the report completed between four to six weeks after testing. In Calgary, the cost for a psycho-educational assessment ranges from approximately \$1,400 to \$2,800, depending on the psychologist you choose and the assessment tools and time required. In many cases, a parent's insurance plan through work can pay for at least some of this expense.



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FIND SOLUTION ON PAGE 21

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

September 21 to October 2 - Calgary International Film Festival (CIFF): The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com

October 1 - A Little Light Music: This is a chamber music concert with a special focus on well-known Canadian composers. There will be a fun, playful line-up of music in this concert with everything from A Little Light Music to Viva Gershwin. www.scpa.ucalgary.ca/events/little-light-music

October 6 - An Evening With Bethany Hamilton, Soul Surfer: Bethany Hamilton has become a source of inspiration to millions through her story of determination, faith and hope. Hear Hamilton discuss her surfing career and her charitable contributions in this inspirational talk. www.ticketmaster.ca/event/110050A6A6225E87

October 7 to 8 - Disney In Concert: Tale As Old As Time: Start Thanksgiving weekend with some classic Disney tunes performed by the Calgary Philharmonic Orchestra. The popular Disney songs from these films are played alongside clips from the movies. www.calgaryphil.com

October 11 to 29 - Boom: Using images and video, the show explores the musicians, politicians and cultural icons around from 1945 to 1969 that shaped the baby boom generation. www.theatre Calgary.com

October 12 to 15 - Intensional Particle + Split Flow: Hiroaki Umeda is a Japanese multi-disciplinary artist. He's a dancer, a sound, image and lighting designer, and a choreography. He brings two new solo shows to Theatre Junction. www.theatrejunction.com

October 14 to 29 - Fluid Festival: This year marks the 11th Fluid Festival, and just like the inaugural event, this year's Fluid Festival will celebrate dance and physical performance. www.springboardperformance.com

October 15 - Calgary Stampeders PinkPower Game: This football game joins in the fight against women's cancers. Arrive early to the game to purchase limited edition PinkPower merchandise, then watch the Calgary Stampeders take on the Montréal Alouettes. www.stampeders.com

SEPTEMBER 8 TO OCTOBER 16 ILLUMINASIA LANTERN AND GARDEN FESTIVAL

Illuminasia returns to the Calgary Zoo for its second year. This year, the theme is the four seasons and the four noble plants of Chinese culture — one plant is used to represent each season. www.illuminasiacalgaryzoo.com



SEPTEMBER 30 TO OCTOBER 1 THE PRINT IT YOURSELF FESTIVAL

Learn about the various techniques behind printmaking at the sixth annual Print It Yourself Festival. Learn what goes into making a piece of print art, engage in the process and create a piece of artwork yourself. www.albertaprintmakers.com



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OCTOBER 27 TO 29 DRACULA

The Alberta Ballet presents the classical ballet Dracula at the end of October. Special effects, impressive costumes (Dracula wears a 23-foot-long cape) and exquisite choreography bring this horror story to life. www.albertaballet50.com



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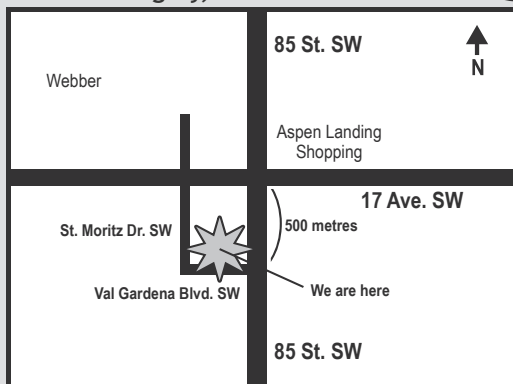
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Coast of the United States to breed in Canada, and even as far north as Alaska.

- Buffleheads are one of the last ducks to leave Alberta before winter arrives.
- Where open water remains over the winter, this little duck sometimes stays year round.
- When mature, a female Bufflehead will return each year to the area where she was born to search for a nest cavity in which to lay her eggs.
- She will often choose an abandoned woodpecker's nest and absolutely loves the nest holes carved out by the Northern Flicker.

As a diving duck, its legs are near the back of its body, so they must 'run' across the surface of the water to gain the momentum needed to take off and fly.

- The Bufflehead is Canada's smallest duck and they can squeeze through holes only eight centimeters wide!
- Buffleheads are territorial: males will defend a female by diving under water and popping up underneath a rival male. Females will defend the water where they rear their young.

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

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

The Tiny but Mighty Bufflehead

Article by J.G. Turner
Photo by Mdf

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

Fun Facts:

- The Bufflehead migrates from Mexico or the Gulf

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Animal Trivia

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Canadian Writers in History: Looking at Past Canadian Authors

Emily Carr

Emily Carr

(December 13, 1871 – March 2, 1945) was a Canadian artist and writer heavily inspired by the Indigenous peoples of the Pacific Northwest Coast. One of the first painters in Canada to adopt a Modernist and Post-Impressionist painting style,[1] Carr did not receive widespread recognition for her work until late in her life. As she matured, the subject matter of her painting shifted from aboriginal themes to landscapes—forest scenes in particular. As a writer, Carr was one of the earliest chroniclers of life in British Columbia. The Canadian Encyclopedia describes her as a “Canadian icon”.

Writing

Emily Carr is also remembered for her writing, again largely about her native friends. In addition to Klee Wyck, Carr wrote *The Book of Small* (1942), *The House of All Sorts* (1944), and, published posthumously, *Growing Pains* (1946),[9] *Pause*, *The Heart of a Peacock* (1953), and *Hundreds and Thousands* (1966). Some of these books are autobiographical and reveal Carr as an accomplished writer. Criticisms have been made of her dramatized short stories as many readers expect them to be historically accurate.

source: Wikipedia

The House of All Sorts, 1944

Author: Emily Carr 1871-1945
an autobiographical work of non-fiction

PART I Foundation

THE HOUSE OF ALL SORTS could not have been quite itself in any other spot in the world than just where it stood, here, in Victoria, across James’ Bay and right next to Beacon Hill Park. The house was built on part of the original property my father had chosen when he came to the new world and settled down to raise his family.

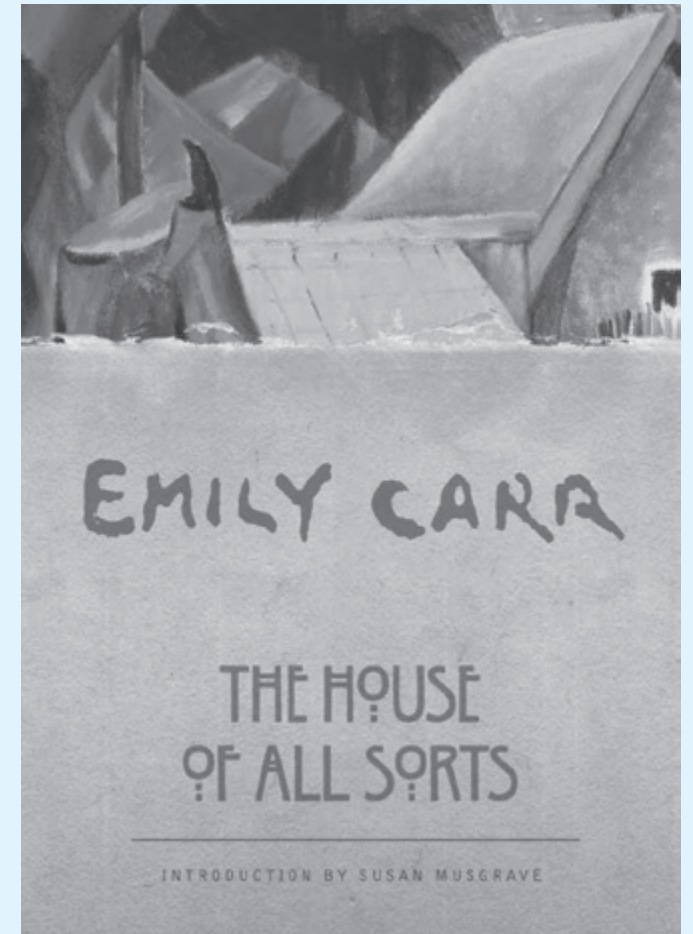
This lot was my share of the old cow pasture. Father’s acreage had long ago been cut into city lots. Three houses had been built in the cow yard, more in the garden and others in the lily field. The old house in which I was born was half a block away; one of my sisters still lived in it, and another in her little schoolhouse built in what had once been the family vegetable garden.

Bothers cannot be escaped by property owners and builders of houses.

I got my share from the very digging of the hole for the foundation of the House of All Sorts. But the foundations of my house were not entirely of brick and cement. Underneath lay something too deep to be uprooted when they dug for the basement. The builders did not even know it was there, did not see it when they spread the cement floor. It was in my memory as much as it was in the soil.

No house could sit it down, no house blind what my memory saw—a cow, an old white horse, three little girls in pinafores, their arms full of dolls and Canton-flannel rabbits made and stuffed with bran by an aunt, three little girls running across the pasture to play “ladies” in the shrubberies that were screened from Simcoe Street by Father’s hawthorn hedge, a hedge now grown into tall trees, flowering in the month of May.

I remembered how I had poked through the then young bushes to hang over those old rotted pickets, now removed to permit the dumping of the lumber for my house. I remembered how I had said to Bigger and Middle, “Listen, girls, see if you can tell what sort of person is coming up the street by the kind of tune I blow,” and I put the harmonica to my lips and puffed my cheeks. But a gentle little old lady passed, so I played very softly. She stopped and smiled over the fence at the three of us, and at the dolls and foolish, lop-eared, button-eyed rabbits.



“Eh, dearies, but how you are happy playing ladies in this sweetie wee grove!”

And now my house was built in the “sweetie wee grove,” and I was not playing “lady,” but was an actual landlady with tenants, not dollies, to discipline. And tenants’ pianos and gramophones were torturing my ears, as my harmonica had tortured the ears of Bigger and Middle. The little old lady had made the long pause—she would not come that way again.

Ah! little old lady, you, like cow, horse, dolls and rabbits, contributed a foundation memory to the House of All Sorts.

source: public domain



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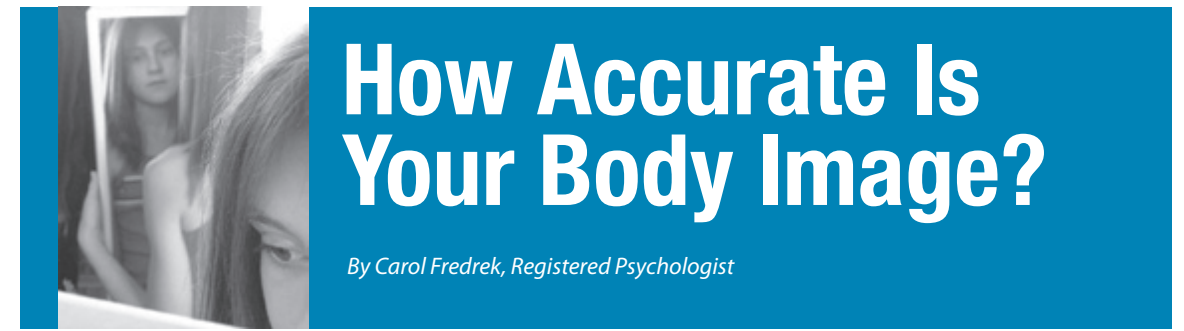
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Calling All Neighbours!

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



How Accurate Is Your Body Image?

By Carol Fredrek, Registered Psychologist

Do you measure your self-esteem by how you look or find yourself preoccupied with your weight, letting the numbers on the scale define who you are? Do your relationship to food and your body interfere with your life or prevent you from enjoying everyday activities?

Body image and weight obsession in our culture is rampant. According to the article 11 Facts About Body Image "91% of women are unhappy with their bodies and resort to dieting to achieve their ideal body shape". www.dosomething.org

Body image exists on many levels:

- 1. Visual** – how you see yourself when you look in the mirror or when you picture yourself in your mind.
- 2. Mental** – what you believe about your appearance.
- 3. Emotional** – how you feel about your body, including your height, shape and weight.
- 4. Kinesthetic** – how you sense and control your body as you move.
- 5. Historical** – a lifetime of experience including pleasure and pain, praise and criticism.

Your body image is always changing as your body changes with age or illness, hunger or fatigue. Your feelings, attitudes and values are so easily shifted by external factors. A slight comment by someone such as "You look great today. Have you lost weight?" or "Perhaps those black pants would be more slimming" can alter your body image. Stepping on the scale in the morning can determine how you feel about yourself for the day.

Negative Body Image: Body Loathing

- You have a distorted perception of your shape.
- You are convinced that only other people are attractive and that your body size or shape is a sign of personal failure.
- There is a feeling of preoccupation and dissatisfaction with your appearance.

- You feel ashamed, self-conscious, and anxious about your body.

Positive Body Image: Body Love

- You have a clear, true perception of your shape.
- You experience a mixture of emotions, attitudes and actions that let you enjoy the way your body looks and the way it feels.
- You celebrate and appreciate your natural body shape.
- You feel proud and accepting of your unique body and refuse to spend an unreasonable amount of time worrying about food, weight and calories.
- You feel comfortable and confident in your body.

Body Loathing to Body Love

First it is important to understand the relationship between body image and self-esteem. Poor body image has very little to do with how you actually look. Studies have shown that there is very little connection between a woman's actual physical attractiveness (as rated by others) and her satisfaction with body image. In addition, there is little connection between physical attractiveness and feelings of self-worth.

A self-esteem survey was given to both attractive and unattractive people and their scores were very similar; however, there is a strong relationship between body image and self-esteem. What this means is that despite appearance, people who view their bodies positively also tend to have higher self-esteem. On the contrary, those who see their bodies negatively are apt to have lower self-esteem. (Freedman, R. 1988)

Body Love is not about making a perfect body but rather about being in this world contentedly in an imperfect one.

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

Social Media STRATEGIES



by Catherine Saykaly-Stevens, Social media expert

11 Types of Social Media Gratitude Posts to Engage Others Online

When you can't think of anything to post, consider sharing your gratitude with your friends, followers, and connections. As a rule, always tag or mention the people you discuss so that they'll know and can choose to redistribute if they want.

1. Post about a recent excellent customer service experience.

Good customer service is so rare these days. Praise a person or a company who is doing it right.

2. Thank a Mentor(s).

It doesn't matter if it was someone who guided you last week or last decade. If they made an impact, let them know.

3. Post a follower's unique question, comment, or perspective.

It's perfectly alright to re-post great content. Thank them while re-posting what they said.

4. Give gratitude to someone who offered great advice in their online post.

Sometimes it feels like you're yelling messages into a deep chasm and hearing nothing back but your own echo. If you've found someone's post useful or profound and it resonated with you, let them know.

5. Thank someone who provided a little humour to break the workday's tension.

If that comic made you laugh out loud, let them know. They may post more.

6. Thank a hard working EMS, or someone who works non-profit, or a charity.

There are many people who give more than others. They deserve your recognition.

7. Thank the organizer of an event you attended. Don't forget to mention their sponsor(s).

Events would never run without dedicated coordinators and other people behind the scenes who make it happen.

8. Thank a volunteer.

Volunteers make the world a better place.

9. Encourage others to be grateful.

Gratitude can be contagious.

10. Consider Fridays as the online gratitude day.

11. Use Hashtags (i.e. #FollowFriday and #FF) to help others you think deserve new friends, follower, and help connect them.

(Especially on Twitter). Don't forget to explain why others should follow them.

Thank a family member or a good friend.

Publicly! Here, you don't have to explain why.

Words of Warning: Only express gratitude if it's genuine. Do not post to gain attention for yourself. While the sentiment comes from you, the spotlight is meant for someone else.

Last words: It doesn't take much to build engaging relationships online. Often, it begins with a simple thank you.



Maximize Your Mental Performance With Water!

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

Angela Villavicencio-Requis

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

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

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

1) DRINK WATER BEFORE AND AFTER MEAL

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

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

2) CHOOSE QUALITY WATER

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

3) SAY NO TO SPORTS DRINKS

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

4) SPRUCE UP YOUR WATER

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

WHY YOU NEED A WATER BREAK?

This natural flavored water recipe infused with

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

Lime and Mint Flavored Water

Ingredients:

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

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



BRAIN GAMES SUDOKU

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

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CULINARY FILE:

Feta Turkey Burgers with Sautéed Red Pepper and Onions

Written by Rae-Ann Hagen, Registered Dietitian

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

Feta Turkey Burger Patties

Ingredients:

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

Directions:

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

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

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

Sautéed Red Pepper & Onion Topping

Ingredients:

- 1/2 red pepper thinly sliced
- 1/4 white onion thinly sliced
- 1 tbsp. canola oil
- sprinkle of Montreal Steak spice

Directions:

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

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

Elbow Valley mybabysitterlist

Name	Age	Contact	Course
Abby	15	403-455-2556	Yes
Anna	16	587-284-1954	Yes
Jenna	14	403-242-1605	Yes
Mackenzie	14	403-208-2122	Yes
Megan	16	403-242-7261	Yes
Michaela	15	403-630-7348	Yes

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Elbow Valley Real Estate Stats

Last 12 Months Elbow Valley MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
August 2016	\$752,650.50	\$689,000.00
July 2016	\$1,188,000.00	\$1,079,000.00
June 2016	\$1,085,000.00	\$1,050,000.00
May 2016	\$1,149,900.00	\$1,100,000.00
April 2016	\$1,295,000.00	\$1,225,000.00
March 2016	\$944,450.00	\$877,500.00
February 2016	\$972,000.00	\$944,500.00
January 2016	\$0.00	\$0.00
December 2015	\$1,299,900.00	\$1,285,000.00
November 2015	\$349,000.00	\$305,000.00
October 2015	\$699,000.00	\$685,000.00
September 2015	\$819,450.00	\$795,000.00

Last 12 Months Elbow Valley MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
August 2016	5	2
July 2016	8	5
June 2016	8	5
May 2016	15	9
April 2016	5	5
March 2016	7	2
February 2016	23	2
January 2016	7	0
December 2015	4	3
November 2015	4	1
October 2015	5	3
September 2015	7	2

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

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Contact news@great-news.ca

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

FREE ENGLISH CONVERSATION CAFE (ESL) AT THE SCA COMMUNITY CENTRE. Practice speaking English at this fun conversation class for adults provided by St. Martin's Anglican Church. Tuesdays 9:30-11 am September 13 - December 13, 2016. All welcome. Contact Laura at 403-612-9949 or email community.stmartins@yahoo.ca for more info or to register.

COOKING WITH FRIENDS - a fun cooking class where we share recipes, cook together and have lunch with new friends. All Welcome. Childcare available with pre-registration. Thursdays, 10:30 -1 pm, September 15 - December 8, 2016 at Knox Presbyterian Church. Contact Laura at 403-612-9949 or email community.stmartins@yahoo.ca for more info or to register.

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