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IN & AROUND CALGARY

Fraud Awareness

A message from the Federation of Calgary Communities

Join us and Cst. Andrew Critchley from the Crime Prevention Unit at the Calgary Police service for a presentation that will focus on fraud awareness, common scams and best practices to avoid being a victim. Learn what resources are available to communities and how the Calgary Police Service responds to these issues.

Date: Wednesday, October 19, 2016

Location: Capitol Hill Community Association (1531 - 21 Avenue NW)

Time: 7:00pm – 9:00pm

For more information and to register for this FREE event, visit calgarycommunities.com/workshops-events/



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Acadia Community Association

240-90 Ave SE | Calgary, AB T2J 6P6
Phone: 403.255.1252 | Fax: 403.252.8593
acadiarec@telus.net

Last 12 Months Acadia MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$489,900	\$477,500
August 2016	\$449,900	\$432,000
July 2016	\$439,450	\$429,250
June 2016	\$423,500	\$424,250
May 2016	\$409,900	\$415,000
April 2016	\$427,350	\$420,500
March 2016	\$454,900	\$447,000
February 2016	\$409,000	\$393,000
January 2016	\$409,900	\$403,000
December 2015	\$389,000	\$380,000
November 2015	\$399,900	\$376,000
October 2015	\$419,000	\$416,000

Last 12 Months Acadia MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2016	7	5
August 2016	5	6
July 2016	6	8
June 2016	7	6
May 2016	7	7
April 2016	11	10
March 2016	8	5
February 2016	6	7
January 2016	8	3
December 2015	3	5
November 2015	5	5
October 2015	9	7

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

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IN & AROUND CALGARY

Did You Know?

Cloverdale Paint Now Offers Discounts to Community Association Members!

Cloverdale Paint is now offering club member pricing to community association members and organizational members of the Federation of Calgary Communities!

What does this mean for you? Well, whenever you need to buy paint you simply go to Cloverdale and say you are a "Federation of Calgary Communities Club Member" and you will receive more than 25% off paint and more than 15% off paint accessories!

Cloverdale Paint approached us to set up this discount program as they understand that community associations, their volunteers, and their members are at the heart of our city, and they wanted to give back in some way.

Thanks to Cloverdale Paint for their support and commitment to the community association network and for helping improve neighbourhood life in Calgary!

 **Cloverdale Paint CLUB MEMBER**

 **Account Code 057FEDERA**
FEDERATION OF CALGARY COMMUNITIES
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Editorial Content DEADLINE 1st
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5 ESSENTIAL FALL GARDENING TIPS



Autumn is the perfect time to lay the groundwork for a gorgeous spring garden. Experts say this time of year is critical for how your yard will look year round.

1. Early in the fall, repair dead spots in the lawn by digging straight down and as deep as necessary to remove all soil containing the roots. Fill the hole with a loamy topsoil and tamp down to level with the turf. Seed the area with a mix that matches your existing turf grass. Cover it with hay or newspaper shavings to protect against birds. Water regularly while the seeds germinate and sprout.

2. Leaves are your biggest assets. After they fall off trees, they break down to create essential nutrients that feed your plants. Dig a big hole and pile them in. They'll break down eventually and give you wonderful leaf mould for mulching in the spring.

3. Combine one part blood meal, one part bone meal, and one part wood ash to scatter over bulb beds for beautiful blooms come spring.

4. Fall is the ideal time to plant a deciduous tree — the soil is still warm and holds oxygen that will encourage root growth. Plant your new addition about six weeks before the deep frost. Be sure to prepare a hole large enough, about five times the width of the root ball. Retain the soil you remove from the hole and use it as backfill to allow your new tree to adjust to its natural soil as quickly as possible.

5. Add a little lighting to extend the beauty of your garden through the winter months. Light pale trees such as birches with back floodlighting. Sling tiny lights over a shrub or tree to give your winter garden a whimsical aesthetic.

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Collen	27	403-276-4663	Yes
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Grace	36	403-680-9153	No
Jenn	26	587-899-3095	Yes
Kristn	18	403-993-7206	No
Rosalind	26	587-889-8087	Yes
Sabrina	19	587-578-3815	Yes
Shyla	18	403-990-1707	No

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

IN & AROUND CALGARY

Alberta Health Services: EMS

Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31st approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, 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 (route) and advise them if you will be late returning.

Costumes

- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- 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.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

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.

952 'WestJet' Royal Canadian Air Cadets

Are you between the ages 12 to 18 and interested in flying or the air element of the Armed Forces?

Are you looking for a challenge to bring out the best in yourself and your abilities?

Then look no further - Air Cadets is the program for you!

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Staff, cadets and parents will be available to provide information for parents and children who are interested in joining Air Cadets.

We will also enroll new Cadets who want to sign up - just bring along a copy of the cadet's Health Care card and proof of birthdate (Birth Certificate or Passport).

For more information on Air Cadets and the 952 Squadron, check out www.facebook.com/WestJetRCACS or contact us at westjetrcacs@gmail.com.



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THE GREAT DEBATE: FRONT-WHEEL, REAR-WHEEL, OR ALL-WHEEL DRIVE?

With winter around the corner, drivers should know how their vehicle will handle in various situations so that they can be prepared for poor weather conditions.

“While modern anti-lock braking system, electronic traction, and stability control technologies all provide added grip and handling regardless of the drive wheels, the driving dynamics of each vehicle are unique,” says Jacob Black, senior editor at autoTRADER.ca. He explains the pros and cons of each type in easy-to-follow language:

Front-wheel drive. FWD is the most common configuration in modern passenger vehicles. They’re less expensive to produce and offer a more efficient use of space since there’s no driveline routed through the cabin. With the engine usually located in the front of the vehicle, this setup also offers good traction from a standstill in snow and slush.

Rear-wheel drive. RWD is most often found on pickups and performance-focused sports cars or sedans. Pickups benefit from it when carrying a heavy load in the bed or towing. RWD in a performance car allows for more ideal handling dynamics and balanced weight distribution.

But it can also provide less traction in slippery conditions and tends to oversteer when applying power during cornering, which some find unpredictable and unnerving.

All-wheel drive. Just as the name states, AWD systems are capable of delivering power to all four wheels, many of which are now able to divert additional traction from front-to-back or side-to-side, depending on conditions. Offering well-balanced driving dynamics and traction over a variety of road conditions, AWD also tends to suffer from higher fuel consumption due to the added weight and components.

The verdict. While all-wheel drive generally offers the best grip, it has a few shortcomings and can create a false sense of security. While there are theories about the optimal drive, a lot depends on the vehicle and its intended application. In many cases, having good tires is more important than which wheels the power is coming from. Remember that no matter what you choose, in the end it’s less about what you drive than how you drive.

www.newscanada.com

HOME GARDENING WITH BARBARA



ALBERTA BEES

Barbara Shorrock

If I hadn’t gone to hear Lyndon Penner speak and bought his latest book *Native Plants for the Short Season Yard*, I wouldn’t have learned about the Helen Schuler Nature Centre. Because I had read about it I jumped at the chance to drive down to Lethbridge with a friend one day and visit the centre to see its rooftop garden planted with native grasses and flowers. (Actually we were on a mission to source Spudnuts but that’s a different story.) We did indeed see the native garden, and it is wonderful, definitely worth the drive. But even better was the display on the main level. This display changes several times a year, at the time of our visit featuring Alberta’s native bees. It was fascinating.

Everyone is familiar with *Bombus* the bumblebee, first to appear in the spring, and *Apis mellifera* the honeybee, so necessary for crop pollination, not to mention honey production. Gardeners know about the leaf-cutter bee and some have built boxes for mason bees to keep them in the neighbourhood. There are actually over 800 species of native bees in Canada; our scientists have identified more than 30 species native to Alberta, some of which look so much like flies that you need to look very closely to tell the difference. There are orchard bees and mining bees, sweat bees, carpenter bees and plasterer bees, to name just a few. Some sting, most don’t. Most collect nectar and pollen, some are predators. Some, like the early-to-rise bumblebee and many of the smaller native guys, are out and about at the crack of dawn before the honeybee wakes up, and are more cold tolerant, foraging on cool cloudy days while the honeybee waits for the sun. Some bumblebee

species are solitary, while others live in colonies, typically in holes underground. Usually, only the queen survives our harsh winter; the workers die off. Many native bees rely upon the nectar from only a few species of plants – you can imagine what happens when those plants are eradicated for commercial development or monoculture (think vast expanses of neatly trimmed grass – totally useless to a bee). Yes, some of them have stingers, but if you behave calmly when working in your garden in the company of bees, there is rarely a problem (unlike wasps, who are constantly in search of trouble and have a more aggressive nature). If you care about the environment and would like to create a bee (and butterfly, incidentally) friendly garden, consider adding some native plants to your space. The list is very long indeed, including asters, blue flax, columbine, bee balm, clematis, honeysuckle, Jacob’s ladder and on and on. No doubt you already have some of these in your perennial beds, whether native or hybrid species. Watch what is attracting bees from spring to fall – when you have identified the successful attractors, plant more. The other part of the equation is pesticides – the lack of them. A chemical that will kill a caterpillar or moth will kill a bee. Simple as that. A bee friendly garden is a pesticide free garden.

Seventy percent (70%) of all flowering plants need bees to pollinate so they can reproduce. The Department of Agriculture tells us that one-third of the human diet comes from insect-pollinated plants. Have you ever stood under a tree in bloom in the spring, and thought the whole tree was buzzing? Right. The pollinators are hard at work. Bees are hugely important to our society.

Barbara Shorrock is a member of the Queensland Garden Club, which meets monthly on the first Wednesday at the Queensland Community Centre. All are welcome; it doesn't matter where you live.



Reap What You Sow...

By Dr. Alma Nenshi, Registered Chiropractor

What is your greatest asset? Is it your wealth, your kids, perhaps your intelligence? There is no greater asset than your health, without which you cannot live your life's full potential, physically, emotionally, or spiritually.

According to the World Health Organization, "Health is 100% function of every cell, tissue, organ and system, and not merely the absence of disease or infirmity." Anything less than 100 % function hints an underlying weakness that holds you back from living your life's full potential.

Let's take a moment to appreciate a few of the miracles of life. There are 100 billion nerve signals sending messages throughout your body this very moment! Your heart beats 3000 million beats in an average lifespan, and it's only the size of your fist! You have 100,000 miles of blood vessels in your body and you can hold 1 quadrillion (1 million billion) bits of information in your long-term memory over a lifetime. Ninety percent (90%) of your brain's resources are devoted to ensuring you are able to stand upright to gravity with good posture. You have breathed 24,000 times in the last 24 hours. And finally there are 7,000,000,000,000,000,000,000,000 (7 octillion) atoms that make up your adult body, all which started as two tiny cells that joined, multiplied, and differentiated in an organized fashion, creating your life and the wisdom within it to create life again.

You are naturally designed to be healthy, and the innate wisdom within you expresses health and healing through the nervous system as long as there is no interference in the communication pathways. The brain is the most adaptable organ in the human body as it has the ability to change physically and chemically based on experience and what is happening inside and outside the body. Eighty-five percent (85%) of the human genome is concerned with the brain and its development leaving only 15% for the rest of the body including the development of your heart, lungs, digestion etc.

A breakdown in spine flexibility causes a breakdown in brain-body communication, similar to driving in rush hour traffic. Signals want to move through rapidly but they may be slowed, diverted, or even blocked. Arthritis, curvatures, poor posture, unhealthy eating, inactivity, etc., all may produce constant, chronic, low levels of stress on the brain and nerves leading to functional breakdown of the cells they supply. The result may be headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, digestive concerns, allergies, bedwetting, learning and attention challenges, vertigo, etc.

Regular chiropractic care clinically clears the traffic jams, alleviating nerve stress and restoring your brain-body communication systems. This results in better posture and frontal lobe activation, the area of the brain that is responsible for human executive functions like learning, planning, reasoning, intelligence, and socialization. According to neurologist and Nobel Prize recipient Dr. Roger Sperry, "90% of ALL Nutrition and Stimulation to the brain comes from movement of the spine!"

So how invested are you in improving your life's greatest asset? You are worthy of enjoying the life of your dreams, it's all in your head just waiting to be nurtured and cultivated. So what's your next step?

Embrace your innate wisdom and appreciate all that your body provides. You are designed to be healthy, strong, and healing by nature. Reflect on your life and have gratitude for the gifts of experiences that have fashioned into this perfect You. Look ahead and visualize your desired future. Now make your vision a priority and resolve to take one action step today to enhance your health and move towards your goal.

After all, you do reap what you sow...

CCSD BOARD OF TRUSTEES

Website: www.ccsd.ab.ca/board-of-trustees • Email: trustees@ccsd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

As Calgary Catholic School District (CCSD) trustees, we believe in nurturing Catholic education at all of our schools. As such, a central part of our role is ensuring that our rich backdrop of faith is front and centre in all facets of education within our district. To create this context for our community, a faith theme is chosen annually to guide us through the school year.

This theme strengthens our faith; it supports our words and actions in our school communities, in the decisions we make and our actions at all levels - from the board, to senior administration, to the classroom. It creates a common direction and focus for our district.

Last year marked the completion of our three-year faith theme, "Do justice, love kindness and walk humbly with God" (Micah 6:8). During these past three years, we have seen our CCSD community demonstrate faith through social justice, kindness and humility in everyday interactions and in major initiatives that show compassion and support for those in need.

This past year we saw the devastation of the wildfires in Fort McMurray and in true CCSD fashion, our community rallied together to welcome students into our schools and support families by raising over \$155,000 for our "Walk Humbly with Fort Mac" fundraiser. This is not new to us in CCSD, as giving of ourselves and serving others is the fiber of our faith and who we are.

For the 2016 -2017 school year, we are supported by the foundation of the past three-year faith theme while we embrace our new faith theme, "Be merciful, just as your Father is merciful". (Luke 6:36). We are called to continue to give of ourselves to others, support those in need, show kindness and most of all to be merciful to ourselves and others.

As stewards of Catholic education in Alberta, and CCSD in particular, your Board of Trustees supports the integration of this important new faith theme into every aspect of our school communities' lives.

We look forward to further exploring our faith theme of mercy with our Calgary Catholic community through-out this school year.

IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

Another school year is underway and we are excited to see so many new and returning students. September was a busy month as students got acquainted with each other, rekindled friendships and learned about preschool routines.

Mrs. Killam and Mrs. Marshall have lots of exciting things planned for October at Mapleridge Preschool. Students will be learning about autumn and the traditions of Thanksgiving. They will make creative art projects and study the beautiful trees just outside their classroom door. Class pictures will be held on October 4, and the children will be going to some fall fun at the Calgary Corn Maze and Kayben Farms for some pumpkin decorating! October wraps up with spook-tacular Halloween parties for all three classes!

Bonavista Prowling

BE AWARE: there has been a rash of car break-ins in Bonavista according to an area resident. The prowling can go unnoticed at first because the thieves use keyless entry and fob-start systems to gain access to belongings within vehicles. Ensure that all belongings of any value, as well as garage openers, are taken out when parking – particularly overnight.

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Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

October at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

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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.

Price Freeze

Recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase from September 2015 to April 2017.

Adults

- Register now for adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEPI3Y.
- More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- October Wellness Workshops include: Foam Roller Workshop, Mindful Relaxation Intro Workshop, and Straighten Up (free info session followed by a 4-week workshop – for youth and adults.)

Older Adults

- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in November.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children & Youth

- All children's programs – from tots to teens – start in November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options.
- Li'l Spooks Halloween Party, Sunday, October 30 from 4:30 to 7:30pm. Join us for games, activities, and wave pool fun. Members \$15 per family, Non-Members \$20 per family.
- **NEW: Get Certified: October certification classes include CPRC/AED original and recert, First Aid/CPR Full original and recert.**
- Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.
- Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, youth shinny, and stick & puck.

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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 AC@great-news.ca



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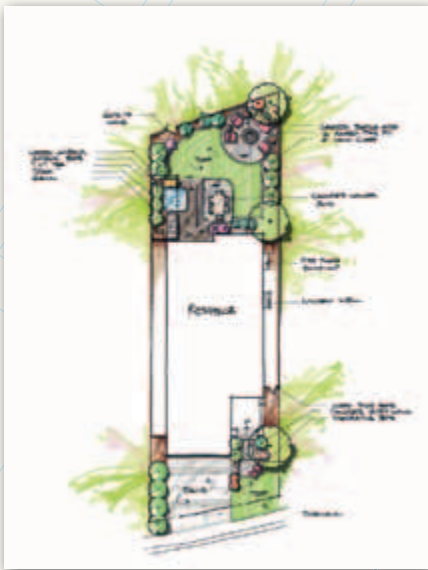
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Writings about Reading

Nourishing a child's mind, body and spirit so they can learn!

Look for the Nourish van in your community! We may be coming to a neighbourhood near you soon. This colourful van will be 'stopping by' and 'popping up' at schools, parks and community events starting—now!

The Nourish van's lively team leads free, fun activities and games – and shares snacks, information, books and more with families and young children. The aim is to help nourish elementary-school-aged children—mind, body and spirit, so they can learn!

Calgary Reads is involved in Nourish, together with Brown Bagging for Calgary Kids, Humanity in Practice (HiP Kids), Kids Up Front and 'NSTEP. Each of the partners already provides a range of services and resources to help Calgary children thrive. Now, through the Nourish collaborative – we will bring fun activities, resources, nutrition, activities, event tickets, volunteering opportunities and books to families and children who might not otherwise have access to these.

We are grateful to community funders who have made the Nourish van possible, including Rotary Club of Calgary, KAYAK Foundation, Calgary Foundation, and Marlborough Ford.

Donations of new and gently-used books for children aged 0 to 8 are always welcome through the Calgary Reads Book Bank and they will be shared through the Nourish van with children who have few or no books of their own at home. Or, if you would like to help the Nourish collaborative in another way, please be in touch to: info@nourishyyc.org

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

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

October 2016 - January 2017, Glenbow Museum presents: 1920s Modernism in Montreal: The Beaver Hall Group painted many portraits that convey the quest for modernism; these works rank among the most remarkable in the history of Canadian art. www.glenbow.org

November 5, Calgary Hitmen vs. Swift Current Broncos: The puck drops at 7:00PM at the Scotiabank Saddledome. www.hitmenhockey.com

November 16, Moscow Ballet's Great Russian Nutcracker: For one night only, the Moscow Ballet performs this seasonal classic. Get into the Christmas spirit and watch the story of Klara and the Nutcracker Prince come to life on the stage. www.artsccommons.ca

November 17 – 20, Art Market Art and Craft Show: Get a head start on your Christmas shopping at one of Calgary's biggest Christmas arts and crafts markets. Over four days, more than 200 Canadian artisans and makers showcase and sell their work. www.artmarketcraftsale.com

November 22, 6th Annual Why Whisper Fundraising Gala: Proceeds support the YWCA, and to date, this fundraising event has raised more than \$2 million. This year, the keynote speaker at the YWCA's fundraising event is Monica Lewinsky. www.ywcaofcalgary.com

November 25, Calgary Philharmonic presents, Neil Cockburn, Organ Masterpieces: Made of 6040 impressive pipes, the Carthy Organ is the grand and imposing centerpiece of the Jack Singer Concert Hall. Calgary-based Cockburn's talents will make the organ sing during this one night only performance. www.calgaryphil.com

November 25 – December 23, Disney's Beauty and the Beast: The Story Book Theatre brings this beloved fairytale, adapted from the animated Disney film, to the stage in all its splendour to delight Calgarian audiences. Featuring all the beloved songs from the movie and beautiful costumes, this one's not to be missed. www.storybooktheatre.org

NOVEMBER 5 ROTHNEY ASTROPHYSICAL OBSERVATORY

Dark Night Star Light Open House: A discussion on light pollution and a tour of the many telescopes at the RAO. 8 – 11PM, \$20 per car or \$10 per person. www.ucalgary.ca/rao



NOVEMBER 22 - DECEMBER 31 SLIPPER

A Distinctly Calgarian Cinderella Story: Rebecca Northan brings Calgary a new, family-friendly show for the holidays. It involves time travel, a male fairy godmother and a modern-day, Calgarian Cinderella. www.atplive.com



NOVEMBER 26 COL. CHRIS HADFIELD

Enjoy an evening hosted by Canadian astronaut Chris Hadfield, who stunned the earth with his rendition of David Bowie's, Space Oddity, during his five month stay on the International Space Station. This event is part of Mount Royal University Conservatory's Northern Lights Series. www.mtroyal.ca



NOVEMBER NOVEMBER NOVEMBER



New Website Helps Parents Manage Common Childhood Illnesses

Your toddler wakes up in the middle of the night with the sniffles, a cough and a fever. Your 5-year-old comes home from school with a red rash on their arm. Your 10-year-old is hit in the head during gym class. Having a sick or injured child can be scary and not knowing how to best manage a child's illness can be daunting. Now, a new resource to help parents manage common childhood illnesses that don't require treatment in an Emergency Department (ED) is available online.

Developed by a team of Emergency Department doctors and clinicians from both Alberta Children's Hospital and Stollery Children's Hospital, the HEAL (Health Education and Learning) website aims to provide families across Alberta with easily accessible and reliable information about common minor illness in children.

"We know that it can be scary when your child is sick. The good news is that there are times kids don't need Emergency Department treatment and can be taken care of safely at home," says Dr. Shirmeem Doshi, Alberta Children's Hospital Emergency Department physician.

"While children with certain illnesses such as cough, fever, or earaches may feel very uncomfortable, they are sometimes best cared for at home. The HEAL website provides parents and caregivers with credible information regarding common childhood illnesses we see in Alberta, as well as practical advice to care for their child with confidence, or help articulate their concerns to a health care provider."

Information on croup, cough, common colds, ear pain, nosebleeds, head injuries, vomiting and diarrhea, fever, febrile seizures and rashes is available on the site, including a detailed description of the illness, symptoms, treatment, and when to seek medical attention.

The HEAL website also contains videos, created by Mount Royal University students, about the staff your child will see while in the Emergency Department, as well as what to expect when coming to the hospital to

make both patients and parents more comfortable with their hospital experience.

Work on the project began five years ago when several Alberta Children's Hospital physicians and clinicians noticed the same common illnesses and injuries re-appearing in the Emergency Department.

"The health concerns featured on the website are based on the 10 most common minor illnesses and injuries seen in our pediatric Emergency Departments in Alberta that can be managed in the home environment," says Stephen Page, Registered Nurse and HEAL Project Coordinator. This resource is designed to address the concerns and questions most often raised by families in the ED."

The new website is also connected with the AHS Know Your Options campaign that helps educate Albertans about the various health care options in their communities and provide accurate information on how to get the right care, in the right place for you and your family.

"The HEAL website is a tool to help families better understand common things that make kids feel unwell, and empower them with information on what can be done to care for their child at home.

HEAL is not intended to replace medical advice or care and if families are ever worried or unsure of how sick their child is, we encourage them to be seen by their family doctor, walk-in clinic, or if necessary, call 911 or go to the Emergency Department," says Doshi.

The website has been reviewed by staff and families to ensure it is user-friendly, understandable, and easy to navigate. The information is also available in a mobile-friendly format so parents and families can access it from any device.

To access HEAL, go to <http://www.ahs.ca/heal>

CALGARY



WILDLIFE

The Brown Creeper

By J.G. Turner

Photo credit: David Mitchell

This tree-climbing bird has a tiny, slim body that is well camouflaged with brown streaks on its back, white under parts, a yellowish bar across the wing and a buff stripe over the eye. The Brown Creeper--also known as the Tree-Creeper--is a permanent Alberta resident found in parkland, mountain and boreal forests at many elevations. These creepers are found in mixed woods but seem to prefer coniferous areas for their breeding grounds; however, in the winter, they move to more varied environments and are easier to find in deciduous woodlands.


Fun Facts:

- The Brown Creeper got its name because it climbs (or creeps) in an upward spiral from the bottom of a tree while it forages for food. The short legs and long curved claws allow this creeper to hook into the bark.
- The Tree-Creeper uses its unique bill to probe into crevices in the bark to eat small insects and spiders.
- The male finds the materials for a nest but the female is the one that builds the nest. The male sings to the

female (a high thin trill) from nearby while the female works.

- Although the Brown Creeper may pass a Nuthatch working its way from the top of a tree to the bottom, there is no competition between these birds as the Brown Creeper can reach into spots and find food where the Nuthatch cannot reach.
- Due to their tiny size and weak call, Brown Creepers are very inconspicuous birds, so it is thought that estimates of the birds' dispersal and numbers are conservative.
- You can attract this inconspicuous little bird to a feeder by offering suet (especially if it is smeared right onto a tree trunk), peanuts and bread crusts. During the winter, they will also eat seeds.

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.




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IN & AROUND CALGARY

October Fire Prevention Week. October 9-15th

Your Calgary Fire Department wants you to make time to ensure that your family is safe from fires.

Don't wait, check the date!

If a fire occurs in your home, we, as firefighters know firsthand that only a WORKING smoke alarm can alert you. Smoke alarms that are older than 10 years old may not work when you need them most, so check the date on the unit, if it is older than 10 years old, replace it!

If there is no date, and it appears to be older than 10 years old, replace it.(even if it is hard wired)

Other simple reminders:

- check every detector monthly by pushing the test button
- change the battery annually (some now have ten year batteries)

- you need to be able to hear the beep when you sleep
- you should have a smoke alarm on every level of your home
- many smoke alarms will "chirp" when the battery is low or when the alarm has reached its lifespan

If the alarm does go off, your family can initiate your home escape plan. For additional information on escape plans, visit Calgary.ca/CSPS/Fire

Please watch and share our new fire safety video with your family:



Fire Safty Tips with Flint
<https://youtu.be/QbE3tCBzeYO>

DID YOU KNOW: that the first arriving Captain at a building fire may have to make up to 200 decisions in the first 5 minutes? The decisions start even before the fire engine leaves the fire hall!

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CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

It's October, and students are settled into the school year. The mornings are colder, the leaves are falling and we start to think about the Thanksgiving holiday and reflect on all that we are grateful for.

We have much to be thankful for this year. We are grateful that we live in a city that highly values education. We see this through the increasing number of families choosing Calgary Board of Education schools for their children each year. We also see the value placed on public education by the City of Calgary and our communities, who provide tremendous support for our students. Your support helps our students succeed, and for you, we are grateful.

We are grateful for our employees. Nearly 14,000 people from all across the city of Calgary choose to work with the CBE and their efforts and passion make a difference in the lives of our students every day. Some are faces you see in our schools, and some work behind the scenes, but each employee contributes to our success.

We are grateful for our families and communities. By getting involved in school councils, volunteering in

classrooms, supporting schools with their fundraisers and projects and sharing your experiences you make our school system better.

We are grateful for our students. Their commitment, excitement and energy fuels our system. They are the reason we are here. Every day, we see our students learn, grow and challenge themselves and others. Our students inspire us and help us realize how much the work we all do to make this world a better place truly matters.

As community members, parents and educators, we have a chance every day to make a real difference in a child's life. We have a chance to engage children and encourage their lifelong learning. The moments we get to spend with our children and students matter. For that, we are grateful.

If you are interested in learning more about how the Board of Trustees advocate to protect public education and student success, we'd love to speak with you. Contact us at boardoftrustees@cbe.ab.ca.

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Hello Neighbours!

If you are a gardener like me, you've worked hard over the summer and now fall is a time to reap the benefits of the harvest. It is also a time to celebrate with family and friends by giving thanks for all that we have as Calgarians, Albertans and Canadians.

I know that many of us have personally been affected, or have had a loved-one affected, by the changes to our economy. Uncertain times like these remind me how important it is that we have strong social connections through our families, friends, faith centres, social institutions and communities. Getting involved in your community is an incredible way to give back to our city and those who may be experiencing hardship.

To those who are already involved in active volunteerism, I would like to extend my heartfelt thanks to all of you for your incredible work.

This month I wanted to report on some exciting news around our public transportation infrastructure. In September, the federal government, in concert with the province and the City of Calgary, announced that they will be funding the construction of a dedicated transitway across Deerfoot Trail and the Bow River from our beloved International Avenue (17th Avenue). This will also include new pathway systems for pedestrians and cyclists. This new dedicated transitway is a huge win for our neighbours in Dover and all across Ward 9. Not only will it significantly improve the transit connection for people living east of Deerfoot Trail, it will greatly enhance access to one of Calgary's best kept secrets - the exhilarating, vibrant and burgeoning main street known as International Ave.

We are also making huge improvements to the way we access our river systems. In June, my office and the Ward 12 office drafted a Notice of Motion for Administration to prepare a report on the implementation plan for a river access strategy, which would include input from users. I am happy to report that over the fall Administration will be engaging with stakeholders. For more information please go to www.calgary.ca/riveraccessstrategy.

Finally, as fall is now in full swing, I wanted to remind everyone that The City is offering its Leaf & Pumpkin Composting Program, again. This is a chance for all of us to divert waste from our landfills and reduce greenhouse gasses by composting yard waste. More information can be found at www.calgary.ca.



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Hi friends and neighbours

October brings pumpkins, leaves and cozy sweaters and on October 1, we see a number of changes to Alberta's minimum wages. Starting October 1, the minimum wage increases to \$12.20 per hour and the liquor serve rate has been eliminated. Approximately, 59,000 Albertans (2015/16 statistics) and that 61 percent of minimum-wage earners are female and 43 per cent are full-time workers, this is a step towards enhancing the lives of lower earning Albertans.

Please join me at one of our two Open Houses. We will be opening our doors on October 12, 2016 from 5:30pm-7:30pm and on Saturday November 26, 2016 from 2:00pm -4:00pm in our office at #10, 8318 Fairmount Drive SE. Stop by for a coffee and chat.

As always, my staff and I are here to help and hear your feedback. If you need assistance accessing government programs, want some support for a community event or initiative or just want to say "Hi," you can reach us by email at Calgary.Acadia@assembly.ab.ca, by phoning 403-640-1363 or visiting #10, 8318 Fairmount Dr SE. We are open Mondays 10-3 and Tuesday - Friday 10-4.



Pumpkins aren't just an orange vegetable; they also come in white, blue and green. Great for unique Halloween carvings!

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas - 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police - Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
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South Calgary Urgent Care Health Centre	403.943.9300
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Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
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Road Conditions - Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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Deadline - 1st of each month for the next month's publication.

Contact news@great-news.ca

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

THE UNIVERSITY OF CALGARY IS CURRENTLY RECRUITING PEOPLE WITH TYPE 2 DIABETES, AGED 35 YEARS OR OLDER, FOR A RESEARCH STUDY. All participants will increase their aerobic exercise (walking or jogging) and some will complete resistance band training. Please call 403-955-8116 for more information.



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