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Acadia

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**Councillor Gian-Carlo Carra
Ward 9 Office**

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Phone: 403-268-5330
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Calgary-Acadia**

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**GREAT NEWS PUBLISHING HAS BEEN
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FOR 18 YEARS!**

your COMMUNITY business of the month

Active Learning Programs Ltd

Acadia Community

A business is like a person, the owners give birth to it, the staff care for it, and the clients help it grow. Most companies will talk about how they have a great product for a great price and friendly staff. For us the thing we want to discuss is your vision for your child's future both academically and socially. Who is this person and what goals do you want them to pursue? Every person's path is unique, important, and ever evolving and **we would like to be a part of the beginning of your child's path.** We are Active Learning Programs Ltd a French Bilingual Preschool and Out of School Care for Elementary Students.

It starts with our interpretation of what a Preschool Program should be like in a modern Canadian setting. We are one of the few Bilingual Programs in the city because we believe as our country began and has continued to grow being polylingual is an asset. Not only does it give someone the initial value of being able to converse with a greater number of people but it implants the cognitive ability to think of things in a different way. The other half of our Preschool Program is music, which is the language that speaks to us all no matter where you are from. Music is one of our biggest teaching platforms because when they are engrossed in the song they can't help but absorb the lessons we are trying to impart. Our tag line is "Designed to inspire with Dance, Music & Art" because when something inspires you to try you can't help but have fun.

As the co-owner of this company who has helped guide it from its humble beginnings in a townhouse in Acadia, to our stay in Lake Bonavista and now our grand opening in the Acadia Village Center I think our Preschool clients choose us because of our dedication to the betterment of your children.

The other side of our coin is our Out of School Care for Elementary Students. With our relocation back to Acadia we have been able to expand the schools we service from Sam

Livingston, Lake Bonavista School, and Andrew Sibbald to now adding Alice M Curtis, Acadia Elementary, and St Cecilia. We are one of the few Programs that service both AM and PM Kindergarten and the only one that offers our Kindergarten Enrichment Program. Kindergarten is a big year in the life of a child, and for some it is the first time that they have been in a classroom setting. A part of our day is dedicated to literacy and writing skills and we have a music portion as our Kindergarteners are featured in our semi-annual concerts. For our older children we offer a variety of clubs and activities to keep them interested and engaged in our time together. We cover all PD days and Spring Break so that you can feel confident that your child's care on school closure days is covered.

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Programs Ltd.



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and Alice M Curtis Schools

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Acadia Community Association

240-90 Ave SE | Calgary, AB T2J 6P6

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acadiarec@telus.net

Last 12 Months Acadia MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$454,900.00	\$437,500.00
July 2016	\$439,450.00	\$429,250.00
June 2016	\$423,500.00	\$424,250.00
May 2016	\$409,900.00	\$415,000.00
April 2016	\$427,350.00	\$420,500.00
March 2016	\$454,900.00	\$447,000.00
February 2016	\$409,000.00	\$393,000.00
January 2016	\$409,900.00	\$403,000.00
December 2015	\$389,000.00	\$380,000.00
November 2015	\$399,900.00	\$376,000.00
October 2015	\$419,000.00	\$416,000.00
September 2015	\$434,900.00	\$422,000.00

Last 12 Months Acadia MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2016	5	5
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
September 2015	8	7

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

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South West Communities Resource Centre

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The SouthWest Communities Resource Centre (SWCRC) proudly offers programs and services to families throughout 28 local communities.

This fall the SWCRC will be offering some new programs and services along with our highly requested parenting workshops. We will also offer a speakers series over the year and have experts in their field speak to our residents. Stay tuned for more information.

We are now accepting registration for our "Positive Discipline and Everyday Parenting" on Tuesday mornings and "Parent Talk" on Thursday mornings starting September 20th. Please contact our office at 403 238-9222 to register.

The work we do couldn't be done without great volunteers supporting our efforts. As we expand our program offerings we are also seeking new volunteers.

Consider volunteering close to home:

- Tuesday/Thursday mornings we can always use your help with child minding for two hours.
- We are looking for our brightest and smartest south west residents who can volunteer a couple of hours a week as a tutor for grades 6 – 12. Our tutoring program runs early Wednesday evening and goes throughout the year. Parents can also register their children/youth by contacting our office.
- How about your office skills? The SWCRC is also looking for volunteers to mind our phones and provide general office support. These positions are for one half day per week. Give us a call

Our office is located in the Oakridge Co-op Plaza and would love to show you our newly renovated space! Please stop by and learn more about the programs and services offered in your communities.

Visit us on Facebook: www.facebook.com/calgaryswcrc
Follow us on twitter: @swcrc_yyc

IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

As we begin another exciting school year, we extend a big welcome to both new and returning students. Our wonderful teacher, Mrs. Killam, is looking forward to her 34th year with Mapleridge Cooperative Preschool! We also have a new teacher join us this September, Mrs. Sue Marshall, and we are so happy to have her as an integral part of our team!

September is a month of getting acquainted with the new students, rekindling old friendships, making new ones, and establishing preschool routines. Mapleridge Cooperative Preschool has a bright and cheerful atmosphere that creates a wonderful environment for learning, playing and having fun.

Parents please mark your calendar for the Parent Orientation Night: Tuesday, September 6 at 7:00 pm.

It is not too late to enroll your child in our student-centered preschool. We still have a few spots available. For more information, please contact us at 403-278-9594, send us an email at mapleridgepreschool@hotmail.com, or visit our website at www.mapleridgepreschool.com



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WALK-INS WELCOME!

SEPTEMBER-Get into the Guiding Action!

We are looking for new and returning girls and women to join us for "fun and adventure". Guiding provides all girls with an opportunity to learn new skills, try new activities, to develop self esteem and leadership skills. Some Blackfoot units will be camping in September, planting trees for TD Tree Day, having outdoor campfires in Fish Creek Park, learning new songs, crafts and games. Blackfoot District will host a swim night for all units in October. Join a unit in your community to be a part of all the action!

Guiding is also a great place for women to connect with other women and to share their talents and knowledge with the youth of our community. We are looking for women aged 18yrs and older who would like to experience mentorship and friendship by volunteering a small amount of their time to becoming leaders. No previous experienced required!

Guiding welcomes girls of all ages from kindergarten through to high school and beyond.

Sparks	ECS & Grade 1	or (5&6 year olds)
Brownies	Grades 2 & 3	or (7&8 year olds)
Guides	Grades 4, 5 & 6	or (9 to 12 year olds)
Pathfinders	Grades 7, 8 & 9	or (12 to 15 year olds)
Rangers	Grades 10, 11 & 12	or (15 to 17 year olds)
Leaders		(18 years and over)

The communities within Blackfoot District are:

Acadia	Elboya	Meadowlark Park
Britannia	Erlton	Misson
Bel-Aire	Fairview	Parkhill
Beltline	Haysboro	Ramsay
Canyon Meadows	Highfield	Rideau
Chinook Park	Inglewood	Roxboro
Connaught	Kelvin Grove	Southwood
Downtown	Kingsland	Stanley Park
East Village		
Downtown West	Manchester	Victoria Park
Eagle Ridge	Mapleridge	Willowpark
Elbow Park	Mayfair	Windsor Park

If you live in one of these communities we can find a unit near you!

Registration for the 2016/2017 season can be done online by going to www.girlguides.ca

Units are accepting girls and leaders!

Guiding is a great place for girls of all ages to build new friendships and experience new challenges.

Girl Greatness Starts Here!



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.

September 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 (more than 55 in the summer months), use the gymnasium, swim in our newly refurbished pool, skate, or play shinny. 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.) Plus with a membership you get 20% off hundreds of fun, active registered programs.

Fall/Winter Program Guide and Registration

Online registration is open and ongoing! We have something for everyone: swimming lessons, skating lessons (and NEW learn to figure skate program), adult fitness, older adult fitness and wellness, and programs for parent & tot, preschool, and children & youth. Lots of new programs; see www.tricocentre.ca for our Fall/Winter Program Guide or pick up a copy in facility. You can register online or by calling Guest Services at 403-278-7542.

Aquatics Programs & Pool Refurbishment Celebration

Our newly refurbished pool is open NOW – come and check it out. We will be celebrating on September 24, 2-9pm. Swim lessons for all ages (including adult.) Canadian Swim Patrol. Private Swim lessons are also available.

Parent & Tot & Preschool

Lots of parent & tot registered programs. New combo classes for Fall: Bubble Buddies, morning of songs, rhymes & action games – then blow bubbles in a parent & tot swim lesson. Also new, Dance with Me! Messy Masterpiece & Tiny Tot Sports n' Play. Also check out our parent and tot drop-ins – free with membership. Thirty different registered preschool options: art, dance, active movement, sports. New for Fall: Registered programs, ABC-123, combo classes: Art N' Gymnastics, Funky Fridays (each week focuses on a different theme) & Ballet/Jazz Combo. Also new is Nature Wonders, Bricks 4 Kidz & Sportarama. Late registration is allowed.

Children & Youth

Check out the Fall Winter Program Guide for what's new for Fall: Registered programs, Just for Girls, Try it Tuesdays, Badminton Club, Dodgeball for Teens, Gym n' Swim Fridays, Sportball: Basketball & Ball Hockey, Sports Extravaganza (9-

12 yrs) & Tumbling for Beginners (9-12 yrs). Youth Night is Saturdays, 6:30-9pm. Youth aged 10-17 can drop in for floor hockey, dodgeball, basketball, and other fun activities.

Adults

The Fitness Centre is waiting for you with friendly staff, lots of equipment, no line-ups and, with membership, more than 70 drop-in fitness classes. Drop-ins like adult shinny and leisure skate. Registered programs: fitness options, Mommy & Me series, plus the NEW: Focus Series: Small Group Training – Fat-Burning, Healthy Back & Joints, Learning the Basics, Power Lifting & Strength Training Design. Wellness workshops including Straighten Up, a posture workshop for adults and youth (12 yrs +.)

Older Adults

Lots of older adults exercise in our fitness centre – drop by and check it out. Registered classes include Balance Builders: Fall Prevention Program (65+yrs), Bones and Balance, and Chair Yoga. Lots of drop-in fitness for older adults plus drop-in pickleball!

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities like yours 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.

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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



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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



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.theatrecalgary.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

IN & AROUND
CALGARY
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;



BRAIN
GAMES
SUDOKU

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

FIND SOLUTION ON PAGE 23



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 wa-

ter 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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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

IN & AROUND CALGARY

Graffiti Vandalism

A message from the Federation of Calgary Communities Building Safe Communities Program

Graffiti vandalism is figures, letters, drawings or stickers applied, scribbled, scratched, etched, sprayed or attached on or to the surface of any premises, structure, or other property. It can be done by a variety of methods including spray paint, markers, etching and pens to name a few. Graffiti done without the owner's permission is vandalism and is a crime carrying serious consequences. Most graffiti vandalism IS not gang related, but if graffiti vandalism is left unchecked, other criminal activities may begin to start in the area as the perception of the community is that no one cares or is taking care of the area. **Graffiti vandalism needs to be reported to 311.** If graffiti vandalism is not removed quickly, this inaction may be interpreted as a sign of low neighbourhood pride, and graffiti vandalism will spread to other buildings, streets and properties.

What to do:

1. Record the graffiti vandalism by taking a photograph (if possible) of the damage
2. Note the location
3. Report the graffiti by calling 311
4. Remove the graffiti if it is on your property or with permission of the property owner. The longer it is left for viewing the more likely other graffiti will appear in the area.

Please visit www.graffitifreecalgary.ca for more information on graffiti vandalism and how you can make a difference in your community to address graffiti vandalism. Special thanks to the Calgary Police Service Graffiti Coordinator Constable Dave Ladic for input in this article.

Property Tax Assistance Program

Property Tax Assistance Program: Help is available. The City of Calgary may provide a grant/credit of the increase in residential property taxes from 2015 to 2016.

To be eligible, the applicant must:

- Experience an increase in property taxes from 2015 to 2016.
- Live in the principal residence for a minimum of one year.
- Own no other property.
- Must meet low income guidelines of the Fair Entry Program. Visit calgary.ca/FairEntry or call 311.
- Provide an acceptable proof of household income for all members 18 years of age and older. Visit calgary.ca/FairEntry or call 311.
- Apply for the grant/credit by Dec. 1, 2016. Visit calgary.ca/FairEntry or call 311.
- Even if you are not eligible for the Property Tax Assistance Program, we may be able to help you access other community resources.

Please note: Even though an application has been made to the Property Tax Assistance Program, all property taxes must be paid in full by the due date, June 30, 2016, to avoid a seven per cent penalty.

For more information, or to apply, please contact 311 or visit calgary.ca/FairEntry.

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

Calgary Humane Society Dental Care

Happy August! We hope you are enjoying a great summer with your two and four-legged family! At Calgary Humane Society we are enjoying a busy season of summer camps. Our annual August adoption event is also just around the corner and we hope you will all come out to celebrate with us!

For many families, summer includes a trip to the dentist to take care of everyone's pearly whites. Dental care is vital for humans, but did you know that pets need dental care too? Each and every year we see dozens of animals at the shelter suffering from dental problems, problems that can result in health issues for the pet and legal problems for the people! Failing to provide dental care to your pet is considered a form of neglect under the Alberta Animal Protection Act and bad teeth can cause unnecessary pain for Fido. Interested in learning more about dental care for your pet? Read on!

Do all pets need dental care?

If your pet has teeth then dental care is an important contributor to overall health! Dogs, cats, rabbits, guinea pigs and even small critters like hamsters and gerbils should have their pearly white inspected regularly as a part of an overall health check-up by their veterinarian.

What are some of the common pet dental procedures?

For dogs and cats the most common dental need is tartar removal and tooth cleaning, much like what you would have done at your own dentist. Extractions are another common dental procedure in pets. Just like humans, cats and dogs can suffer from cavities and gingivitis and if these problems continue unchecked the teeth will need to be removed.

Rabbits and rodents have more complex dental needs. These critters have teeth that grow continuously for their entire lives. Most of the time your rabbit or rodent will do a great job of wearing down their teeth by chewing and eating

rough foods, but sometimes they need a bit of help. An exotics veterinarian will regularly check your pets teeth and can trim or file the teeth if necessary.

What is the cost of dental care for pets?

Just as with humans, the cost for dental care for your pet will depend on the condition of your pet's teeth and the pricing your vet sets for each procedure. We recommend booking a consultation with your vet to discuss your pet's specific dental needs.

What can I do at home to keep my pet's teeth healthy?

Providing an appropriate diet and opportunities for chewing is an important part of maintaining dental health in all animals. Choose toys that are the right size for your pet and made specifically for chewing as some items (like tennis balls) can damage your pet's teeth if chewed.

For additional suggestions we recommend speaking with your pet's vet. Your vet is familiar with your pet's specific needs and will be able to help you develop an oral care plan.

Can I use human toothpaste for my pets?

Human toothpaste should never be used for pets as it contains some ingredients that can be harmful if swallowed by your pet. If your vet has recommended brushing your pet's teeth, you should invest in a good quality pet toothpaste.

What are the main benefits of dental care?

Providing good quality dental care is an important part of health and wellness for pets. Investing in routine dental care sets your pet up for a long and healthy life, and it will also keep Fido's breath smelling great on those long summer car trips!

From all of us at Calgary Humane Society, Happy Summer!





Canadian Cancer Society
Société canadienne du cancer

Harvest summer's fresh bounty

By Paula Trotter
The Canadian Cancer Society,
Alberta/NWT Division



There's no better time of the year than now to eat more fruit and vegetables.

Alberta summers offer a bounty of fresh produce. You name it; this season's got it – cucumber, carrots, summer squash, sweet corn, strawberries, blackberries, cherries and more.

It should come as no surprise that eating plenty of vegetables and fruit is good for your health. But did you know a diet that includes a variety of produce helps to reduce your risk of developing cancer?

Research has shown that vegetables and fruit may help protect against certain types of cancer, such as head and neck, esophageal, stomach and cervical cancers. And, because produce is low in calories and high in fibre, eating a variety of fruits and vegetables can help you reach and maintain a healthy body weight, which in turn helps to reduce your risk of developing cancer (being overweight or obese puts you at a higher risk of cancer).

You can't go wrong with eating more fruit and vegetables. They're good for you, and delicious too.

Here are some Canadian Cancer Society tips to help you add more fruit and vegetables to your diet:

- Prepare a weekly meal plan and shopping list that includes plenty of fruits and vegetables. This way you know how you'll use all that produce so it won't go to waste.
- Make a veggie version of your favourite pasta, pizza, curry or chili. You could even try having meat-free meals for an entire day once a week.
- Fire up the barbecue and grill fresh fruit slices such as peaches and pineapple for a healthy, sweet dessert.
- Go for a rainbow of colour. Different coloured veggies and fruit provide different nutrients.
- Think of vegetables and fruit as natural convenience foods. Bananas, apples and oranges all come in their own packaging and can be eaten on the go. So can most raw veggies.
- Liven up the food you eat with crunch and colour. Put tomatoes, cucumber, peppers and radishes in sandwiches, berries in yogurt or cereal, and extra vegetables in pasta, rice, stir-fries and soups.
- If time is an issue, buy packages of pre-cut carrots, peppers, leafy greens or mixed fruit to make life and cooking a little easier.



Living In A Man's World

by Elisabeth Fayt

One thing I look forward to each year is the annual Book Fair in a little lake town where I spend my summer vacations. They cram the local town hall with used books at bargain prices, so I always manage to fill two boxes or more. I figure, if I get at least one good life-changing quote, I've gotten my money's worth. And there it was, a self-help book for women on "How to Thrive in a Man's Environment" filled with pointed advice on how men would like women to communicate with them, such as this nugget: "Spare me the pain, just give me the baby."

What a message, loud and clear. Men just want the facts, Jack. The problem is, as women, we love to do this seductive pole dance around the punch-line, keeping our listener captive with every detail before we get to the point, if we *ever* get there. Shocker, ladies, this drives our men crazy!

Let's face it, men and women are different. The good news is, we weren't designed to drive each other crazy. What I've learned spiritually is that our goal is to find a balance between our two natures. For men, it means loosening the grip on *reason* long enough to *feel*, and for women it means getting off the emotional train ride long enough to *reason things out*. It's a delicate juggle between heart and head.

It can be done, and we grow spiritually the more we're able to combine the two. It happens with practice, with our bosses, partners and friends, so bring on those relationships that push your buttons and take you to the next level.



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Deer Park Winter Clothing Event

Need winter clothes for you and your family?

The Annual FREE Clothing Give-A-Way is happening again this year, for one day only!

*Clothing is donated and is gently used.

When: Saturday, Oct. 1st from 10am-1pm
Where: Deer Park United Church, 77 Deerpoint Road SE
Who: Everyone!

Do you have WINTER clothing to give away?
 We will be accepting clean, gently-used winter clothing on the following days only:
Day Time Drop-offs:
 Sept. 26, Sept. 27, Sept. 28, and Sept. 29 from 9 am-noon and 1 pm-4pm
Evening Drop-off:
 Wednesday, Sept. 28 from 5 pm-8 pm

Winter Clothing can be dropped off at Deer Park United Church (77 Deerpoint Road SE)

If you have any questions or would like to volunteer, please call Deer Park United Church at 403-278-8263.

We are always looking for volunteers to help organize and sort clothing for the event!



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HomeStart BBB

Do you tip the pizza delivery guy or gal?

If so, how much? Below are some facts and figures to help you out.

Tom Allum

If you get food delivered, whether it is Chinese, pizza or your standard fare, there normally is a delivery charge. The amount of the delivery charge varies from each establishment but is normally between three and four dollars per trip. This amount usually goes to the driver at the end of each shift. The driver supplies their car, fuel and insurance and maintenance. 99% of drivers are on contract basis only. They average 12 trips per shift. This equals \$42.00 for a five to 10 hour shift. Not including tips if any.

Most pizza places have a defined area of delivery which is about eight kilometres to the furthest delivery point. With an average of five kilometres one way per trip, and round trip equals of 10 kilometres. The government (CRA) allows independent contractors a 0.54 cent per kilometre allowance. At 120 kilometres per shift this equates to the driver going into the red for about \$20. So why do it? Most do not make enough to pay rent or even claim the 0.54 cent allowance. Most drivers pay out approximately \$15 for gas per shift which to them equals a positive cash flow of \$27 per shift. (Not including tips, if any.)

Which brings us to the question of do you tip or not and, if you do, how much? There are of course no set guidelines, established rules or common practices such as in sit down restaurants. (Restaurant staffs expect 10 to 20% of your total bill as a tip which they normally share.)

So what should you tip? But, before we get to that, let's explore some of the demographics regarding pizza deliveries and how different groups tip.


Office staffs ordering during the day often tip a minimum of 15% or \$10. I am sure they do not want to look cheap in front of their coworkers and most can expense this. Senior citizens always tip (there are a few exceptions) normally \$5 and sometimes as little as \$2. Low income do not tip well at all although some do make an effort. People who live in million dollar homes are normally not good tipppers. Working class people normally



are the best tipppers. College and high school students are very poor tipppers (unless ordering from a party). **And the big one - women are better tipppers than men (although there are exceptions).**

A decent tip would be minimum of \$5 -\$10 for orders up to \$50, \$10 to \$15 for orders up to \$100, anything over a \$100 a minimum of \$20 would be nice.

So they do it for the cash and the tips. Some are retired and cannot live on the amount they receive; others cannot find a steady job or are limited due to personal circumstances that prevent full time employment.



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 BY SHERI

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SEPTEMBER MOON CALENDAR

New Moon
Sept 1

First Quarter
Sept 9

Full Moon
Sept 16

Last Quarter
Sept 23

New Moon
Sept 30

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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Greetings Ward 9,

I hope that everyone has had a great summer and have been able to recharge themselves. As we turn our attention towards the fall and get back into our routines, many items in the immediate future will affect all communities in Ward 9. Some of these include, the Green Line North design charrettes, the Calgary Hospital Legacy Fund committee update, the Community Representation Framework report, discussions surrounding Area Redevelopment Plans (ARPs), the Developed Areas Guidebook (DAG) and the Green Line report, coming to Council this month.

Other items, spearheaded by your Team Ward 9, can't possibly fit into this article. If you are interested in knowing more, please sign up for email notifications from at www.calgary.ca/ward9connect. Also, visit my

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Team Ward 9 has always been committed to being accessible to you. As such, your Team Ward 9 will continue to engage each community with our well-received Community Objectives Workshops (COWs).

To date, we have held them for the communities of Park Hill, Erlton, Rideau-Roxboro, Renfrew, Bridgeland-Riverside, Inglewood and Ramsay. From this concrete feedback, our office has been able to get more work done. If you are seeing increased activity from Parks, Roads, Neighbourhood Services or any other City department in your neighbourhood, it's likely a direct result of those workshops.

For the communities of Riverbend, Tuxedo Park, Winston Heights-Mountview, Fairview, Acadia and Dover, we ask for you to **save the dates below** in your calendar and send an email to ward09@calgary.ca to RSVP, as space is limited and they do go quickly.

• Riverbend

September 17 (10:30 AM – 2:30 PM)

• Tuxedo Park/Winston Heights-Mountview

October 1 (10:30 AM – 2:30 PM)

• Fairview/Acadia

October 15 (10:30 AM – 2:30 PM)

• Dover

November 19 (10:30 AM – 2:30 PM)

Finally, please join me in welcoming Blair Hone to Team Ward 9. Blair has been an avid proponent of creating great, liveable and vibrant neighbourhoods. He succeeds Shelaine, who has accepted an amazing opportunity outside of The City. We will certainly miss her energy, passion for, and success at, community outreach and engagement. I am excited to introduce Blair to you all, and know that he will be a great fit for Team Ward 9.

See you all soon.

IMPORTANT NUMBERS

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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
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ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
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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	
Calgary Humane Society	403.205.4455
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
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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Hi friends and neighbours,

I hope that you had a fun and relaxing summer and had the opportunity to take in some of the many community activities and festivals in and around our beautiful city. A special shout out to Willow Ridge Community Association and President Roger Crowe for co-hosting our annual Pancake Breakfast. Roger's experience in hosting this event was invaluable. Also thanks to the Acadia Community Executive members who flipped pancakes, made coffee and lent much needed hands to this successful event attended by so many great members of our communities. We look forward to spending more time with so many of you at future events.

September marks the return to routines. Back to school for the kids and adults alike, and our valuable community association meetings are back up and running. Community associations are such an impactful way to support and sustain vibrant communities. Volunteering creates connections with neighbours and there are so many opportunities - events staff, fundraising and committee work. Calgary-Acadia is lucky to have strong active community associations - Willow Ridge, Acadia, Fairview, Southwood, and Riverbend - and they would love to have you join them.

We welcomed Cassidy Eleanor Payne on July 23rd and I'm thrilled to be able have her join me in my duties. While her office skills may be lacking, I'm sure that she will be valuable contributor to our team.

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.

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Scotiabank Investment Specialist

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