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CONTENTS

Trico Centre	6
Cranston Residents Association Programs	9-10
Calgary Wildlife	15
South Health Campus Wellness Centre	20
Reap What You Sow	23

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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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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-eek 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.



Because you value your Community, be sure to purchase your Cranston Community Association Annual Membership!

Benefit from sports, activities and partner discounts. Gain preferred access to youth and community events and programs. Secure a vote at public meetings, or make a difference by joining the Board, and more.

Memberships are \$20.00 per family for Cranston residents and \$30 per family for non-residents.
Memberships are valid for 1 year from date of purchase.

Name: _____ Spouse Name: _____

Address: _____ Postal Code: _____

Contact Phone: _____ Email: _____

Number of children: _____ Age(s) of children: _____

Yes, please contact me about volunteering

Please fill out the above, enclose your cheque or money order, payable to the Cranston Community Association and mail to the following address:

Cranston Memberships
11 Cranarch Road SE
Calgary AB T3M 0S8

Cranston Community Memberships can also be purchased at the front desk at Trico Leisure Centre, 11150 Bonaventure Drive SE.



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CRANSTON RESIDENTS ASSOCIATION

CENTURY HALL RENTAL RATES

rentals@cranstonresidents.ca

	Dimensions	Capacity	Hourly Rates	
			Resident	Non-Resident
Heritage Hall ABC 2652 sq feet	34 ft by 78 ft	135 dinner	\$80.00	\$104.00
Heritage A 1037 sq feet	34 ft by 30.5 ft	50 dinner	\$50.00	\$65.00
Heritage B 850 sq feet	34 ft by 25 ft	40 dinner	\$40.00	\$52.00
Heritage C 765 sq feet	34 ft by 22.5 ft	35 dinner	\$40.00	\$52.00
Heritage A & B 1887 sq feet	34 ft by 55.5 ft	90 dinner	\$60.00	\$78.00
Heritage B & C 1615 sq feet	34 ft by 47.5 ft	80 dinner	\$55.00	\$71.50
Vista 639 sq feet	18 ft by 35.5 ft	30 dinner	\$45.00	\$58.50
Legacy 369 sq feet	18 ft by 20.5 ft	15 dinner	\$25.00	\$32.50
Seasons 180 sq feet	12 ft by 15 ft	10 seated	\$20.00	\$26.00
Riverside 534 sq feet	17.5 ft by 30.5 ft	25 dinner	\$45.00	\$58.50
Gym 5159 sq feet	57 ft by 90.5 ft	200	Party Package Only	Party Package Only

Weekday rentals between 9:00am and 4:00pm (excluding holidays) receive 10% discount
Minimum two hour rental for Heritage Room(s)

Additional Charges

After Hours Security fee applies for rentals ending between 10pm and 1:00am.
After Hours Teardown fee applies for rentals ending between 9:30pm and 1:00am.
SOCAN and Re:Sound fees apply for bookings with music and/or dancing.
\$500.00 damage deposit cheque and proof of insurance is required for all rentals.

Revised April 2016 - prices subject to change



CRANSTON RESIDENTS ASSOCIATION

CONTACT INFORMATION

Telephone: 403.781.6614
Fax: 403.781.6655
Email: info@cranstonresidents.ca
11 Cranarch Road, S.E.
Calgary, AB T3M 0S8

CenturyHallCranston
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Century Hall Administrative Office Hours

Monday to Friday
9 am to 5 pm

Century Hall Park Hours

Monday to Sunday
9 am to 10 pm

Administrative Manager

Marcie O'Rourke
admin@cranstonresidents.ca

Recreation Manager

Amber Sessford
programs@cranstonresidents.ca

Facilities Manager

Al Proctor
aproctor@cranstonresidents.ca

General Manager

Lannie Anderson
gm@cranstonresidents.ca

Cranston Residents: Do you have your membership cards for Century Hall? All residents over the age of 12 are now required to have a membership card for entry to the new Cranston Century Hall Park and facility. Membership cards will also allow you to register for programs offered by the Cranston Residents Association (CRA). Pre-enter your membership card request form available at www.cranston-connect.com and then drop by Century Hall to pick up your card. ****IMPORTANT**** Please use the front entrance only to gain access to the facility.

Fall: The Bounty of the Garden in a Container With Kath Smyth and the Horticultural Society

Friday, October 28, 2016 – 7:00-8:30PM

There is plenty of material available after your fall clean up that can be used to create interesting and decorative containers throughout the year. We will show you inspiring combinations to try, as well as share planting and maintenance tips. Participants will fill a 10-inch pot with a combination of seasonally available materials. We will also share some cost saving tips. Did you know, for example, that plants like geraniums and fuchsias can last for years provided they are kept frost-free during the winter? **All supplies are included, please bring gardening gloves and hand pruners.** Register at Century Hall, by phone or online at www.cranston-connect.com.

Cranston's Halloween Spook-tacular

October 29, 2016

1:00pm-3:00pm

We are inviting all ghosts and ghouls to our annual Halloween event! Families will enjoy a variety of activities here at Century Hall as we transform into our own Halloween Town! What would Halloween be without some pumpkin carving too! **This event is free but for preparation purposes an RSVP is required. Please RSVP on the event page at www.cranston-connect.com.**

Drop in craft and Play time (0-5yrs):

Come and join us Wednesday mornings! This unstructured and unsupervised craft time is perfect for caregivers to bring their little ones out to meet new friends and get creative. Using a variety of craft supplies, you are able to create to your hearts content.

Wednesdays: 9:30AM – 11:30AM

Fee: \$2.00/visit

~continued next page~





Adult card and social afternoon:

Wednesdays: 1:00PM – 3:00PM

Fee: \$2.00/visit

Are you at home during the day and looking for a way to meet new people in the community? If so, join us at Century Hall every Wednesday to enjoy coffee, tea, snacks, games and great company! We look forward to seeing you soon.

Fall Programs at Century Hall

Along with our favourite programs this fall we are introducing some great new programs. Session 2 begins October 31.

- Strong Girls *New*
- Young Yogis *New*
- Music Kids *New*
- Spanish
- Kids Computer Programming
- Yoga
- Hip Hop
- Children's Art Classes
- Badminton
- Tennis
- Ball Hockey
- Cize Live
- And many more.

Check out our website for the full program guide www.cranston-connect.com

Family Movie Nights at Century Hall

Enjoy a family movie night, at Century Hall every third Friday of the month from 7-9pm, for the low cost of \$5/family! This price includes admission, drinks, and popcorn for your entire family! You can't beat that price for a family night out! Movie selections will be advertised every month on our website: www.cranston-connect.com. Everyone is welcome. We hope to see you here!

October Movie Night – The BFG – October 21, 7:00PM – 9:00PM



Big Thank You to Cedarglen Homes for their ongoing support of this monthly event!

Drop-In Story Time & Book Truck (0-5 yrs):

Hosted in partnership with Calgary Public Library you are invited to come and spend time with other parents and children while participating in a 30 minute story time. You can also use this opportunity to sign out and exchange books from the library.

The Book Truck will be available from 10:00AM – 12:00PM with story time at 10:30AM.

Thursdays: October 13 and 27.

Drop-In to Century Hall

Come spend the day with us! With a great selection of activities, bring your family for a day of play. Whether you're outside on the tennis courts or inside in the gym, we've got something for everyone! View all schedules by heading to our website www.cranston-connect.com

New Drop In Rates (effective April 1)

Non-Resident Drop-Fee: \$6.00 single visit

5X Pass: \$27.50

10X Pass: \$50.00

ALWAYS BE IN THE KNOW FOLLOW US ON



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HALLOWEEN HAZARDS!

Keeping your Pet Safe

Happy October!

It's hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy the occasional mini chocolate bar!

While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. Just as families must take safety precautions to ensure a safe and happy Halloween for children, pet owners should be mindful of safety during the festivities. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

1. Keep candy out of reach of pets! Chocolate, artificial sweeteners and certain types of nuts are toxic to animals.
2. Set up a safe space! Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
3. Leave Fido at home. Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.
4. Put a sign on the door asking trick or treaters to knock, especially if your pet reacts to the doorbell!
5. Be cautious with your costume, especially if your pet is easily frightened. Consider setting your pet up in a safe space before getting changed into your festive duds.
6. If your pet is dressing up, choose a costume that does

not restrict your pet's airway or movement. Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.

7. Do not allow your cats to roam. A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.
8. Looking for more tools to help a stressed out pet at Halloween? Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!

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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.



Cranston Real Estate Update

Last 12 Months Cranston MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$459,900.00	\$445,000.00
July 2016	\$439,900.00	\$431,500.00
June 2016	\$439,800.00	\$429,000.00
May 2016	\$439,000.00	\$427,500.00
April 2016	\$510,000.00	\$500,000.00
March 2016	\$429,900.00	\$426,000.00
February 2016	\$482,450.00	\$468,000.00
January 2016	\$429,950.00	\$426,250.00
December 2015	\$435,000.00	\$440,000.00
November 2015	\$479,900.00	\$470,000.00
October 2015	\$499,900.00	\$490,000.00
September 2015	\$463,950.00	\$455,000.00

Last 12 Months Cranston MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2016	41	23
July 2016	29	34
June 2016	39	29
May 2016	38	29
April 2016	34	29
March 2016	36	23
February 2016	40	14
January 2016	28	12
December 2015	12	15
November 2015	12	13
October 2015	28	25
September 2015	38	22

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

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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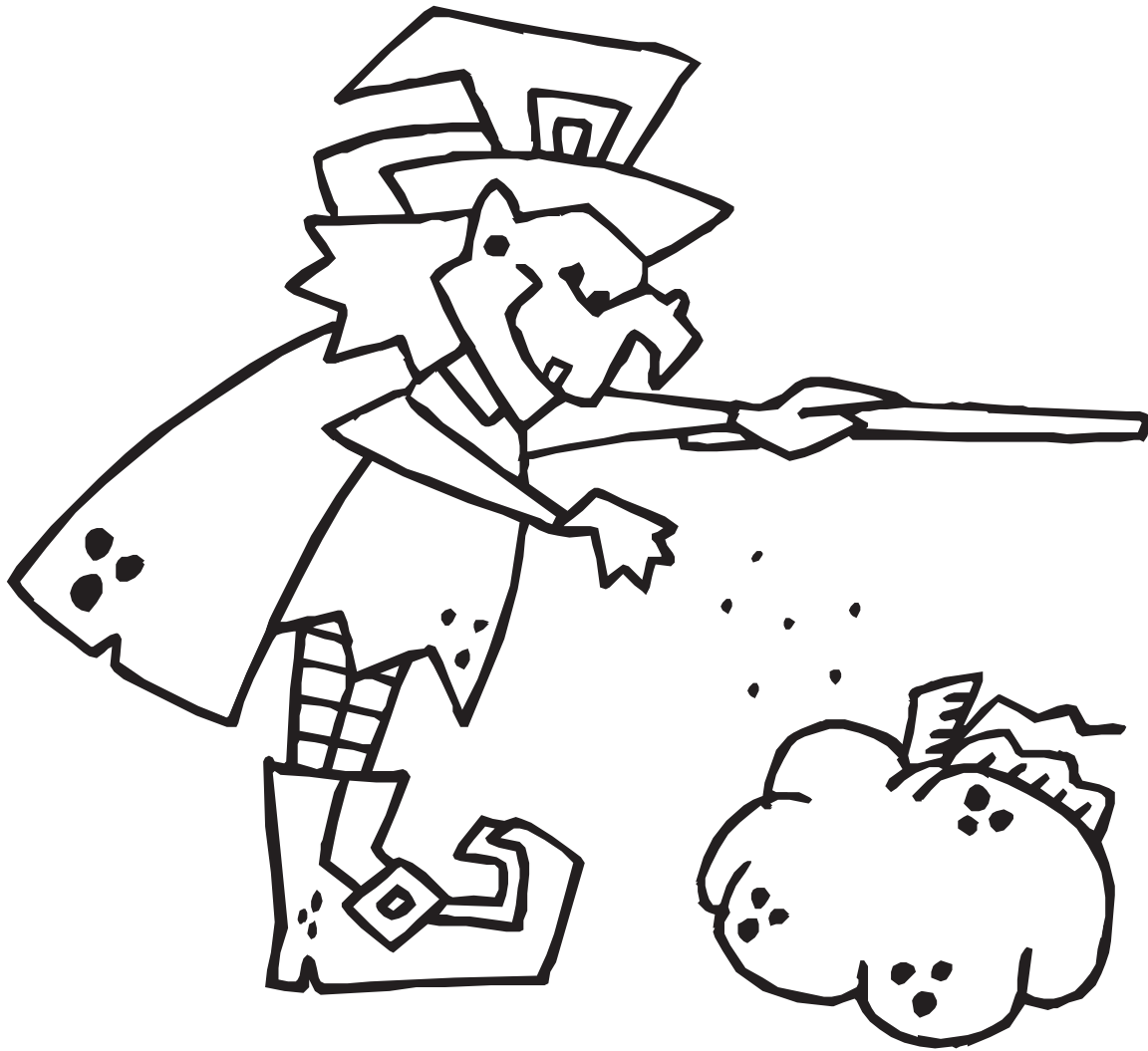
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The Brown Creeper

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.



Chinook School of Music *Music Kids in Cranston* Ages 6 months to 5 years

Nov. 3- Dec. 15 (Thursdays)
6-24 months: 9:15-10am
2 year olds: 10:15-11am
3-5 year olds: 11:15am-12pm
Classes take place at Century Hall
11 Cranarch RD SE

To Register email:
programs@cranstonresidents.ca
or call: 403-781-6614



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Bill's Book Café

It's the creation of a literary landmark. Join us for the launch of Bill's Book Café with Bill Ptacek, CEO, Calgary Public Library, and a local luminary. Participants are encouraged to read the featured book and come prepared for a rich and lively conversation. Watch for Bill's Book Café at your community library, but feel free to come to them all!

The first event features South East Calgary Communities Local Luminary Tom Huffaker, VP Public & Government Affairs, Imperial Oil and President, Imperial Oil Foundation, who selected the first featured book: *A River Runs Through It, and Other Stories* by Norman Maclean.

Quarry Park Library
Friday, October 28 | 7:00 pm

Author In Residence

Get inspired with the Library's Micheline Maylor!

Life Is Strange & Other Brave Leaps In Poetic Impressionism

Poetry is non-linear in nature; its insights come in flashes. Learn methods for building meaning in poetry using leaps and pattern rather than linearity. Implicit examples from poets John Wall Barger, Selima Hill, and Don Coles.

Central | Wednesday, October 5 | 6:30 pm
Improve Your Style & Find Your Voice
Improve your writing at the sentence and line level by learning the eight parts of speech and how best to craft them, as well as self-editing techniques. Every kind of writing will benefit.

Louise Riley | Tuesday, October 25 | 6:30 pm

Understanding Teens & Understanding Aging

Understanding Teens and Understanding Aging are two important series presented by the Library in partnership with Alberta Health Services. For full details, check the September-October Library Connect, available in libraries and at calgarylibrary.ca.



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	3	4	7		9			
			2		6			
	8	5			2	6		4
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FIND SOLUTION ON PAGE 22

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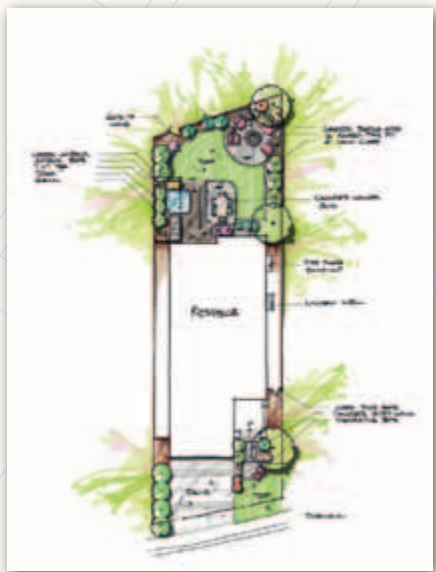


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Cranston mybabysitterlist

Name	Age	Contact	Course
Alex	14	403-719-0734	Yes
Allison	19	403-890-6057	Yes
Amélie	12	403-988-8568	Yes
Andrea	20	403-466-3664	No
Angie	19	587-896-4712	Yes
Dakota	16	403-993-7525	Yes
Emily	15	403-257-5069	Yes
Emmy	26	403-473-5744	Yes
Heather	30	403-966-5233	Yes
Jace	13	403-201-1177	Yes
Jayden	14	403-809-6034	Yes
Julienne	21	403-702-1238	No
Marissa	24	403-993-3054	Yes
Mia	14	403-922-6004	No
Mila	23	403-703-4076	No
Natalie	13	403-477-0749	Yes
Paige	14	587-353-0366	Yes
Stephanie	14	403-726-1475	Yes
Sumel Kaur	18	587-707-2720	No
Sydney	13	403-257-5849	Yes

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.

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SDW
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 Monday 8:00am to 3:00pm,
 Tuesday and Wednesday 7:00am to 8:00pm,
 Thursday 7:00am to 8:00pm,
 Friday 7:00am to 2:00pm,
 and Saturday 8:00am to 3:00pm.



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>



South Health Campus (SHC) Wellness Centre

Let us help you build better health this fall!

October is BUSY in the Wellness Centre - there is something for everyone! Here are a few of our FREE programs this month. See additional programs, details and registration information in our Fall Program Guide at www.ahs.ca/shcwellness or call 403-956-3939.

Emotional Well Being

Mindfulness Session

October 7 12:00-1:00pm

October 27 6:30-7:30pm

HeartMath

October 21 1:00-3:30pm

October 24 6:00-8:30pm

NEW! Understanding the Experience of Grief

October 3 6:00-8:00pm

Happiness Basics

4 week series Begins October 5 4:30-6:30pm

NEW! Conflict Resolution

October 6 6:30-8:30pm

Meditation Drop-in

Every Tuesday 5:00-5:45pm

Drumming Up Wellness

Every Friday 1:30-2:30pm

Employment, Computer & Social Media Skills

NEW! Introduction to Web-Based Email

October 21 10:00am-12:00pm

Interview Skills

2-part series begins October 8 9:00am-4:00pm

Health Management

NEW! Getting Ahead of Your Headaches

October 11 7:00-8:00pm

October 27 1:00-2:00pm

Eating Well with Fatty Liver Disease

October 12 5:30-8:00pm

Living Well on Prednisone: Nutrition & Side Effects

October 13 2:00-4:00pm

Art Therapy with Heart: Creative Drawing & Scratchboard

October 26 10:00am-12:00pm

Caregiver Support

Let's talk about Driving

October 20 7:00-8:00pm

Parents

Fuelled to Move

4-week series (14-17 year olds)

Begins October 1

12:00-1:30pm

Nutrition for New Moms

October 6 1:00-3:00pm

NEW! Sleep Solutions

October 6 6:00-7:30pm

Mealtime Struggles to Mealtime Success

October 13 6:00-8:00pm

Story Time & Play Date

October 14 or 28 10:30am-12:00pm

Food, Nutrition & Cooking

I know I Should Eat Healthy But How?

October 1 9:00-11:30am

Healthy Cooking Basics & Techniques

October 4 10:30am-12:30pm

The Truth About What Works in Weight Management

October 1 1:00-3:30pm

Fermented Food- Sauerkraut

October 19 6:30-7:30pm

Dietitians in the Kitchen: Fall Favorites!

October 20 12:00-12:30pm

Top 5 Tips to Reduce Calories

October 26 6:00-8:30pm

Most programs require registration. Please see our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939.

IN & AROUND SCHOOLS

Sundance School Newsletter

The Sundance School staff wishes to welcome back to our school, returning families and welcome the new families who joined our learning community. Parents and students have had the opportunity to meet the teachers, participate in our Welcome Back Breakfast and our annual Terry Fox Assembly and Run. We have also had our first school council meeting.

As the year progresses, we look forward to many exciting events. Please look to this newsletter, the school newsletter and the website schools.cbe.ab.ca/b267/ to keep up to date on all the wonderful things happening at Sundance this year!

Sundance Parents Association (or SPA) will be participating in a Casino fundraiser on Thursday, October 13 and Friday, October 14, 2016 at the Deerfoot Inn and Casino. Our last casino event in 2014 raised \$70,000 that enriched the academic program at Sundance School. We look forward to seeing our amazing parent volunteers, whose help will make this year's Casino event another great success.

There will be a school council meeting on October 19 at 7 pm in our school's library/learning commons. All are invited to attend to learn more about Sundance School and what goes on behind the scenes to make this school so great! One group of teachers will be presenting and celebrating their work with students to the parents who attend.

October 6 will be our first special student lunch date, called Sundog Lunch. Watch for more information communicated through the monthly newsletter and/or by email.

Our annual Family Halloween Dance will be on Friday October 28 from 6:30-8:30 pm. This parent run event is very popular and is always sold out. Dress up and join us for a terrific evening filled with fun games, crafts, music, dancing and snacks. Start planning your pumpkin to enter the Jack-o'-Lantern Contest and bake your cake for the Cake Walk!



Gardening by the phases of the moon

October 8 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

October 15 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

October 22 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

October 30 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

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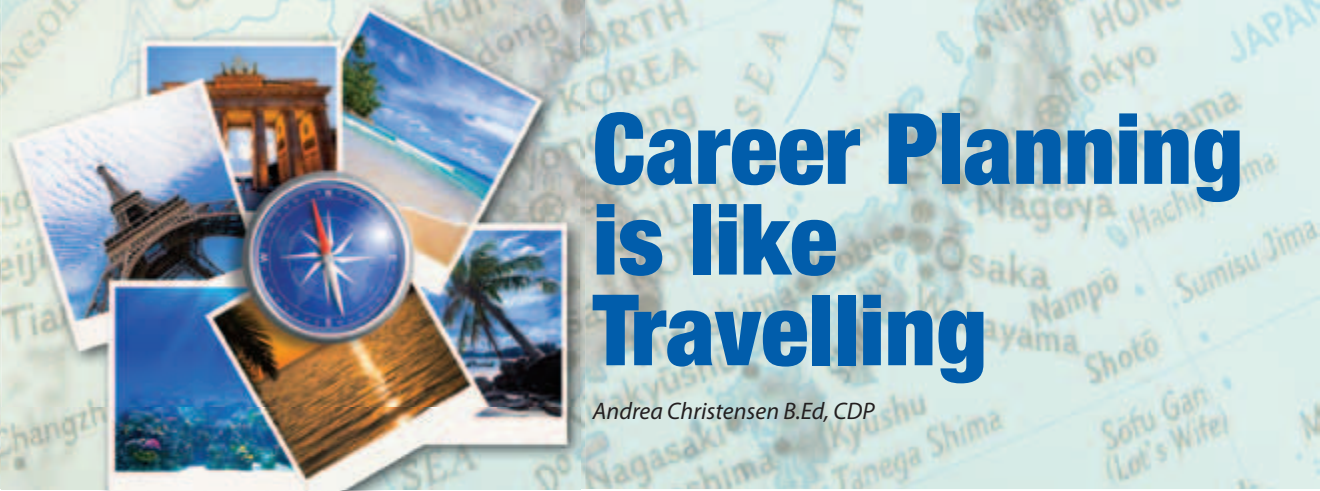
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Career Planning is like Travelling

Andrea Christensen B.Ed, CDP

The process of career planning is similar to travelling in more than one way, but I'm not talking about one of those vacations where you park yourself on a beach for 7 days. I'm talking about taking a trip to an unfamiliar place that exposes you to new sights, and has the potential to alter your views about the world that we live in. Career guidance and planning has the possibility of uncovering some things about yourself that were hidden, or perhaps reinforce some things that you suspected, and ultimately give you a fresh perspective on what you should be doing with your life.

Sometimes people ask why one should go through the process of career planning when things won't end up like that anyway. Well, anyone who has gone on a long trip will tell you that certain destinations are pre-scheduled in the itinerary as "must-see", some things are "nice to see" and that everything else is open to where the travels may lead you. Any travel itinerary that is over-scheduled or planned to the last detail is bound to lead to disappointment and missed opportunities. However, an overall idea of where one wants to direct themselves is critical in the success of any trip.

Career planning is like that... You want to have an overall idea of where you should go based on your personality, values, talents and skills. Following opportunities that don't jive with your purpose can ultimately lead to job burnout, unhappiness and lack of vigor for work or life.

A career plan forces one to look into the future and consider possibilities that are desirable. With the image of this preferred future in mind, you can set goals and work towards them with success, keeping flexibility as

the key to not missing out on anything unexpected. Keep asking yourself "What do I really want?" The answer will enable you to stay focused, considering only the choices that are a good fit for you!

Andrea Christensen B.Ed, CDP, is an Independent Career Practitioner and works with teens and adults on career guidance, career transition and educational planning.

BRAIN GAMES SUDOKU

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



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 7,000,000,000,000,000,000,000,000,000 (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...



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No easing into the fall session for Council as September was an incredibly busy month. Council received updates on a number of projects that are important to Ward 12, specifically the Deerfoot Trail Study and the Green Line LRT. You can keep up to date on these projects at calgary.ca/deerfoot and calgary.ca/greenline. I look forward to sharing more updates on these important projects in the months to follow.

Ward 12 Welcomes New Schools

One big change you may have noticed in your community in September is the opening of a number of new schools throughout Ward 12. These schools are important additions to our communities.

In my previous career I was a school principal here in Calgary. The safety of my students was one of my biggest priorities then and it remains a high priority for me today. My office has been working diligently with the Roads Department to make sure the appropriate pedestrian infrastructure is in place at all of these new school sites.

These schools are going to be busy and exciting places, so let's collectively work together to keep everyone safe!

2016 Civic Census

Over the summer The City of Calgary released the results from the 2016 Civic Census. The census confirmed something most of us already knew: despite the economic difficulties facing many Albertans, Ward 12 continues to grow at a rapid rate. Here are a few of the highlights from the census:

- Calgary's population grew by 4,256 from 2016. Calgary's population is 1,235,171.
- The fastest growing community in Calgary is Mahogany which grew by 2,040 residents from 2015.
- Two other communities in Ward 12 were in the top 6 fastest growing – Auburn Bay in 4th place grew by 1,368 residents and Copperfield in 6th place grew by 1,137 residents.
- Ward 12 is now home to 109,384 Calgarians, an increase of 6.13% from 2015.
- Ward 12 has the highest total population increase and rate increase in the entire city.

You can view the full results at calgary.ca/census.

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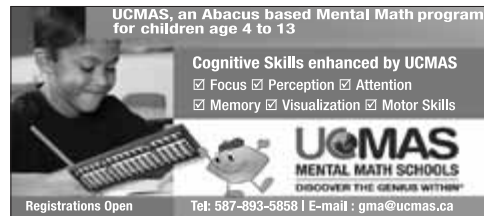
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City of Calgary	311
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Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

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



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