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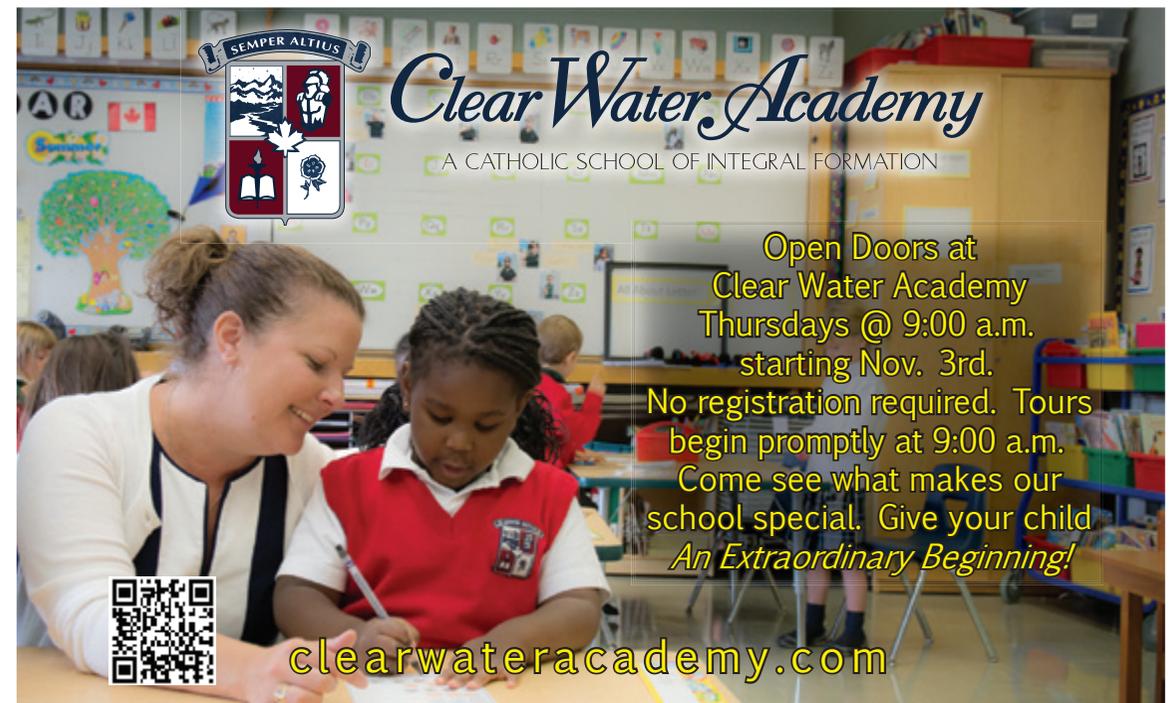
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GREAT NEWS PUBLISHING HAS BEEN
PROUDLY SERVING ASPEN WOODS, SPRINGBANK HILL AND
WENTWORTH FOR 6 YEARS!



By Marta Rabiej, Reiki practitioner
Submitted with permission of author by Opal Publishing, Calgary

Our conscious mind uses wthe five senses to determine our surroundings and keep us safe, and our beliefs and our feelings, stored in our subconscious, provide for us everything we think is true.

Our conscious mind uses the five senses to determine our surroundings and keep us safe, and our beliefs and our feelings, stored in our subconscious, provide for us everything we think is true.

Many of us believe we do not have power over our lives, or over what happens to us. If we examine our beliefs we see that they shape who we are, how we look at ourselves, and what is happening to us.

Our mind is the most powerful tool we have available. Not only do we underestimate it, but we also do not know its potential. In many cases, the beliefs we have ingrained in our subconscious are not ours. Each and every one of us has life-shaping beliefs set by the age of seven, and by this time we learn everything about life from our environment.

We observe our parents and siblings; hear our grandparents and other family members making comments about us. We learn a great deal about ourselves in elementary school. Those people's opinions, fears, limitations, negative judgments, etc. create the "base" of our own beliefs. Once those beliefs are lodged in our subconscious there is no way we can change them without examining them closely. What holds us back from living our lives full of potential, joy, love, inspiration, abundance, or purpose?

This does not happen until we start becoming aware of what we say, what we believe in, what we complain about, how we describe ourselves and our lives. It will definitely not happen until something drastic happens in our lives and we make a conscious decision that we want to improve it. But that means we would have to roll-up our sleeves and do some work. This is where the majority of us fail. We want the magic bullet. Something that would make all the changes for us.

At times it is an overwhelming task, but if you are committed to changing your life you can reach out to those who can use their expertise and help you with the process. I found what gives me strength and allows me to help others is Reiki. I treat it with respect. I am amazed at how it changes people's lives, and I'm forever grateful that I can be its catalyst for others. But don't take my word for it and don't follow my path. Find something that you're going to believe in.

Believe that it will work for you, and take one step at a time towards your end-goal. Waiting for it to come is not going to work! You need to take action and do it. I can promise you that once you take the first step, the entire Universe is going to conspire with your goal and provide you with opportunities/coincidences you need, to be successful on your journey.

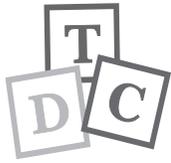
Don't just dream about having perfect health, or supportive partner, or anything you desire. You already have everything you need within you to achieve it. Don't follow new fads that others engage in. You are unique and whatever worked for others may not be for you.

Ask yourself what is the one thing that is the most important to you, and if the money or other distractions were not a factor, you would love doing. Find one thing that your heart will sing with joy at the thought of doing, and turn your life around. Sometimes dreams that come up are the one you never knew you had ... so don't waste your time dreaming and go get it.

Say "YES" to self-development, because it is the only way to change your life. Invest in yourself, because you are WORTH it.

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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!

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Springbank Hill Real Estate Update

Last 12 Months Springbank Hill
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$774,950.00	\$765,900.00
August 2016	\$939,000.00	\$885,000.00
July 2016	\$792,450.00	\$782,750.00
June 2016	\$769,950.00	\$762,250.00
May 2016	\$738,950.00	\$711,600.00
April 2016	\$819,900.00	\$795,000.00
March 2016	\$743,000.00	\$720,000.00
February 2016	\$724,000.00	\$696,000.00
January 2016	\$564,900.00	\$547,500.00
December 2015	\$824,450.00	\$787,500.00
November 2015	\$799,900.00	\$750,000.00
October 2015	\$1,044,400.00	\$1,012,000.00

Last 12 Months Springbank Hill
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2016	20	16
August 2016	22	8
July 2016	14	16
June 2016	28	20
May 2016	17	12
April 2016	20	11
March 2016	19	18
February 2016	20	7
January 2016	14	1
December 2015	4	4
November 2015	14	1
October 2015	10	2

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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...



Aspen Woods Real Estate Update

Last 12 Months Aspen Woods

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$837,450.00	\$821,444.00
August 2016	\$869,000.00	\$869,000.00
July 2016	\$986,500.00	\$967,500.00
June 2016	\$879,900.00	\$860,000.00
May 2016	\$884,394.00	\$854,000.00
April 2016	\$1,046,999.50	\$1,022,500.00
March 2016	\$903,950.00	\$882,500.00
February 2016	\$1,250,000.00	\$1,060,000.00
January 2016	\$1,159,900.00	\$1,140,500.00
December 2015	\$713,500.00	\$684,750.00
November 2015	\$775,000.00	\$747,000.00
October 2015	\$942,450.00	\$900,900.00

Last 12 Months Aspen Woods

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2016	28	10
August 2016	13	5
July 2016	15	12
June 2016	14	15
May 2016	23	16
April 2016	19	14
March 2016	14	10
February 2016	15	9
January 2016	19	2
December 2015	7	4
November 2015	16	5
October 2015	11	6

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

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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.



West Springs Real Estate Update

Last 12 Months West Springs
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$674,000.00	\$649,000.00
August 2016	\$679,900.00	\$683,750.00
July 2016	\$749,900.00	\$786,000.00
June 2016	\$685,000.00	\$682,300.00
May 2016	\$614,450.00	\$587,000.00
April 2016	\$798,000.00	\$770,000.00
March 2016	\$549,900.00	\$537,250.00
February 2016	\$744,000.00	\$720,000.00
January 2016	\$823,999.50	\$792,800.00
December 2015	\$644,900.00	\$630,000.00
November 2015	\$939,950.00	\$933,500.00
October 2015	\$666,000.00	\$649,000.00

Last 12 Months West Springs MLS Real Estate
Number of Listings Update

	No. New Properties	No. Properties Sold
September 2016	37	9
August 2016	20	10
July 2016	25	15
June 2016	29	20
May 2016	17	16
April 2016	19	17
March 2016	24	16
February 2016	19	11
January 2016	23	8
December 2015	10	7
November 2015	13	12
October 2015	15	4

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Protect Yourself, Immunize Your Pet



In some provinces and states, vaccination of household pets for rabies is mandatory or required by the law. This is not the case in Alberta. There have been eight recent positive rabies cases in bats turned in to Alberta Agriculture and Food to be tested; six in August alone. Locations include Edmonton, Red Deer, Medicine Hat, Airdrie, Canmore/Kananaskis, Ponoka, Camrose and Waterton. In a few of the cases, pets were involved and are now undergoing 45 day and 3 month quarantine periods, and Alberta Health Services deals with the human involvement. In April, 2010, a neutered unvaccinated pet cat died of unknown neurological disease in a veterinary clinic in Cremona. The veterinarian submitted the animal for testing and eight people subsequently received post-exposure treatment for rabies. This cat spent more time indoors with his family than outdoors. In 2007, a man bitten by a bat in Alberta died of rabies.

Cat bylaws in cities that require people to keep cats confined have caused complacency in the general public. Owners who fail to vaccinate, and the increase in carriers such as raccoons, skunks, foxes, coyotes, and bats in urban areas heighten the risk of rabies in cats. I have had bats turned in to my clinic after owners found them in their house, likely having flown through an open patio door. A bat positive for rabies was discovered in Calgary's downtown area a few years ago.... bats fly, they can reach apartments. There are over 55,000 human deaths attributed to rabies each year, mainly in Africa and Asia.

Rabies is a contagious and fatal viral disease attacking the central nervous system. It can be passed to all warm-blooded animals through the saliva, primarily through bites, but a scratch is sufficient. Symptoms of rabies can be variable ranging from the "dumb" form where the animal appears depressed and isolates itself and the "furious" form associated with aggressive behaviour. Any abnormal behaviour should be considered suspicious. An animal's voice will frequently change as the vocal cords become paralyzed and seizures may occur. Rabies can only be diagnosed with certainty by testing an animal's brain tissue. Cats and dogs usually die within ten days of symptoms appearing. Symptoms may not begin, however, for days or months depending on the severity and location of the wound.

Rabies is a reportable disease; it is the law to inform authorities of suspected cases. People bitten by wildlife or any animal with an unknown vaccine status should report the bite by calling Health Link. If there is potential human exposure to the animal suspect, euthanasia may be recommended so the brain tissue can be tested. There is no treatment available to pets that contract rabies.

Consider vaccination of a pet as an investment into your health as well as your pet's. The decision to vaccinate your pet is yours to make in Alberta, but I do not know a health professional who would discourage the choice to vaccinate your pet against rabies.

Jennifer L. Scott, D.V.M.



Cougar Ridge Real Estate Update

Last 12 Months Cougar Ridge
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$574,900.00	\$562,500.00
August 2016	\$580,000.00	\$569,300.00
July 2016	\$574,800.00	\$548,000.00
June 2016	\$622,500.00	\$612,000.00
May 2016	\$561,950.00	\$543,500.00
April 2016	\$559,000.00	\$544,250.00
March 2016	\$525,000.00	\$520,000.00
February 2016	\$509,900.00	\$493,500.00
January 2016	\$544,900.00	\$529,500.00
December 2015	\$549,900.00	\$532,000.00
November 2015	\$524,900.00	\$519,000.00
October 2015	\$545,900.00	\$540,000.00

Last 12 Months Cougar Ridge
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2016	13	9
August 2016	8	5
July 2016	15	17
June 2016	10	9
May 2016	11	12
April 2016	14	8
March 2016	11	21
February 2016	12	5
January 2016	18	3
December 2015	9	3
November 2015	6	7
October 2015	9	7

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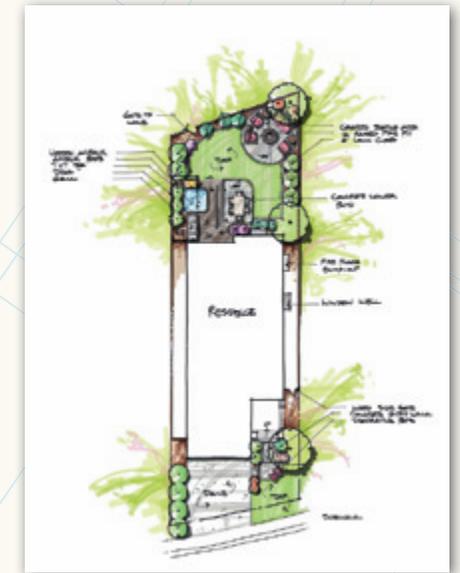
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SUGAR WAR

The impact of sugar on health continues to be a controversial topic

by Angela Villavicencio, Calgary restaurant owner
submitted with authors permission by Opal Publishing, Calgary

Many countries around the world have set targets to limit added sugar in foods, which they justify by expressing concern on the likely negative impact sugar can have on health (Ruxton et al., 2010). However, of all the studies published thus far, there is little evidence that supports the idea that sugar can actually cause disease or any health problem (Stanhope, 2016). There are plausible research studies that suggest that sugar can lead to cardiovascular disease or type 2 diabetes. There are also epidemiological studies showing that sugar consumption is associated with weight gain. But the truth is there are many evidence gaps and before policy changes happen added sugar will remain in just about everything.

While science waits for valid evidence there are others who have taken matters into their own hands. Dr. Mark Hyman claims that sugar, not fat, is the culprit behind weight gain. His reasoning lies in the fact that Americans consume the most sugar in the world and the USA has the highest percentage of overweight adults and

children. The question is should you wait for science to take its time only to find out the truth about sugar?

Although science may not have the answers yet, excessive sugar consumption logically doesn't seem like a good idea. Like the good old saying goes, everything in moderation!

So, if you are deciding to reduce or quit sugar than you have probably realized it's a lot harder than you thought it would be. Sugar seems to be in everything. Not just in the obvious candy or soda pop, but also in food items you probably never thought had sugar. Sugar hides in foods such as tomato sauce, bread, juice, cereal, etc. But is it really necessary to quit your favorite foods?

Check out this dessert for some inspiration! Yes, it is possible to enjoy food and reap the nutritional benefits!

Easy No-Bake "Tim-Bits"



Ingredients:

- ½ cup Organic Walnuts
- ¼ cup Organic Almonds
- ¼ cup Organic Cocoa Nibs
- ¼ cup Organic Shredded Coconut
- 1 Tsp. Organic Raw Cocoa Powder
- 1 Tbsp. Organic Raw Unpasteurized Honey
- 3 Organic Dates

Directions: Soak walnuts in water for 10-15 minutes. Soak dates for 10-15 minutes. Mix all ingredients in a food processor and make it little balls. *Note: You can use maple syrup or 3 more dates instead of honey. You can replace raw cocoa with raw carob powder.



Name	Age	Contact	Course
Aida	16	403-852-6410	Yes
Alexi	16	403-836-5291	Yes
Alice	16	403-998-7696	Yes
Andrea	41	403-796-7840	Yes
Angelica	21	403-805-2008	Yes
Brodie	15	403-805-1469	Yes
Caleigh	12	403-470-3234	Yes
Christoph	25	587-998-6172	Yes
Ellen	15	403-240-0165	Yes
Emily	13	403-462-5771	Yes
Glenda	36	403-478-9693	No
Harvinder Kaur	32	587-830-6217	Yes
Ijeoma	15	587-580-7791	Yes
Jenny	16	403-890-6588	Yes
Jonathan	16	403-532-2668	Yes
Kashish	15	403-909-6936	No
Katherine	16	403-835-4547	Yes
Kosar	17	403-402-4298	No
Lauren	17	587-215-6198	Yes
Madison	13	403-830-9326	Yes
Marites	40	403-891-3771	No
Megan	16	403-970-6836	Yes
Melanie	13	403-532-2668	Yes
Michelle	16	587-891-8670	No
Miracle	13	587-968-0550	Yes
Nikolay	15	403-244-4776	Yes
Paige	14	403-241-0487	Yes
Patricia	14	403-804-4202	Yes
Qin Rui	18	587-830-5617	No
Rowan	18	587-707-2542	Yes
Sarah	17	587-896-8519	Yes
Sophie	28	403-990-8311	Yes
Yvette	14	403-217-5191	Yes
Zandra	22	403-828-8259	No

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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/

**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.

www.newscanada.com



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

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 27

STEP INTO FALL

Are you thinking of becoming more active?
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:
-18 years of age or older
-Exercising less than 3 days per week
-Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:
-A pedometer (\$25 value)
-\$10 gift card
-Prize draw entry for \$1000 gift card

To participate contact:
Research Coordinator
403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.





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.

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**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

**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

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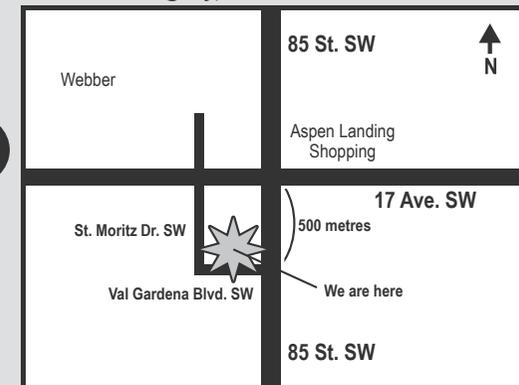
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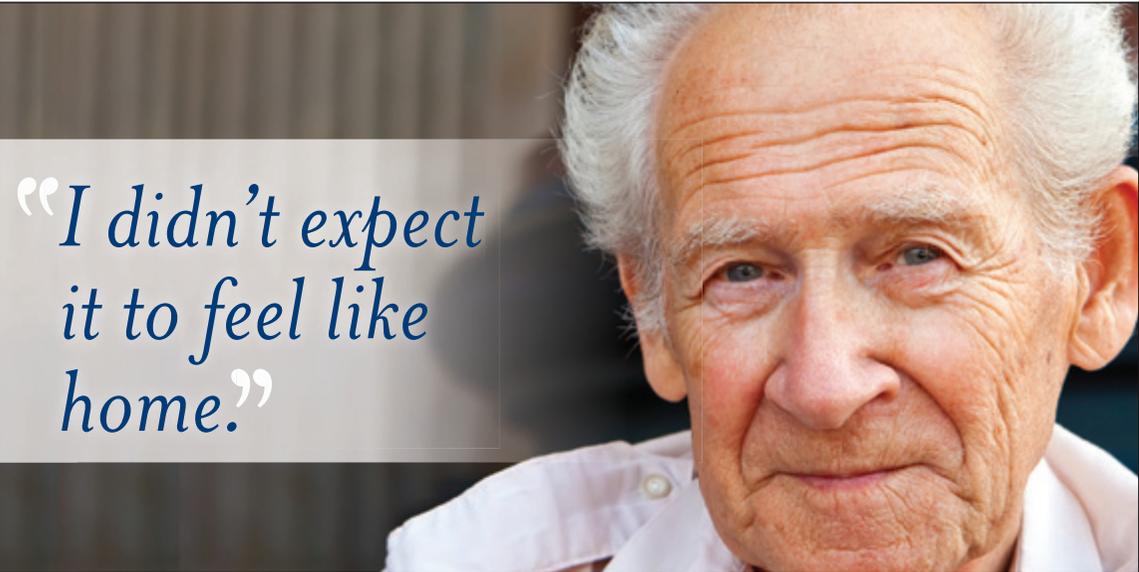
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We will also enroll new Cadets who want to sign up - just bring along a copy of the cadet’s Health Care card and proof of birthdate (Birth Certificate or Passport).

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

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



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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.

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 Safety Tips with Flint
<https://youtu.be/QbE3ICBzeY0>



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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Sunday 4:00 pm – 9:00 pm

Holidays 11:30 am – 9:00 pm



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.



TRIVIA

The stately, sandstone Lougheed House, located in Calgary's beltline, is said to be one of the most haunted places in our city. <http://www.lougheedhouse.com/>



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2017 will be a milestone year in Canadian history as our country celebrates its 150th birthday.

Planning for the sesquicentennial anniversary (let's call it Canada 150) began in 2012, under the previous Conservative government, with the mandate to build our nation and celebrate our history. Celebrations that will inspire Canadians to get involved have been planned.

I wanted to take this opportunity to inform constituents of a number of initiatives where you can get involved as the countdown to Canada 150 has already begun. Become part of it.

Canadian Heritage and CBC/Radio Canada have joined together to share what is taking place across the country and to collect your stories. For more information on what is planned and to share your photos, videos and stories please visit <http://www.cbc.radioCanada.ca/en/explore/2017/> or <http://canada.pch.gc.ca/> to reach the Government of Canada's website. In addition, there are several legacy grants that will go towards supporting culture, history, heritage, and sport in Canada. Those applications and guidelines can also be found on the Government website.

Our Capital city is planning celebrations throughout 2017 to mark Canada's 150th birthday. If you are plan-

ning a trip to Ottawa, this would be a spectacular time to visit. Here is a website that can direct you to the events that will be occurring in Ottawa - <http://www.ottawa2017.ca/>.

For a more local look at the celebrations, I encourage you to look at the *imagination 150* website to see what is being planned in Calgary. Canadians of all ages, backgrounds and walks of life are being encouraged to reflect on where we've been and to dream audaciously about the future we will create. This website can be reached at <http://www.i150.ca/>

The Canada Council for the Arts is marking the 150th Anniversary of Confederation by creating a special program to support the creation and sharing of exceptional artistic and literary works. The hope is to inspire works that interpret the world we live in and envision our shared future. This website is <http://canadacouncil.ca/council/grants/find-a-grant/grants/new-chapter>

Canada's 150th anniversary is an historic moment with the power to bring people and places together as we dream big about our communities and our country. It's a chance to encourage all Canadians to contribute to their communities in a way that will foster a greater sense of belonging, support meaningful reconciliation and leave a lasting legacy now and for future generations. For more information about Canada 150 grants through the Community Fund for Canada's 150th, please visit www.communityfoundations.ca/cfc150

It is going to be an exciting year for Canada so plan to participate in one of the several celebrations that will be happening across our country. Follow along at @Canada150th on Twitter and use #Canada150 and help countdown this milestone year.

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CAIS

Social Media STRATEGIES



by Catherine Saykaly-Stevens, digital media, author, speaker. Submitted with permission of author by Opal Publishing, Calgary

Get your hacked facebook account back

According to a Techviral post in April 2016, there are currently ten different ways to hack into your Facebook account.

Add to that 'mirror accounts' that can also be made where someone pretends to be you, be-friends your friends, then makes claims/asks/pleas in your name.

Facebook has little to no direct help, no phone number to call, but has provided us with steps we can take. Either way, you can still reverse the damage a hacker does should you fall victim.

Report a fake Facebook account

Should a second account pop up claiming to be you, report it to Facebook and ask your friends to report the fake account as well. The more people who report it quickly, the faster Facebook will deal with it.

Recover your hacked Facebook account

As for retrieving your hacked Facebook account, it's a little more complicated, but here's what you need to do. You will need your password and you will need to select that your account has been compromised.

If you have been locked out of your own account, don't worry. This is where Facebook has you covered. Enter YOUR LAST PASSWORD. Facebook will recognize that your password was indeed part of your account so that when you report it as compromised Facebook will contact the email/phone number on file.

Recover your hacked Facebook account with NO email access (no link)

Should you no longer have access to your original email or have "no access to any of these", you will then be invited to select "Contact the FB Help Team".

Keep these links handy. Hopefully you'll never need them, but they're here if you do or if you need to pass them on to someone who needs them later.

See you online,

Catherine



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A Message From Your Member of the Legislative Assembly of Alberta

With school now in full swing, I wanted to take a moment to write to you concerning a few details that we're talking about during the fall sitting.

Of major concern for our party is the NDP's plan to subsidize political parties. As you have likely heard, the NDP introduced a motion at committee over the summer which would have taxpayers reimburse candidates and political parties for a significant amount of their election campaign spending. When Albertans are suffering from lost jobs, higher taxes, and low oil prices, the NDP continues to find new ways to line its pockets – this time by having you, the taxpayer, foot the bill for election campaign spending.

Let me be frank with you about my position on this issue: the only funds that should go to electoral campaigns are those that are donated by supporters of the candidate and the party. Funds shouldn't come from corporations, unions, and they definitely shouldn't come as a required payment from taxpayers. You can count on the Progressive Conservative Opposition to continue to fight for you on this issue.

Our PC team has a very comprehensive website at www.abpcmla.net which I hope you'll take a moment to visit. Each member of caucus regularly contributes updates on our critic areas to the website. We also send out a weekly email digest of what is happening in the Legislature. Please visit the website for more details.

I wish you and your family all the best as fall continues. As always, if you have any questions or concerns, please call me at 403-216-5439 or email Calgary.West@assembly.ab.ca.

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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Hello Everyone,

Fall sitting of the legislative session is set to commence on October 31, 2016. I am encouraged by the number of people that have contacted my office, or spoken to me at events with their questions, concerns and compliments. I am looking forward to bringing all of these with me to our fall sitting of this session, and I commit to continue to be your voice in the legislature. I encourage you to contact my office if you have questions about government programs or proposed legislation in this fall session. An engaged community is a strong community!

Reflecting on engagement, I would like to speak on the incredible support the community associations in the Calgary Bow constituency continue provide our community. Over the past month I have attended ribbon-cutting ceremonies to celebrate the completion of new community projects; participated in community campaigns to promote safety and awareness; and social gatherings, put together to simply help connect with one another. The list goes on. I look forward to attending the annual winter festivities, and watching our local teams compete in winter sports.

Please note that during session I am in Edmonton from Monday through Thursday and that I stay quite active on Facebook, Twitter, and YouTube to maintain communication with you. My office remains open, and my dedicated staff are available to assist you with any Government service you may require from your local provincial constituency office. I return Thursday evenings, and spend the weekend in the community, connecting face-to-face with the constituency. Please don't hesitate to let my team know of any upcoming events or ceremonies that you are hosting!

This fall I will be hosting a number of "Coffee and Chats" in each of the communities here in Calgary Bow and I ask you to keep an eye out for those advertisements, and join us when you can.

I look forward to our next meeting, Happy Thanksgiving!



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Hello,

Please accept your Ward 6 Team's warm wishes to you this Thanksgiving. I hope you will explore some of the great parks in Ward 6 with your family like Griffith Woods, Paskapoo Slopes, the Strathcona Ravine, and nearby Clearwater Park. These natural areas provide great views of fall foliage and the changing seasonal landscape.

I am hosting a **Traffic Safety Ward Town Hall Meeting on Saturday, October 22, 2016** from 9 a.m. to noon at SCA Community Association located at 277 Strathcona Drive SW. This Community Traffic Safety meeting will be an opportunity for City staff and the Calgary Police Service to let citizens know what our organizations are doing to improve safety and how citizens can help. Specific things that we all can do to improve safety, particularly intersection safety, will be discussed.

You can also join me at my **Fall Councillor Chat on Wednesday, November 30, 2016** from 5 – 8 p.m. at Glamorgan Community Association, 4207 41 Street SW. Councillor Chats are another opportunity for us to meet to discuss any issues that are important to you. All Ward 6 residents are welcome to attend. The Ward 6 Team looks forward to hosting a Chat in early 2017 as well!

As the Southwest Calgary Ring Road (SWCRR) begins construction, the City of Calgary is planning to mitigate

downstream impacts in several ways throughout Ward 6. As part of the SWCRR, Alberta Transportation is building a complex interchange at Highway 8 and Sarcee Trail SW (www.transportation.alberta.ca/sw-crrgp.htm), which requires The City to ensure safety and manage congestion by building an overpass at Richmond Road and Sarcee Trail SW. Public information sessions regarding this interchange are anticipated in the latter half of November this year. Other impacts include the opening of a new road called Westhills Way SW, behind the Westhills Shopping Centre, and construction is underway. This road will be open for public use once the SWCRR is complete. For more information on this project, please visit calgary.ca/westhillsway.

As well, the design is being finalized for improvements at the intersection of Bow Trail and 85 Street SW, including the widening of Bow Trail SW between Old Banff Coach Road and 85 Street SW. The City anticipates beginning construction next year.

I continue to work with the Provincial Government to encourage the building of the West Calgary Ring Road, which has yet to be announced. I believe it is vital to address Ward 6 traffic congestion with a timely commencement of the West Calgary Ring Road project.

You can stay up-to-date on all SWCRR downstream impacts in Ward 6 on my website at calgary.ca/ward6 or by signing up for The Ward 6 Report sent directly to your email bi-monthly at calgary.ca/ward6connect. The next edition will be sent out in November. As we receive updates and information sessions are confirmed, we will post updates on our website, as well as @pootmans Twitter and Facebook pages.

Thank You.

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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 AS@great-news.ca

Trivia

Jack-o'-lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.



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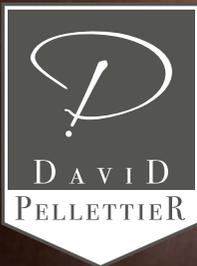
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