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Silverado Community Association  
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Calgary, AB – T2X 0X4  
info@silveradoca.ca • www.silveradoca.ca

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|              |                |
|--------------|----------------|
| Michael Shaw | President      |
| Nick Bartok  | Vice President |
| Lori Wock    | Treasurer      |
| Marion Skaja | Secretary      |

## Board of Directors

|                  |                              |
|------------------|------------------------------|
| Sara Engelhardt  | Memberships/Events           |
| Alex Sazanovitch | Website Director             |
| Sarah Fennell    | Communications/Events        |
| Liz Kane         | Trico Board Rep/Events       |
| Joseph Purcell   | Golf Tourney Organizer       |
|                  | Adopt-A-Rink Coordinator     |
| Bruce Zhao       | Community Clean-up/Events    |
| Stef McDonald    | Community Garden Coordinator |
| Heather Dean     | Events                       |

To contact the SCA, please email us at [info@silverado.ca](mailto:info@silverado.ca).



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Community  
Association  
on Facebook

# SCA Marketplace Benefits

Please show your SCA  
membership card to  
redeem your discounts

| Business                      | Discount   |
|-------------------------------|--|
| Skaja Law                     | 10% off on legal fees, excl. disbursements.            |
| Siraia                        | Waived registration fee and 10% off Siraia dining room |
| Trico Centre                  | 20% off membership to Trico                            |
| Longevity Painting            | 10% off  |
| Turtles in Bloom              | 10% off (use discount code Silverado)                  |
| Hot Yoga & Spin               | 10% off class packages and one month unlimited         |
| Daisy Fresh Dry Cleaners      | 10% off total bill for all dry cleaning services       |
| Denim & Smith                 | 10% off all cuts                                       |
| Papa John's Pizza             | 10% off  |
| Silverado Veterinary Hospital | 10% off services                                       |
| Tobacco Outlet                | 10% off accessories                                    |
| B.A. Productions              | 10% off  |
| Silverado Business Centre     | 10% off meeting space                                  |
| Capture the Flag              | Waived entry fee and free level 3 upgrade gun          |
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| Global Pet Foods              | 10% off  |
| Sobeys                        | 10% off (first Tuesday of every month)                 |
| Beyond Bronze                 | 10% off  |
| One Time Shot Photography     | 10% off  |
| Kung Fu Restaurant            | 10% off all pickup orders                              |
| Rush Salon                    | 10% off products only                                  |
| Stitch 4 You Alterations      | 10% off  |
| Hairapy Parlor                | 15% off  |

## SILVERADO COMMUNITY POLICE LIAISON OFFICE INFORMATION

Please feel free to contact our community liaison office with questions or concerns. Eugene is working very hard to keep our community safe so let's help him out in any way possible.

Cst. Walter Kachmar  
Community Liaison Officer  
Calgary Police Service District 8  
Office: 403-428-6800  
Email: [pol3114@calgarypolice.ca](mailto:pol3114@calgarypolice.ca)

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Community Association  
[treasurer@silverado.ca](mailto:treasurer@silverado.ca)  
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# OCTOBER MOON CALENDAR

|                                |                             |                                |                            |
|--------------------------------|-----------------------------|--------------------------------|----------------------------|
| <p>First Quarter<br/>Oct 8</p> | <p>Full Moon<br/>Oct 15</p> | <p>Last Quarter<br/>Oct 22</p> | <p>New Moon<br/>Oct 30</p> |
|--------------------------------|-----------------------------|--------------------------------|----------------------------|

# SILVERADO RESIDENT'S ASSOCIATION

## Board Responsibilities and Accountabilities

The Board is a volunteer group of individuals, who all reside in the community and are owners of their property. The Board has already met at least seven times since AGM in May, 2016 and is committed to sharing information, full governance and generally maintaining our pathways and green space.

## Your Board has been busy with many activities, some key ones are:

- Determining how much total space is maintained by SRA
- Regularly reviewing with contractors the maintenance of green space and options
- Addressing repairs and maintenance of irrigation systems

## Green Space owned by SRA and its Maintenance

The total green space under SRA, determined from the developers data (United and Qualico), is 34 acres of land. This covers many pathways and approximately 186 beds with shrubs and trees, including traffic circles, etc. This is a massive green space for a smaller community like ours. However, the Board is committed to keep it green as much as possible. There are still some problems as the beds were ignored for years and are overgrown. The landscaping sub-committee is developing detail plans that may lead to closing some beds in 2017-2018 to reduce regular maintenance costs. Some of you have inquired about the potential use of silk plants in the planters; the board has decided that this option is no longer on the table. In the month of September, 36 dead trees will be removed; 150 tree wells will be created; and the area west of Spruce Meadows will be having its first cut. This work is all in effort to beautify the green space owned by SRA and to enhance your property value.

## Irrigation System

For those who may not be aware, SRA owns the irrigation system for our community. This system is ten-years-old and is of average to poor quality, as per our contractor's assessment. There have been at least three massive water leaks in 2016 and repairs are costly. There are no options other than, SRA would have to continue to maintain and operate the system to keep the turf green and the leaks can happen anytime. Several options have been discussed with the contractor and a significant capital reserve fund would be required in order to replace the current irrigation system over the years.

## How you can help

The Board has created four sub-committees, namely: **Irrigation System and Maintenance; Landscaping Preservation and Maintenance; Communication and Website Enhancement; Claim with the Previous Management Company.**

If you have expertise and have the time to volunteer for any of the four sub-committees, please send your name and contact info with details of experience to the attention of SRA Board via email at [silveradora@gmail.com](mailto:silveradora@gmail.com). This contribution to your own community would be a very valuable help. The total time commitment is not onerous within a sub-committee. **We would like to thank three volunteers who have come forward and are keen to help on the Website Enhancement and the Landscaping sub-committees.**

## Staying in Touch

In the last newsletter, we floated the idea of the "Adopt a Planter Program" by residents. As you know once the planters are planted they are expensive to maintain. As you are aware there are several **feature planters** in the community and the beautification of these planters will enhance our green space. Therefore, we are still looking for any resident/family that would be willing to adopt a planter. If so, please send your information at [silveradora@gmail.com](mailto:silveradora@gmail.com). Once we receive enough interest then we can work out a process and guidelines. This program will help getting the community engaged for the benefit of Silverado.

In August, an additional Board of Directors' member resigned due to personal reasons. We are looking for **additional sub-committee members** who are very keen to contribute their time and skills for the benefit of Silverado Residents.

In September and October, the Board will be developing an operating budget for 2017 and capital budget for 2017-2018, if you have any suggestions regarding capital items; such as bridge restoration, painting of traffic circles, etc. please send your suggestions immediately to the property manager at [silveradora@gmail.com](mailto:silveradora@gmail.com) for consideration.

## Communication

We have received additional five complaints and two suggestions since last communication in June 2016.

Three complaints were in regard to considering silk plants for the planters and two complaints were in regard to the weeds and overgrown beds. Also, there were questions about how the fees are prepared and how the delinquent files are sent to the lawyer for collection. We have responded to all those complaints in a timely manner.

We would like to thank all of you for providing your valuable feedback, which helps in determining the service of the contractors. Please refer further information and inquiries on the SRA website at [www.silveradora.com](http://www.silveradora.com). Your constructive suggestions continue to help the Board in improving its communication and service to the community.

We would like to inform residents that a draft collection policy is developed, and, once approved by the Board, it will be posted on the website. Also, we confirm that in 2016, no files were sent to collection by the new Board of Directors. However, we remind the owners who have not paid their required dues that the Board will be taking action to collect this year. There are still some owners who have not paid their required dues, you, the owners have full responsibility to ensure your yearly dues for 2016 are paid on time and your contact information with Simco Management is correct for an effective and timely communication. Please take the time to update your information directly with the property manager. We would like to advise you that the new contact person at Simco is Melanie Doughty and her direct email is [melanie@simcomgt.com](mailto:melanie@simcomgt.com)

Stay tuned, as we promise a regular update to you through the SRA website. Information regarding the SRA can be found at [www.silveradora.com](http://www.silveradora.com). Please send all your comments and suggestions to Simco Management (Calgary) Inc:

Contact Person: Melanie Doughty Tele. 403-234-0166 ext. 4040

Silverado Residents Association email: [silveradora@gmail.com](mailto:silveradora@gmail.com)

Board of Directors, Silverado Residents Association



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## SILVERADO COMMUNITY ASSOCIATION Membership Application

Become a part in your Community! Join the Silverado Community Association

Family Name: ..... Date: .....

Applicant's First Name(s): ..... Home Phone: .....

Address: ..... Postal Code: .....

Email: .....

- Memberships cost \$25/year for each address and are renewable annually in March. Please mail application form to: Silverado Community Association, PO Box 32003 Silverado PO, Calgary, AB T2X 0X4 or send email to [info@silveradoca.ca](mailto:info@silveradoca.ca). Cheques are payable to Silverado Community Association. Please allow 3-4 weeks for your membership to be delivered to your home address.
- Members of the community association are welcome to attend SCA sanctioned events throughout the year. Not only will you be able to meet others within Silverado, but will help build a better sense of community in our neighbourhood.
- Stay connected with what is happening within your community. Members are kept up-to-date of the developments within and around the community.
- Silverado Community Association is actively looking for volunteers to help out with community events and for board positions. If you are interested in volunteering your time to make Silverado a better community, please send inquiries to [info@silveradoca.ca](mailto:info@silveradoca.ca).
- Silverado Community Association updates can be located on our website at <http://silveradoca.ca/>



Follow Silverado Community Association on Facebook  
[www.silveradoca.ca](http://www.silveradoca.ca)



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

### October at Trico Centre

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

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

### 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](http://www.tricocentre.ca) under the Schedules tab or pick up a copy at Guest Services.
- October Wellness Workshops include: Foam Roller Workshop, Mindful Relaxation Intro Workshop, and Straighten Up (free info session followed by a 4-week workshop – for youth and adults.)

### Older Adults

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



### Families, Children & Youth

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



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## 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>



## WALK WITH US TO END BLOOD CANCERS

Join us on Saturday, October 15 for an evening of inspiration and hope as we walk together to end blood cancers.

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## IN & AROUND CALGARY

### Alberta Health Services: EMS

#### Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31<sup>st</sup> 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 9-15<sup>th</sup>

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](http://Calgary.ca/CSPS/Fire)

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



Fire Safety Tips with Flint  
<https://youtu.be/CbE3tCBzeY0>



**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!

*Calgary Fire Department. Yours for life.*



# 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](http://www.calgarywildlife.org) for more information.



| Name     | Age | Contact      | Course |
|----------|-----|--------------|--------|
| Eric     | 11  | 587-432-7888 | Yes    |
| Morgan   | 13  | 403-651-0370 | Yes    |
| Paige    | 13  | 587-226-8748 | Yes    |
| Jordan   | 14  | 780-215-7558 | Yes    |
| Emelia   | 14  | 403-870-9738 | Yes    |
| Gracie   | 16  | 403-807-6893 | Yes    |
| Faith    | 17  | 587-892-2101 | Yes    |
| Sara     | 19  | 403-700-8675 | No     |
| Marianne | 19  | 403-909-8654 | No     |
| Daniela  | 32  | 403-397-5277 | Yes    |
| Jay      | 34  | 403-890-9789 | No     |
| Shannon  | 39  | 403-931-3232 | Yes    |

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**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](http://mybabysitter.ca).

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# Start Fall Off On The Right Foot

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

Fall sees adults getting back to their regular routines at work – routines that often involve a lot of sitting.

Canadian adults are sedentary for nearly 70 per cent of their waking hours. More of us work at a desk and choose activities that involve a lot of sitting, like watching TV and playing games.

The problem with sedentary behavior is that it contributes to weight gain – and being overweight and obese increases your risk of developing cancer.

Research has shown that just 30 minutes of moderate daily activity can protect you against colorectal, breast and uterine cancers.

It's important to note, however, that you can still be at an increased risk of developing cancer even if you do exercise regularly, but then spend the rest of your day sitting.

That's why you should take frequent, short breaks from sitting – standing or moving for just two to three minutes at a time can be beneficial.

Here are some Canadian Cancer Society tips to help you move more and sit less, both at home and your workplace:

- If you haven't been physically active for quite a while, ask your doctor to suggest activities that suit your age, fitness level, and general health, as well as any activities you should avoid.
- Take hourly breaks from sitting at work. Set an alarm, then stand up and stretch.
- Walk around or stand while you're talking on the phone at work.
- Start an activity club at work. It can be as simple as going for a walk over the lunch hour.
- Schedule your activities. Pick a time and place, and invite a friend who can help keep you on track.
- Turn physical activity into a social event. Go to the park with a group of friends and a Frisbee. Invite the neighbours and their kids over to play ball hockey or basketball. And don't just watch your kids play – join them in games of tag or soccer.
- Swap 30 minutes of television for a 30-minute walk each day.
- Walk or ride your bike to work; if you live too far to be an active commuter, choose to park a few blocks away and walk the rest of the way to your office.

For more cancer prevention tips, please visit the Canadian Cancer Society online at [cancer.ca/prevention](http://cancer.ca/prevention).

## 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](http://calgarylibrary.ca).



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

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

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

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

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

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

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

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

Follow the Calgary Board of Education on Twitter @yycbedu



# Family money – a financial checklist for families

Suzanne Smith-Demers – Consultant

Raising children is definitely a joy — it's also expensive. That is why it's important to have a financial plan in place for the many stages of a client's life.

### Pre-baby

- Research all available employee and government parental benefits so you'll know what your income is likely to be while you're away from work.
- Review your current financial plan(s) and determine what you want to save in advance of having a child and what your family budget will be when your new addition arrives.
- Arrange for a last will and testament or update your most recent will to be sure it includes your wishes for your child(ren) education, care and inheritance. Name a guardian for minor children in the event of your death.

### Infant and Toddler (0-5)

- Register your child for all government benefits.
- Open an RESP to receive government grants which can provide a \$500/year increase on the money you save.

### The early years (5-10)

- Open a savings account for your child.
- Save the receipts from daycare and extra-curricular programs because they may be eligible for the child care expense deduction.

### Adolescent and Teenager (11-19)

- Talk to your kids about earning, saving and spending wisely.
- Help them to divide their income into areas like current spending and savings for their goals.
- Teach them about loans and good and bad forms of debt.

### Young adult (20-25)

- Discuss budgets and options for how to purchase of their first home.
- Talk with them about savings plans like TFSA's and RRSP's.
- Encourage them to work with a professional to file proper tax returns.

Life can bring joy and happiness along with change and challenges; preparing your children to become financially independent is a great way to help them succeed.



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FIND SOLUTION ON PAGE 25



## Silverado Real Estate Update

Last 12 Months Silverado  
MLS Real Estate Sale Price Update

|                | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| August 2016    | \$436,200.00         | \$426,000.00       |
| July 2016      | \$377,450.00         | \$367,500.00       |
| June 2016      | \$490,000.00         | \$494,000.00       |
| May 2016       | \$406,600.00         | \$397,250.00       |
| April 2016     | \$439,900.00         | \$435,000.00       |
| March 2016     | \$469,000.00         | \$453,000.00       |
| February 2016  | \$450,000.00         | \$440,000.00       |
| January 2016   | \$479,900.00         | \$466,000.00       |
| December 2015  | \$437,900.00         | \$440,000.00       |
| November 2015  | \$444,900.00         | \$425,000.00       |
| October 2015   | \$428,450.00         | \$423,125.00       |
| September 2015 | \$434,900.00         | \$427,500.00       |

Last 12 Months Silverado  
MLS Real Estate Number of Listings Update

|                | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| August 2016    | 13                 | 6                   |
| July 2016      | 9                  | 4                   |
| June 2016      | 12                 | 11                  |
| May 2016       | 16                 | 10                  |
| April 2016     | 11                 | 13                  |
| March 2016     | 13                 | 9                   |
| February 2016  | 22                 | 7                   |
| January 2016   | 13                 | 9                   |
| December 2015  | 5                  | 5                   |
| November 2015  | 9                  | 7                   |
| October 2015   | 7                  | 10                  |
| September 2015 | 20                 | 9                   |

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [silverado.great-news.ca](http://silverado.great-news.ca)

## CCSD BOARD OF TRUSTEES

Website: [www.ccsd.ab.ca/board-of-trustees](http://www.ccsd.ab.ca/board-of-trustees) • Email: [trustees@ccsd.ab.ca](mailto:trustees@ccsd.ab.ca)

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

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

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

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

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

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

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

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

# Protect Yourself, Immunize Your Pet

Jennifer L. Scott, D.V.M.



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

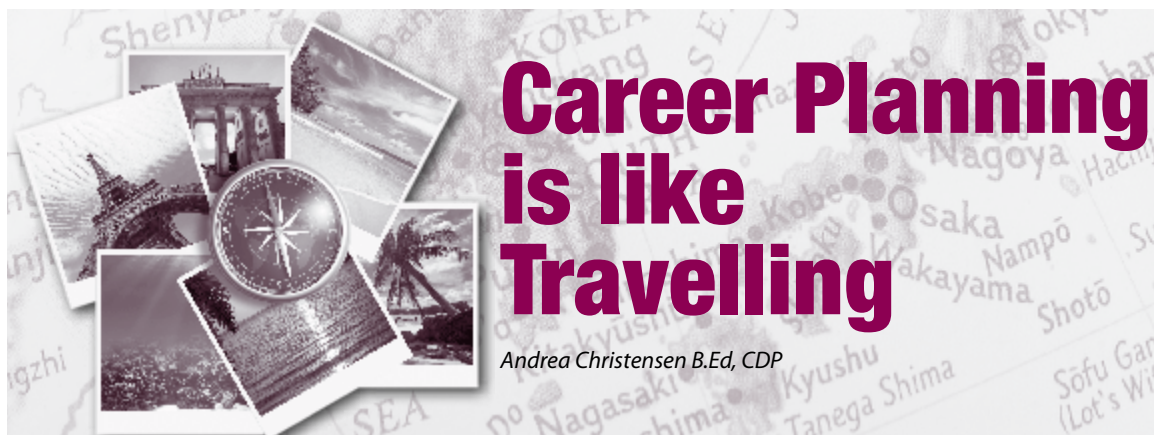
where the animal appears depressed and isolates itself and the “furious” form associated with aggressive behaviour. Any abnormal behaviour should be considered suspicious. An animal’s voice will frequently change as the vocal cords become paralyzed and seizures may occur. Rabies can only be diagnosed 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.



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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.*



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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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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/](http://calgarycommunities.com/workshops-events/)



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[eward14@calgary.ca](mailto:eward14@calgary.ca) or 403 268-1653

Greetings Ward 14!

Thank you to those who attended my Ward 14 Communities BBQ! It was a great time! Don't worry if you couldn't make it. There will be another chance next year—although it will look slightly different because of the upcoming election. I will speak more about that next month.

I do want to remind you that I send email notifications about events like my BBQ, Counciltalk, and other important information relating to municipal government. To receive them you must sign up at [calgary.ca/ward14connect](http://calgary.ca/ward14connect). I encourage you to do so.

**Free Leaf and Pumpkin Drop-off**

We are undeniably in autumn now, and the remains of summer are likely lying on your lawn waiting to be

raked and bagged. My October column is the perfect opportunity to remind you of a great program we have at the City: the Leaf and Pumpkin Composting Program. It is currently underway, and runs until November 6. Bring your bagged leaves and pumpkins to one of our 35 drop-off locations around the city. By composting this material it stays out of the landfill, reduces harmful greenhouse gas emissions and helps turn the leaves and pumpkins into useful compost. We recommend using paper yard waste bags as they can be composted with the rest of the material. No sod or rocks please.

For a full list of Leaf & Pumpkin drop-off locations, please visit [calgary.ca/leaf](http://calgary.ca/leaf).

**Check your smoke detectors**

Now I want to make what you might call a public service announcement. Did you know that your smoke detector needs to be replaced every ten years? You should be replacing its batteries every year at least, and checking that it works every month.

October 9<sup>th</sup> to 15<sup>th</sup> is Fire Prevention Week. It may be the perfect opportunity to learn what you can do to protect your home and your family. There is a lot of great information about that and more at [calgary.ca/fire](http://calgary.ca/fire).

**Being prepared for snow**

We didn't get much snow last winter, but if I have learned anything from this spring and summer, it is probably best to be prepared for anything. That is why I'm getting an early start on my usual snow clearing reminder this year.

Not much has changed. The City still aims to have all roads in drivable shape within seven days. Crews work on a priority basis. If necessary, the snow on your street will be packed down, and ruts will be removed anywhere between three and seven days after the end of the snowfall.

There are many ways to stay informed during a snowfall event. You can follow @yyctransport on twitter, download the City of Calgary Roads App, or visit [calgary.ca/roadconditions](http://calgary.ca/roadconditions) for current road conditions and progress. There is much more information about snow and ice control on [calgary.ca/snow](http://calgary.ca/snow) too.

One last thing: please pay attention to snow parking bans, and any other signage. Doing so will help everything get done as quickly and painlessly as possible.

That's it for October! Have a great month, and remember you can contact me anytime.

**DR. GARY HARRISON, D.D.S.**

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|---|----------------|
| Alberta Adolescent Recovery Centre      | 403.253.5250   |
| Alberta Health Care                     | 403.310.0000   |
| AHS Addictions Hotline                  | 1.866.332.2322 |
| ATCO Gas – 24 Hour Emergency            | 403.245.7222   |
| Calgary HEALTH LINK 24/7                | 811            |
| Calgary Police – Non Emergency          | 403.266.1234   |
| Calgary Women's Emergency Shelter       | 403.234.7233   |
| Child Abuse Hotline                     | 1.800.387.5437 |
| Kids Help Line                          | 1.800.668.6868 |
| Child Safe Canada                       | 403.202.5900   |
| Distress/Crisis Line                    | 403.266.4357   |
| ENMAX – Power Trouble                   | 403-514-6100   |
| Poison Centre - Alberta                 | 1-800-332-1414 |
| HOSPITALS / URGENT CARE                 |                |
| Alberta Children's Hospital             | 403.955.7211   |
| Foothills Hospital                      | 403.944.1110   |
| Peter Lougheed Centre                   | 403.943.4555   |
| Rockyview General Hospital              | 403.943.3000   |
| Sheldon M. Chumir Health Centre         | 403.955.6200   |
| South Calgary Urgent Care Health Centre | 403.943.9300   |
| South Health Campus                     | 403.956.1111   |
| OTHER                                   |                |
| Calgary Humane Society                  | 403.205.4455   |
| Calgary Parking Authority               | 403.537.7000   |
| SeniorConnect                           | 403.266.6200   |
| Calgary Kerby Elder Abuse Line          | 403.705.3250   |
| Alberta One-Call Corporation            | 1.800.242.3447 |
| City of Calgary                         | 311            |
| Social Service Info & Referral          | 211            |
| Community Mediation Calgary Society     | 403.269.2707   |
| RNR Lockworks Ltd.                      | 403.479.6161   |
| Road Conditions – Calgary               | 511            |
| Weather Information                     |                |
| Gamblers Anonymous                      | 403.237.0654   |

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## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

## BRAIN GAMES SUDOKU

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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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