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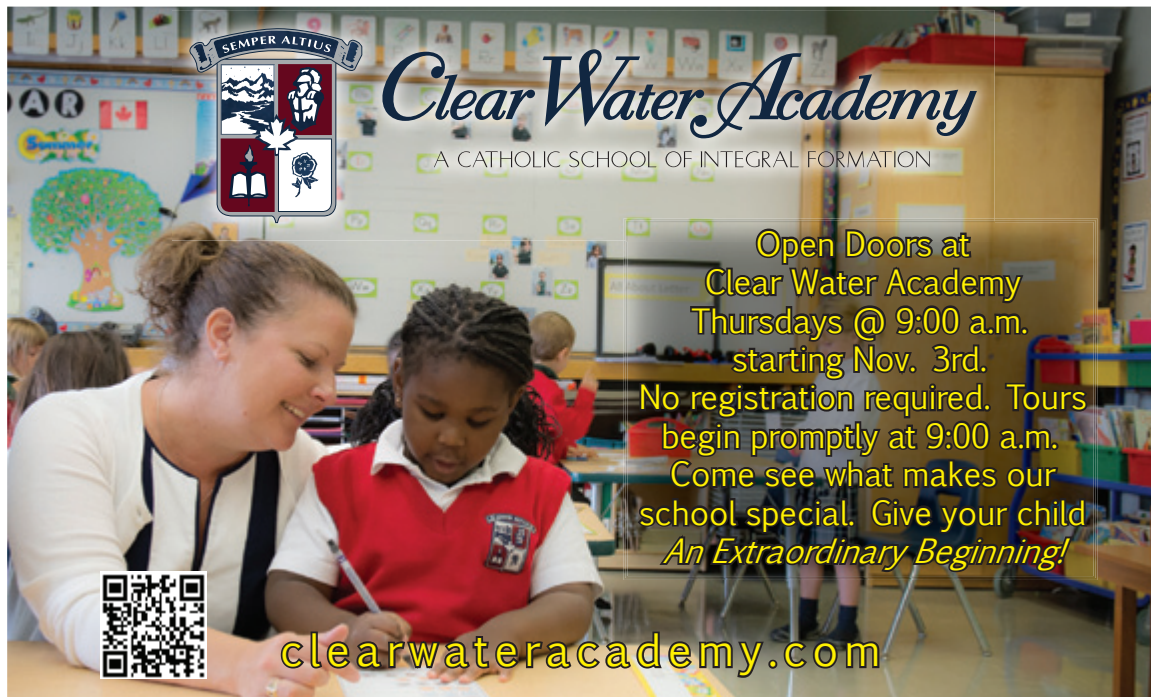
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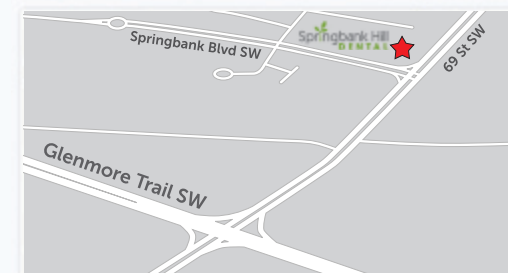
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Calgary Signal Hill**
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GREAT NEWS PUBLISHING HAS BEEN
PROUDLY SERVING CHRISTIE PARK, SIGNAL HILL &
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Bill's Book Café

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

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

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



Author In Residence

Get inspired with the Library's Micheline Maylor!

Life Is Strange & Other Brave Leaps In Poetic Impressionism Poetry is non-linear in nature; its insights come in flashes. Learn methods for building meaning in poetry using leaps and pattern rather than linearity. Implicit examples from poets John Wall Barger, Selima Hill, and Don Coles.

Central | Wednesday, October 5 | 6:30 pm

Improve Your Style & Find Your Voice

Improve your writing at the sentence and line level by learning the eight parts of speech and how best to craft them, as well as self-editing techniques. Every kind of writing will benefit.

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

Understanding Teens & Understanding Aging

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



Westhills mybabysitterlist

Name	Age	Contact	Course
Allison	15	403-475-3122	Yes
Brianna	13	403-686-1717	Yes
Brooke	14	403-212-1014	Yes
Brooke	18	403-874-3111	Yes
Destynnee	14	403-875-3069	Yes
Elizabeth & Michelle	20	403-918-2035	No
Eugene	19	403-703-4488	Yes
Hannah	12	403-246-6578	Yes
Izzy	15	403-863-1453	Yes
Izzy	16	403-863-1453	Yes
Izzy	16	403-863-1453	Yes
Jayde	17	403-481-3315	Yes
Karl	15	403-212-1014	Yes
Kyla	14	403-217-0282	Yes
Lauren	15	403-217-3249	Yes
Makayla	17	587-888-9389	Yes
Megan	18	403-266-4610	Yes
Nabila	47	587-215-2673	Yes
NEGIN	43	403-217-5778	Yes
Olivia	17	403-246-0203	Yes
Priya	17	403-471-1033	No
Rahell	14	403-999-2851	Yes
Sarah	16	403-702-5549	Yes
Sarah	16	403-702-5549	Yes
Sophia	14	403-708-0601	No
Yasmin	15	403-402-9244	No
Yena	20	403-479-7911	Yes

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

Calling All PARENTS

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

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

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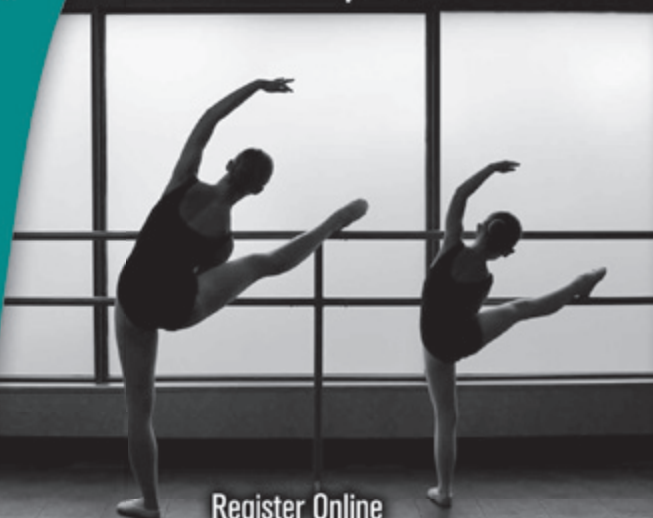
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Signal Hill Real Estate Update

Last 12 Months Signal Hill

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$669,900.00	\$636,500.00
August 2016	\$694,500.00	\$678,250.00
July 2016	\$689,950.00	\$672,500.00
June 2016	\$682,450.00	\$658,500.00
May 2016	\$607,400.00	\$589,750.00
April 2016	\$655,000.00	\$620,000.00
March 2016	\$629,900.00	\$617,000.00
February 2016	\$624,900.00	\$604,000.00
January 2016	\$639,900.00	\$613,000.00
December 2015	\$704,400.00	\$675,000.00
November 2015	\$599,995.00	\$599,500.00
October 2015	\$651,950.00	\$635,750.00

Last 12 Months Signal Hill

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2016	11	8
August 2016	8	8
July 2016	16	10
June 2016	11	18
May 2016	16	14
April 2016	23	15
March 2016	21	11
February 2016	14	8
January 2016	13	5
December 2015	4	6
November 2015	6	9
October 2015	10	10

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

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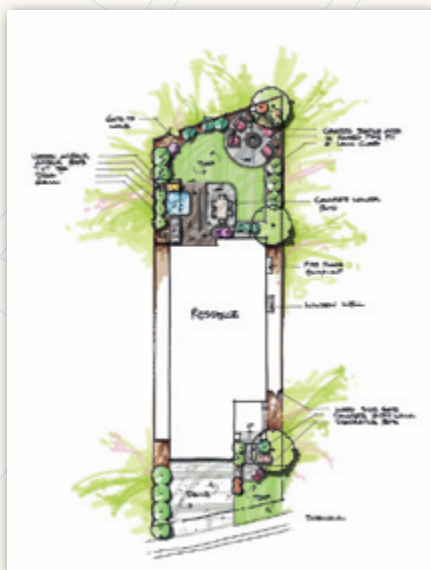


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SCA Real Estate Update

Last 12 Months Strathcona Park
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$652,450.00	\$618,000.00
August 2016	\$699,900.00	\$675,000.00
July 2016	\$759,000.00	\$758,000.00
June 2016	\$679,000.00	\$652,500.00
May 2016	\$649,500.00	\$635,000.00
April 2016	\$549,900.00	\$533,000.00
March 2016	\$742,450.00	\$721,250.00
February 2016	\$799,800.00	\$777,500.00
January 2016	\$679,450.00	\$662,500.00
December 2015	\$634,700.00	\$622,000.00
November 2015	\$641,400.00	\$625,000.00
October 2015	\$656,500.00	\$625,000.00

Last 12 Months Christie Park
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$0.00	\$0.00
August 2016	\$975,000.00	\$930,000.00
July 2016	\$0.00	\$0.00
June 2016	\$929,900.00	\$895,000.00
May 2016	\$897,450.00	\$860,000.00
April 2016	\$859,900.00	\$855,000.00
March 2016	\$669,900.00	\$629,000.00
February 2016	\$0.00	\$0.00
January 2016	\$600,000.00	\$592,800.00
December 2015	\$509,900.00	\$504,500.00
November 2015	\$0.00	\$0.00
October 2015	\$699,900.00	\$675,000.00

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

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CALGARY



WILDLIFE

The Brown Creeper

By J.G. Turner
Photo credit: David Mitchell

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

Fun Facts:

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

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

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

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.



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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



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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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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Sunday 4:00 pm – 9:00 pm

Holidays 11:30 am – 9:00 pm

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.



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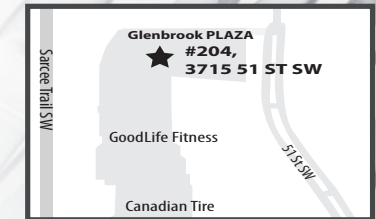
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TRIVIA

Frankenstein, the famous monster of the iconic story bearing the same title, is actually not named Frankenstein. His maker, Dr. Frankenstein, called him “creature” and “demon”.



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IN & AROUND SCHOOLS


St. Michael School Christmas Craft Parade

St. Michael School
4511 8 Ave. SW
(2 blocks South of Bow Trail – off 45 St. SW)

Saturday, November 26, 2016

10:00 am to 3:00 pm

- FREE Admission
- Huge Raffle!
- Fabulous Food!
- 40+ Amazing Vendors!
- Jewellery – Art – Wood Crafts
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FIND SOLUTION ON PAGE 27



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Maximize Your Mental Performance With Water!

We would often rather 'hydrate' ourselves with anything but water!

Angela Villavicencio-Requis

Feeling tired and groggy and you don't know why? You may just be dehydrated! We have all heard about the importance of drinking water - as kids, we were told over and over again to drink 8 glasses per day. But even then, not many of us are actually doing it. We would often rather 'hydrate' ourselves with anything but water! But, if nourishing your body with some water doesn't seem that important to you, then maybe you should consider learning how to maximize mental performance through proper hydration.

Although it may sound odd, water is a lot more important to mental function than we may have thought. Recent research studies have shown that acute dehydration can actually cause brain shrinkage, which in turn causes negative effects on mental performance. This is

due to the generation of an osmotic gradient that provokes water to flow outside of the cells resulting in their shrinkage. This obviously doesn't happen overnight, but reduced water intake over a long period of time may adversely impact your ability to do certain things such as plan or process information. This is definitely a problem none of us want to have! But if you are anything like our typical modern-day human, you are probably wondering how you'll ever increase your water intake. Changing habits isn't easy, so below we've created some fun tips to help you stay hydrated and mentally sharp!

1) DRINK WATER BEFORE AND AFTER MEAL

This is probably the easiest way for you to stay hydrated. It's a simple way to get more water into your day and keep your brain happy. As simple as it may sound, this

is also a great way to eat less! That's good news for those who are looking for easy ways to lose some pounds!

2) CHOOSE QUALITY WATER

Drinking tap water? Unfortunately, there are many harmful contaminants present in tap water that could make us ill. Installing a good-quality water filter or gathering water from a spring provides some options to obtain quality water.

3) SAY NO TO SPORTS DRINKS

Although sports drinks may seem like a good idea, the truth is the ingredients present in these drinks may actually be detrimental to your health. Many of them contain high amounts of sugar or artificial sweeteners that don't actually quench our thirst.

4) SPRUCE UP YOUR WATER

Forget plain old water! Adding herbs, fruit, or veggies are great ways to make water taste better. Try out the recipe below for a little motivation!

WHY YOU NEED A WATER BREAK?

This natural flavored water recipe infused with

herbs and fruits is not only healthier but a whole lot more exciting! It'll make you want to drink more of the good stuff without you realizing it. So what are you waiting for?

Lime and Mint Flavored Water

Ingredients:

- 8 ounces of lime
- 4 ounces of mint
- 2 quarts of water

Directions:

Place lime and mint in a pitcher and add filtered or spring water. Refrigerate 2 to 4 hours to allow the ingredients to infuse. Stir well and strain. For serving, add fresh lime and mint for garnish and plenty of ice. The infused water will keep refrigerated for up to 2 days. You can replace the lime and mint with raspberries and basil or cranberries and rosemary!



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CCSD BOARD OF TRUSTEES

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

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

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

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

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

tions 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.

IN & AROUND CALGARY

Did You Know?

Cloverdale Paint Now Offers Discounts to Community Association Members!

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

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

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

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



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IN & AROUND CALGARY

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You'll make lifelong friends, learn valuable skills and increase your self-esteem.

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

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

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



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

Alberta Health Services: EMS

Halloween Safety

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

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Costumes

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

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.



Writings about Reading

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

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

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

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

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

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

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

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.



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CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

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

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

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

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

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

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

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

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

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

Follow the Calgary Board of Education on Twitter @yycbedu

IN & AROUND CALGARY

Fraud Awareness

A message from the Federation of Calgary Communities

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

Date: Wednesday, October 19, 2016

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

Time: 7:00pm – 9:00pm

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

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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.



IN & AROUND CALGARY

October Fire Prevention Week. October 9-15th

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

Don't wait, check the date!

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

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

Other simple reminders:

- check every detector monthly by pushing the test button
- change the battery annually (some now have ten year batteries)
- you need to be able to hear the beep when you sleep
- you should have a smoke alarm on every level of your home
- many smoke alarms will "chirp" when the battery is low or when the alarm has reached its lifespan

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

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



Fire Safety Tips with Flint
<https://youtu.be/QbE3tCBzeY0>



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.

Pet Pointers

By Dr. Sara E. Wick BSc., MSc. (Zoology), DVM

While most of us humans are pretty excited to get the kids back to school and get back into our normal routines this fall, there may be a member of your family that is less than enthused about the transition. Canine separation anxiety can range in severity from mild anxiety with no destruction to a condition that results in extreme home destruction, soiling and loud vocalization sure to disturb your neighbours.

Separation anxiety can put a lot of strain on the relationship you have with your pet. I have first hand experience with this one and it's challenging! The following are signs of separation anxiety; destructive or anxious behaviour when left alone, hyper-attachment to you or others in the house (your constant shadow), soiling or destruction aimed at the exit of the house, or if there is high pitched vocalization involved (a distress call).

Dogs diagnosed with separation anxiety can be helped with behaviour modification training. Severe cases may require medication to help ramp down the anxiety while training is occurring or even long term. Some simple things you can try at home if your beloved family member misses you a bit too much during the day include the following:

1. Discourage hyper-attachment by not always petting your dog when they seek your attention. Make attention on YOUR terms when they aren't seeking it. When hanging out together, try to keep more than a meter between you at times and encourage them to entertain themselves with interactive toys (peanut butter filled Kongs are great for this). It sounds like tough love but it's teaching your pet to be self confident.
2. Try to help them relax when you are away by turning on the TV or radio and consider using a pheromone collar or diffuser.
3. Try to make your exit less predictable or noticeable. Believe it or not, everything you do before leaving the house is well noted by Fido. From your last sip of coffee, to turning off the lights and picking up your keys, these are all cues that have taught him/her that you are leaving them. Each move escalates that feeling of dread. Solve this problem by doing these random behaviours multiple times a day when you are home, randomly. You can also leave the house, lock the door for a few seconds and then return immediately. Doing this repeatedly and excessively will teach your pup that these cues aren't so import.

Most importantly, chat to your veterinarian if you are battling canine separation anxiety. It helps to have a pro on your side.

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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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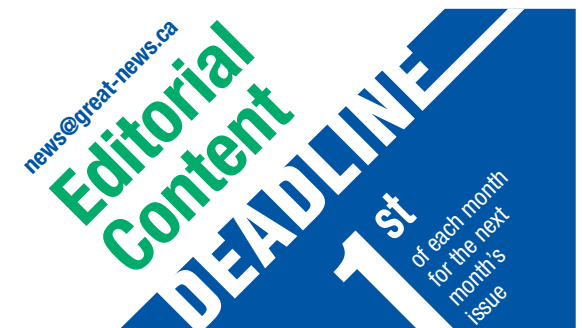
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Communications & Community Liaison:
Eileen Badowich, CAward6@calgary.ca
www.calgary.ca/ward6 •

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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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
Kerby Centre for the 55 plus	403-265-0661
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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- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

FREE ENGLISH CONVERSATION CAFE (ESL) AT THE SCA COMMUNITY CENTRE. Practice speaking English at this fun conversation class for adults provided by St. Martin's Anglican Church. Tuesdays 9:30-11 am September 13 - December 13, 2016. All welcome. Contact Laura at 403-612-9949 or email community.stmartins@yahoo.ca for more info or to register.

COOKING WITH FRIENDS - a fun cooking class where we share recipes, cook together and have lunch with new friends. All Welcome. Childcare available with pre-registration. Thursdays, 10:30 - 1 pm, September 15 - December 8, 2016 at Knox Presbyterian Church. Contact Laura at 403-612-9949 or email community.stmartins@yahoo.ca for more info or to register.

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