


TUSCANY SUN

OUR COMMUNITY'S VOICE

NOVEMBER 2013

Brought to you by your Tuscany Community Association

Great Fun at the 2013 Tuscany Harvest Festival!



**Tuscany
School
Council**

**Calgary
Urban Coyote
Project**

Photo by Terry Boyle



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TUSCANY
community association
www.tuscanyca.ca

Tuscany Community Association

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In Our Community

TCA President's Report

Sincere thanks to everyone who participated in the Harvest Festival this fall, and to everyone who came out to the Municipal Forum prior to the election. Being informed about the candidates is important in any election, and was particularly important this time around, as our long-time representative, Dale Hodges, retired from his 30 years at City Hall.

A few development concerns have come to our attention recently, and it is interesting to see the impact feedback from the wider community can have. We will likely see improved cell service, as a new antenna will be added to the tower near 12 Mile Coulee Road and Crowchild Trail, and a large new tower is being proposed at the east side of our community, just north of the pedestrian bridge. The tower has been relocated and lowered in response to the feedback from the community in 2012, and will be much further away from residences.

The TCA is working with our Community Liaison Officer to improve safety in our community, especially traffic concerns around the three schools. Our children are much more inclined to follow the rules of the road as pedestrians and cyclists

than parents, who often put their own needs before the safety of others. I have witnessed an astounding number of people doing u-turns in the middle of school zones, often right through crosswalks. Please, if you have children attending school in Tuscany, encourage them to walk or ride their bike. If that is not possible, please follow traffic rules, and be respectful of residents who live near the schools.

- Kelli Taylor, President



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In Our Community

Editor's Message

The November issue of the Tuscany Sun probably arrived in your mailbox shortly before or immediately after our 2013 municipal election. But as I am writing this message in early October, there is a lot of excitement still building in Ward 1, the ward that contains the community of Tuscany. As you likely know, our long-standing representative, Alderman Dale Hodges, has now retired from his office after 30 years of service, and many hopeful candidates are vying to replace him in the next term of City Council. The election fervor is peaking, and I hear unusual topics of discussion surfacing between parents in the schoolyard or neighbours on the block—issues that aren't typically at the forefront of conversation, such as suburban developer subsidies, transit expansion, or tax reform. Whatever the outcome will be (or was, depending on when this message appears), election time is a good reminder to get engaged with your community and the leaders that govern it.

While I have no aspirations to politics myself, I do hold a lot of admiration to those who answer the calling to public service. It is a hard job, with long hours and few chances to take personal time, and you are always under the intense scrutiny of the media and the greater public. I have incredible respect for leaders like Dale Hodges who served our communities diligently and tirelessly for so many years. His expansive knowledge of civic matters and community history will be sorely missed in our Ward and in City Council, I am certain. But as we move to new leadership in Calgary, we also sense the promise of fresh beginnings, novel ideas, and new opportunities.



We have reached a potential turning point in our ward and in our community, and the future is both uncertain and exciting. What's your vision for Calgary or our community? What issues matter most to you and, perhaps, shaped your vote in the election? How much do you wish to contribute to making your neighborhood and your city a better place to live?

Very soon, we will have a new City Council governing our city and a new Councillor representing the interests of our community. One of the biggest roles that our community association plays is to act as a liaison between our residents and the City and its elected officials. If you have a vision for our community that you wish to bring to the discourse, now is a great time to do so, and there are lots of ways you can do it:

- Write a letter to our new Councillor to tell them of your vision for our community and the city ward they represent.
- Contact the Tuscany Community Association, and tell us your thoughts or ideas for making this an even stronger community for all residents.
- Communicate your ideas to your neighbors, and open the discussion on things that matter to you. You

can start the conversation by sending a letter to Tuscany Sun or submitting an article for publication on our community website. We can help you get the word out.

- If you have children that attend school in our community, volunteer with the parent student council and help strengthen our school communities.
- Go talk to your neighbors and mobilize a plan to make a positive change in your neighborhood—no project is too big or too small, and our community leaders are here to help.

In the coming months, the Tuscany Community Association will be reaching out to members of our community for your ideas and (if you are so inclined) your time and energy to help improve to our community. I hope you will continue to read our messages in the Tuscany Sun and on our website, and stay engaged with what's happening in our community. And if you have thoughts to share or ideas to bring to the table, we always want to hear from you.

- Darren Bender
Editor, Tuscany Sun
Communications Director,
Tuscany Community Association

In Our Community

Great Fun at the 2013 Tuscany Harvest Festival!

The Tuscany Community Association and Jeff Neustaedter & Associates wish to thank all the residents and sponsors who attended the 2013 Tuscany Harvest Festival on Saturday, September 21. We had a spectacular day in the sun to celebrate our community with friends and neighbours. The event was free to all Tuscany residents, making it difficult to get a good count of those who attended, but we estimate that about 3,000 residents came by to check out our games, displays, food trucks, and special events.

We wish to send a warm thank-you to our many sponsors, participants, and supporters:

- Agnew Insurance – The Co-operators
- Alberta Father Involvement Initiative
- Albi Homes
- Blake Nichol, Lawyer
- Brookfield Residential
- Calgary Public Library
- Calgary Stampeders – Ralph the Dog
- Chris Harper, Ward 1 candidate
- City of Calgary
- Cobs Bread, Crowfoot location
- EcoLiving Events
- Egg Producers of Alberta
- Enmax
- GROW Calgary
- Home Depot, Tuscany location
- Homes by Avi
- Los Compadres Food Truck
- MacDonald Development
- Musical Twist DJ Service
- New West Luxury Homes
- Pedalheads Calgary
- RBC, Cory Vance
- Scenic Bow Valley District Guides
- Sobeys, Tuscany location

- Steakout Food Truck
- Trickle Creek Custom Homes
- Tuscany Veterinary Hospital
- Ward Sutherland, Ward 1 candidate

Sincere thanks go out to all of the volunteers who helped make this festival a great success. Extra special thanks go to RockPointe Church for organizing and running the games

and offering facepainting, and to the Church of Jesus Christ of Latter-day Saints for coordinating the kids' craft area and for accepting food donations to the Calgary Inter-Faith Food Bank totalling more than 500 pounds! If you'd like to participate in the 2014 festival, please email executiveadmin@tuscanyca.ca.



Photo by John Neufeld



Photo by Terry Boyle



Photo by John Neufeld

In Our Community

Tuscany Harvest Festival



Photo by Terry Boyle



Photo by Terry Boyle



Photo by Terry Boyle



Photo by John Neufeld



Photo by John Neufeld



Photo by Terry Boyle

Photo by John Neufeld



Photo by Terry Boyle



In Our Community



**Support Tuscany!
Buy Your Community Membership Today!**

Membership ...do you have your
Community Association membership yet?

Benefits of Membership

- A healthier and more enjoyable community through the provision of community sports and recreation activities like soccer – your membership contributes to the costs of operation
- Insurance coverage to participate in Community Association organized sports, such as soccer
- Discounted insurance rates - email president@tuscanyca.ca
- Up-to-date information about issues affecting you and the community through the Tuscany Sun and our website
- Effective representation and advocacy to external third parties about issues of concern to the community, including public health and safety, development and the natural environment
- Maintenance and preservation of the natural environment, including Twelve Mile Coulee
- A safer community through our advocacy on traffic and other safety issues
- Pride and a sense of community through participation in community activities

*YES! I would like to become a member of
the Tuscany Community Association*

**Go to www.tuscanyca.ca to register online
for your membership today!**

TUSCANY
community association

Your Tuscany Community Association

The TCA is a non-profit organization run by a core group of volunteers who are committed to the needs and constructive development of Tuscany and its community. The TCA has a broad mandate to represent the community to external stakeholders such as the City and to provide community sports programs. We also have an emphasis to preserve and protect the natural environments in Tuscany.

This year, the TCA is focusing its efforts on three broad goals: community cohesiveness, traffic safety and the development of youth programs in Tuscany. If you would like to participate in the development and implementation of these goals, the TCA is always looking for committed volunteers.

For more information, contact president@tuscanyca.ca or go to our website at www.tuscanyca.ca.





Tuscany RESIDENTS ASSOCIATION

The Tuscany Club is operated by the Tuscany Residents Association (TRA) as a private recreation facility for the exclusive use of its members. For more information about the TRA, visit the FAQ section of our website, listed under the "Residents Association" banner at www.tuscany-connect.com.

Address

Tuscany Residents Association
212 Tuscany Way N.W.

T3L 2J6

Phone

403-241-6402

Hours of Operation

Park and Facility Hours:

Mon. to Sun. 9:00 a.m. – 10:00 p.m.

Office Hours:

Mon. to Sat. 9:00 a.m. – 4:30 p.m.
(closed 12:00 p.m. – 1:00 p.m.)

*closed November 11

Tuscany Snow Clearing Update

Tuscany Residents Association (TRA) would like to announce changes to the existing snow clearing operation. Some areas previously cleaned by TRA will no longer be attended to because such areas fall under the responsibility of the City of Calgary Roads Department. Please visit www.tuscany-connect.com to view the new snow clearing map.

Please note the following:

- TRA will clear the common sidewalks in the community which means sidewalks along playgrounds, sports fields, pathway entrances, landscape feature corners and green spaces. Any questions or concerns should be forwarded to TRA Maintenance Department at parks.tuscany@shaw.ca or 403-241-6402 ext. 114.
- Pathway snow clearing is done by City of Calgary Parks Department, Pathways Division. Any concerns regarding the pathways should be directed to the City of Calgary 3-1-1 line.
- Snow clearing of sidewalks surrounding school properties is the responsibility of the school board. Any concerns should be directed to the corresponding school board.
- Designated sidewalks along Tuscany Boulevard and Tuscany Drive are cleared by the City of Calgary Roads Department. Any concerns regarding these sidewalks should be directed to 3-1-1.

November Events & Notices

Fall 2 Program: Registration Now Open!

Review the guide at www.tuscany-connect.com and register online through your account for the Fall 2 program session in November and December. For more information or help registering, email the Recreation Manager at clubprograms@shaw.ca. Your TRA offers programs for youth dance and sports, adult fitness and yoga, preschooler play hours, and so much more.

Winter Program Guide + Registration

The TRA Winter Program Guide will be out on Monday, December 2, with registration for all winter programs opening Monday, December 9 at

9:00 a.m. The winter guide will have info on all your favourite fitness and recreation programs, plus some great new additions for winter, including youth and adult skating lessons.

Holiday Craft & Bake Sale Registration opened Monday, October 21 at 9:00 a.m.

Sign-up is best done in person at the Tuscany Club. Tables are \$25 each, one per address, and for TRA members only. The perfect way to sell those special holiday crafts, gifts, and treats. All items sold must be homemade or handcrafted by the vendor. This year's event is on Saturday, December 7 from 9:00 a.m. to 1:00 p.m., and admission is free to the public. Check out the 40+ tables of crafts, baked goods, and holiday gift ideas!

Letters to Santa

Once again this holiday season, the Tuscany Club will be your headquarters for writing to Santa Claus. Starting Monday, November 18, kids can drop off letters to Santa at the big red mailbox in the lobby of the Tuscany Club, and a personalized reply will be sent to your home. Pick up our special stationery or use your own letter.

Community Concerns and Maintenance

The condition of amenities in the community is a priority to the Tuscany Residents Association. Of course, we also welcome the assistance of residents in identifying outstanding issues or problems. If you are out and about in the community and notice something (e.g., broken fence panels, vandalism, etc.), please feel free to notify the TRA at 403-241-6402, and we will address the issue as quickly as possible.

Contact the Recreation Manager at clubprograms@shaw.ca for more information on any TRA programs and events.

Our Schools

Tuscany School Council

Hello from the parent council at Tuscany School! We are now well into another great year! We kicked off the year with our annual Welcome Breakfast. As always it was a great success—it was well attended and the rain stayed away! September also saw the school participate in the Terry Fox Run, where the “Toonies for Terry” campaign raised \$1,807.48 for the Terry Fox Foundation.

From October 15 to November 15, the school will be participating in Jacket Racket. This is a volunteer organization that aims to ensure that every child in Calgary, from kindergarten to grade 12, has warm winter clothing. The Tuscany community is encouraged to donate gently used winter clothing. There will be a donation box set up at the school that will be picked up regularly during this period.

With the colder weather coming and more parents driving their kids to school, we would like to encourage everyone to use extra caution in all school zones. Please observe the posted speed limits and refrain from making U-turns near the school. The School Council is hoping to form a Traffic Safety Committee to address traffic concerns near our school. Our students are not old enough to act as crossing guards, so we are looking at ways that parents could participate in traffic safety initiatives.

We would like to remind parents of preschoolers that, during school hours, please only use the community playground, which is furthest from the school. This is to ensure the safety of your child when using equipment

that has been developed for, and is being used by, elementary-aged children. Some of the older Tuscany School students have commented that it is difficult to play on the play structures when there are preschoolers present. Additionally, there was a lot of discussion at the September parent council meeting about dogs on school property and the soccer fields behind the school. We would like to remind all community members that dogs are not permitted on school grounds, playgrounds, or sports fields (see the City of Calgary’s “Responsible Pet Ownership” Bylaw).

Tuscany School has been working towards completing our Naturalization Project, which includes an outdoor classroom, a butterfly garden, and an area where students can grow plants as part of class projects. All of the new trees, shrubs, and perennials are planted with education in mind. Students are encouraged to try to identify and research the items they find to determine their history and relevance to our community. We would like to ask that all community members be respectful of the newly developed areas and avoid things like riding bikes over the new shrubs.

The Tuscany School Council has some fun events coming up, including Movie Night in November and a Family Dance in January! We are looking forward to continuing to build our school spirit this year, and we encourage all parents of students at Tuscany School to attend our next School Council meeting on Thursday, November 14 at 7:00 p.m. in the school gathering space.

St. Sylvester

Hello from the staff and students of École St. Sylvester School. How quickly November has arrived! November is the month set aside to remember those who fought for our freedom and those who continue to work to keep our world safe. To mark the importance of this day, École St. Sylvester will be having a Remembrance Day celebration at 9:30 a.m. on November 7 at the school. Everyone is welcome to attend!

We would like to thank our parents and students for collecting non-perishable food items for the St. Vincent de Paul Food Bank Drive. The drive was held in October and provided families with meals just in time for Thanksgiving. Thank you all for your continued support in making the drive a success.

November will be an incredibly busy month. We are excited to have Father Fred Monk come to our school to give a presentation on Mission Mexico. As part of our Catholic Community of Caring initiative, Mission to Mexico is an outreach program of Catholics in the Diocese of Calgary to marginalized communities in the State of Guerrero.

Other important dates to mark:

- Faith Day – no school: November 1
- Father Fred Monk: November 13
- Book Fair: November 25 to 29
- Parent Teacher Interviews: November 28 (evening) and November 29 (during the day)

École St. Sylvester School is a place where caring, respect, responsibility, trust, and family are taught and lived! All parents are encouraged to register their children at our wonderful school. If you are not Catholic, please call us to enquire, 403-500-2063.

Our Schools

Twelve Mile Coulee School

2nd Annual TYCOON\$ MARKET Fundraiser

Offering you a different shopping experience.

Unique, creative crafts that cannot be purchased from regular stores: hand-crafted notebooks, jewelry, sweet treats, fragrant bath salts, bookmarks, pet accessories, and much more.

Innovative products developed, marketed, and sold by students of Twelve Mile Coulee School.

All sales cash only, thank-you.

Thursday, December 12, 2013

5:00 p.m. – 8:00 p.m.

Twelve Mile Coulee School

990 Tuscany Drive NW, Calgary, AB

Saving Lives, One Flush at a Time

Over 40% of the world's population lives without engineered waste disposal systems, causing a million and a half people to die each year from gastro-intestinal diseases. In 2012, American Standard, in partnership with the Gates Foundation, developed a new toilet, SaTo, effective at stopping the transmission of disease. It was tested in Bangladesh with the bonus that it can be locally manufactured. The team is now off to sub-Saharan Africa.

- News Canada

Community

Girl Guides



Thank you for your support of our recent chocolate-mint cookie campaign. Our District is almost finished selling over 900 cases of cookies, which is over 10,000 boxes of cookies and over 250,000 individual cookies! Please look for us in March and April with our chocolate and vanilla sandwich cookies.

Our units have a lot of exciting activities planned this fall and winter, including Nite Trex, a scavenger hunt through the woods at night, fall and winter camping, outings to the local fire hall and lots of local businesses, having guest speakers and instructors come to our weekly meetings, and (of course) lots of crafts and games that fit into our program and badge work.



For more information on the programs we offer, please visit www.girlguides.ca.

If you offer a service or have a business in our community that may fit into the Girl Guide Program, we would love to hear from you! We are always looking for more places to visit or more people to come and speak to our units. Please email or call Lauren at sbvgirlguides@shaw.ca or 403-710-5775 to discuss potential opportunities.

In Our City

Calgary Connection

Women's English and Social Group:

Improve your spoken English and meet new women in your neighbourhood with the New Friends and Neighbourhood group program. Drop in at one of our weekly groups. There are no costs, no immigration requirements and no minimum English requirement. Free childcare is available for kids 6 months old to 6 years old. Visit www.ciwa-online.com/get-involved/ongoing-events for group locations and times. For more information contact 403-444-1752 or marileec@ciwa-online.com.

The Boys and Girls Clubs of Calgary Home-Start Program is Looking for Volunteers:

Volunteers visit a family home once a week to provide emotional and practical support by offering companionship and practical assistance. Help create a healthy community and meet a new family! Training, police and child welfare checks are provided. For more information or to register as a volunteer, please contact Marion at 403-660-6809 or mpaulson@bgcc.ab.ca.

Volunteer Calgary: Visit www.volunteercalgary.ab.ca for volunteer opportunities in Calgary.

Family Teacher Job Opportunity:

Closer to Home Community Services is looking for someone who would like to have a positive and lasting impact on vulnerable children and their families through a full-time, live-in position in your home. Benefits include a tax-free per diem, pre-service training, 24/7 crisis support, and ongoing professional development opportunities. Submit cover letter and resume to info@clostertohome.com.

In Our City

Yielding to Emergency Vehicles

Time is the enemy in any emergency. You can help police, fire, and EMS get to the scene quickly and safely by following the rules of the road. It is important for motorists to understand how to safely yield the right of way to emergency vehicles that have their lights and siren activated so that everyone stays safe.

What to do when an emergency vehicle approaches with its lights and siren activated

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road and stop. Remember to signal.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there are often more than one) before re-entering the flow of traffic. Remember to signal.
- Remember, emergency vehicles may need to use any available road space to maneuver. This may include the use of shoulders and left-hand turning lanes to pass other traffic.

While driving on the road

- Drive defensively at all times. Be attentive to sirens of emergency vehicles and be prepared to yield the right of way.
- It is the law for motorists to slow down to at least 60 km/h (unless a lower speed is posted) when driving in the lane next to where an

emergency vehicle is stopped.

- Do not break the rules of the road to give right of way to an emergency vehicle, such as proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Do not drive on or block the shoulder of highways if emergency vehicles require it for access. Instead, wait for

the emergency vehicle to pass before merging safely back in to the flow of traffic.

- Always leave plenty of space between your vehicle and an emergency vehicle in case it should stop suddenly.

- Alberta Health Services

Tiny Tree-Dwellers

Native to North America, the Northern Saw-Whet Owl is one of the smallest owls found on the continent. They range from 6.7 to 8.7 inches long and weigh from 1.9 to 5.3 ounces. When in flight, however, they appear much larger due to their wingspan of 17 to 22 inches.

Like many owl species, the females are slightly larger than the males. Northern Saw-Whet Owls have round white faces with brown and cream outlines, dark beaks, and large yellow eyes. Some of these owls will migrate south for the winter, while some may take up permanent residence. They are named for the sound they make, which is said to resemble the sound of a saw being sharpened on a whetstone. You can hear their call more often in the springtime when they are looking for a mate, but they are vocal year round.

These owls are completely nocturnal and are, therefore, rarely seen. During the day, they rest on low branches, camouflaged by tree branches. When approached, their instincts are to remain still and silent instead of flying away, which makes them even more difficult to spot. Because of their excellent camouflage, they are not as well-researched as many other animal species in our area. Northern Saw-Whet Owls



Picture courtesy
Owen Slater

wake around dusk, when they begin to hunt. They wait patiently on branches until they detect a small mammal, like a mouse, chipmunk, or vole, and then they swoop down on them. These tiny owls have excellent hearing and low-light vision, which help them to hunt in the night.

Northern Saw-Whet Owls mainly breed in evergreen forests, taking residence in old woodpecker nests or natural cavities of trees. The females lay an average of 5 to 6 eggs per clutch and then remain with the eggs to incubate them while the male hunts and provides protection.

If one of these little owls or another wild animal needs help, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for further instruction.

- Alicia Sully, CWRWS

In Our City

Neighbourhood Action Teams

In a recent pilot project for 12 Calgary communities called Inspiring Strong Neighbourhoods, community leaders took a walk through their neighbourhoods with residents, local agencies, ward alderman, and City staff.

The purpose of these Neighborhood Action Teams was to help residents identify what they value about their communities and opportunities for community improvement. Then they reviewed the information and ranked priorities, ranging from park benches, a sense of inclusion for renters, responsible pet ownership, and community identity, such as entrance signs.

Participating communities were able to access seed money to complete

projects. Some business units will be funding them through their operating budgets.

An advisory committee, with members from City staff, Calgary Police Service, and Alberta Health Services, was formed to approve applications.

The program will contribute to the quality of life for Calgarians by prioritizing:

- green space, pathways, parks and places to play
- accessible programs for an active and healthy lifestyle
- safe communities, where residents help one another
- programs and services to help vulnerable people
- support community infrastructure for places to gather

To date, the project has cost \$96,814 of the \$225,000 Council Innovation Fund.

Use of the remaining \$128,186 for community projects in 2014 would support the pilot communities, as well as other priority communities.

The largest risk is managing community expectations within the existing budget.

A report is due September 2014. More information can be found on the City of Calgary website at www.calgary.ca/CSPS/CNS/Pages/Strong-Neighbourhoods/Inspiring-Strong-Neighbourhoods.aspx.

- Anne Burke

Calgary Urban Coyote Project

The University of Calgary's Urban Coyote Project recently conducted a study in city parks, including Nose Hill Park. This project was a tag and release program using GPS-tracking collars to record coyote behaviour. Some of the goals are to understand coyote movements and to collect data about wildlife and pet interactions.

To capture coyotes, the team used foot-hold traps, described as toothless and humane. Coyotes were tagged and released after hours when they are more active and there is less public use of city parks.

The program was led by Dr. Alessandro Massolo, a wildlife biologist in Veterinary Science at the



University of Calgary, with the support and cooperation of City Parks and Animal & Bylaw Services.

The preliminary findings will be

shared with the community. Dr. Massolo is the guest speaker at the general meeting of the Friends of Nose Hill Society on Wednesday, November 13, 2013, at 7 p.m. at the Triwood Community Centre, 2244 Chicoutimi Dr. NW. The public is welcome to attend. More information is available at www.fonhs.org.

The Edmonton Urban Coyote Project, based out of the University of Alberta, also collects information about coyote movement, habitat, and diet, as well as residents' perceptions about coyotes. More information on this sister project is available at www.edmontonurbancoyotes.ca.

- Anne Burke

In Our City

Help Shape the Future of Transportation Planning in Calgary

The City of Calgary's Transportation Planning Team is conducting a review of the transportation corridor-study process and is hosting two workshops in November to gather input from citizens.

A corridor study is a long-term transportation system analysis that examines the current and future transportation planning needs for a specific area of the city. This review will help create a new City of Calgary policy so the City can better plan and engage with citizens about transportation corridors now and into the future.

Transportation corridor studies are important because they will shape how people get to work, how they travel through their neighbourhoods, and how goods are transported across the city for years to come.

The City of Calgary knows that your community has participated in past



16 Avenue Corridor

transportation planning projects and has the exact "know-how" to assist the City to make informed decisions during the Transportation Corridor Study Review Project.

The project team will be holding a northeast workshop on the evening of Wednesday, November 20, 2013, and a central-west workshop on the morning of Saturday, November 23, 2013. For information and details about how to take part in the project and to RSVP for one of the events, please visit Calgary.ca/corridorstudies or call 3-1-1.

An Unsettling Dinner



It starts out as a simple family dinner—something happy families would do. Two brothers and their wives out for the evening.

That's when Dutch author Herman Koch turns the tables in *The Dinner* (Hogarth). We've all been in a situation where events seem to escalate until there seems to be no return to normal. This novel serves up a complex history of violence, secrets, and cover-ups. It reveals the lengths some parents will go to in order to protect their child—and themselves.

This really is one of the most unsettling dinner stories you can imagine. The power of Koch's writing comes through in every course.

- Jean Andrews

Book of the Month

Recognize a Volunteer

The Federation of Calgary Communities is now accepting nominations for the 2013 Community Volunteer Awards.

This is an opportunity to recognize those community volunteers who stepped up following the June flooding or who year-round step up to help out without being asked, or the group of volunteers who come together to complete a big project or event.

No matter the kind of volunteer, there

is an award to recognize their time and achievements. Nominate your most deserving community volunteer today. There are four different awards to choose from when nominating someone:

- The Step Up Award
- The Spark Award
- The Be Part of It Group Award
- The Community Builder Award

Visit www.calgarycommunities.com for detailed descriptions of the four awards

and the nomination form. **The NEW deadline to nominate someone for a 2013 Community Volunteer Award is November 15.**

The winners will be presented with their award at our volunteer recognition celebration. For more information, please contact Rebecca Dakin at 403-244-4111 ext. 204 or communityrelations@calgarycommunities.com.

In Our City

Crowfoot Library

One Book One Calgary

- **Join Lawrence Hill,** author of *The Book of Negroes*, to hear how a group in the Netherlands burned the cover of his award-winning book in 2011. Nov. 7, 2:00 p.m. – 3:30 p.m.
- **Slavery in Early America:** Historian Dr. Jewel Spangler will discuss this topic. Nov. 13, 7:00 p.m. – 8:30 p.m.



Programs for Adults

- **Antiques Appraisal Expo:** Nov. 2, 10:30 a.m. – 4:00 p.m. Limit 3/ person. Some restrictions on items. Call for details.
- **Ebook Doctor:** Nov. 6, 2:00 p.m. – 3:30 p.m.
- **Embedded on the Home Front:** Nov. 8, 2:00 p.m. – 3:30 p.m.
- **Photographing Your Children:** Nov. 20, 7:00 p.m. – 8:30 p.m.

Programs for Children and Teens

- **Drop-in Family Storytimes:** Wed. & Sat., 10:30 a.m. – 11:00 a.m. Ages 2 to 5 with caregiver.
- **Weaving Yarns: Medieval Myths and Legends:** Nov. 3, 2:30 p.m. – 3:15 p.m. Ages 5 to 11.
- **Gaming for Kids:** Nov. 8, 10:30 a.m. – 12:30 p.m. Ages 7 to 12.
- **P.D. Days at Crowfoot:** Nov. 22, 10:30 a.m. – 2:30 p.m. Ages 6 to 12.
- **Get Crafty – Duct Tape Crafts:** Nov. 6, 3:30 p.m. – 4:30 p.m. Ages 13 to 17.
- **Teen Movie Night:** Nov. 7, 6:30 p.m. – 8:30 p.m. Ages 13 to 17.
- **Teen Takeover:** Nov. 21, 3:30 p.m. – 6:30 p.m. Ages 13 to 17.
- **Are You Game? Teen Gaming Tournament:** Nov. 24, 1:00 p.m. – 3:00 p.m. Ages 13 to 17.

Bowness Library

One Book One Calgary 2013: *The Book of Negroes*

- **Audio Books Live Vocal Performance:** Nov. 23, 1:00 p.m. – 3:00 p.m.
- **Dance with Edward Ogom, Amanda Bonnell, and Trudy Hipwell:** Nov. 17, 3:00 p.m. – 4:30 p.m.

Programs for Adults

- **Adult Book Club:** Nov. 17, 2:00 p.m. – 3:00 p.m.
- **Ask A Police Officer:** Nov. 19, 6:00 p.m. – 7:00 p.m.

- **Ebook Doctor:** Nov. 23, 2:00 p.m. – 3:30 p.m.
- **Budget Talk:** Nov. 30, 1:00 p.m. – 2:30 p.m.

Programs for Kids

- **PD Day Movie:** Fri., Nov. 8 & 22, 2:00 p.m. – 4:00 p.m. With a parent/ caregiver.
- **Weaving Yarns: Medieval Myths and Legends:** Nov. 14, 2:30 p.m. – 3:15 p.m. Ages 5 to 11.
- **Reptile Party:** Nov. 16, 1:00 p.m. – 2:00 p.m. Ages 7 and up.

November 2013 Book Recommendations

The Secret River, by Kate Grenville

The Secret River is the story of Grenville's ancestors, who wrested a new life from the alien terrain of Australia and its native people. In 1806, William Thornhill, an illiterate English bargeman and a man of quick temper but deep compassion, steals a load of wood and, as a part of his lenient sentence, is deported, along with his beloved wife, Sal, to the New South Wales colony in what would become Australia. *The Secret River* is the tale of William and Sal's deep love for their small, exotic corner of the new world, and William's gradual realization that, if he wants to make a home for his family, he must forcibly take the land from the people who came before him. In this new world of convicts and charlatans, Thornhill tries to pull his family into a position of power and comfort. This novel is a fine, transporting work of historical fiction and a sequel to *The Lieutenant*.

Too Close to the Falls, by Catherine Gildiner

If you enjoyed the memoir, *The Glass Castle*, by Jeannette Walls, I recommend this probing and eloquent retelling of Gildiner's childhood in upstate New York during the 1950s. The author is among those who has survived the funny, sad, hard knocks of butting childhood ideals up against the real world, of painfully seeing through, and losing faith in, the rote pieties of religious indoctrination, and the hypocrisies of small-town respectability. Told with humour from an unsentimental child's-eye view, Gildiner's memoir captures the era (advertising jingles, 45 rpm records, Elvis Presley's above-the-hips appearance on the Ed Sullivan show) and her unusual childhood as the only daughter born late in life to the town druggist and his eccentric wife.

In Our City

Events In and Around Calgary

Tickets, admission or registration may be required for events. Event details are believed correct as of press time but may change at any time.

Hidden Treasures—The Military Museums Art Collection: Until Nov. 11, The Military Museums. An exhibition that features artworks from each of the Military Museums collections.
www.themilitarymuseums.ca

The 50 Plus Living Show: Nov. 2 – 3, BMO Centre. A one stop shop for information, resources, products, fun and services for Baby Boomers & Seniors.
www.50pluslivingshow.com

GIRAF: Nov. 6 – 10, Plaza Theatre. *Giant Incandescent Resonating Animation Festival* celebrating independent, underground animation from across Canada and the world.
www.giraffest.ca

Read For The Cure: Nov. 7, Red & White Club Calgary. Three authors will be speaking about their work and taking questions from the audience.
www.readforthecure.ca

Essent ISU World Cup Speed Skating: Nov. 8 – 10, Olympic Oval. An international speed skating competition for all long track distances.
www.speedsk8.ca

Fort Calgary Artisans' Fair: Nov. 11 Find something unique at this artisan's fair & gift shop open house.
www.fortcalgary.com

TELUS Spark Adults Only Night: Nov. 14, TELUS Spark. Experience the ultimate night out at the Science Centre. Open for extended hours, from 6:00 p.m.

– 10:00 p.m., just for adults.
www.sparkscience.ca

The Grape Escape: Nov. 15 – 16, BMO Centre. Sample premium wine, spirits and beer from over 75 producers.
www.coopwinespiritsbeer.com

Calgary Moms Trade Fair: Nov. 16, Courtyard by Marriott Conference Centre. Features exhibitors selling and promoting various products and services and information booths highlighting parenting topics & services.
www.calgarymomstradefair.ca

Sight Night: Nov. 16, Bow River Pathway. Night time run featuring a 8K fun run, 3K fun walk, 8K team run and 3K team walk in support of the Alberta Sports and Recreation Association for the Blind.
www.asrab.ab.ca

Survivors of Suicide Day: Nov. 16, Heritage Park. Remember your loved ones lost to suicide and connect in a supportive environment. Free event hosted by the Canadian Mental Health Association Calgary Region.
www.calgary.cmha.ca

The Bootleggers's Ball: Nov. 21, Gasoline Alley, Heritage Park. 30th Anniversary Fundraiser presented by Child Find Alberta. Dinner, dance, live entertainment, silent auction and themed raffles.
www.brightfuturesgala.ca

ACAD Winter Show & Sale: Nov. 22 – 24, Alberta College of Art & Design. Opportunity to purchase one-of-a-kind

work from ACAD students and to invest in emerging artists.
www.acadsa.wordpress.com

Lougheed House Christmas: Nov. 22 – Dec. 22, Lougheed House. Learn the history of Lougheed House, marvel at the unique and breathtaking Christmas designs, and rejoice in numerous Christmas activities.
www.lougheedhouse.com

Spirit of Christmas Festival: Dec. 7 – 8, Bragg Creek Business Corridor. Meet real reindeer, horse drawn wagon rides, Santa Claus, ice sculpting and much more.
www.visitbraggcreek.com

A Sampling of Concerts

- **Kiss:** Nov. 8, Scotiabank Saddledome
- **Leon Russell:** Nov. 9, Deerfoot Inn & Casino
- **Westwinds Music Society Women's Choir Remembrance Day Assembly:** Nov. 11, Jubilee Auditorium
- **Matthew Good:** Nov. 15 & 16, Jack Singer Concert Hall
- **Protest the Hero:** Nov. 16, The Gateway, SAIT
- **Platinum Blonde:** Nov. 16, Deerfoot Inn & Casino
- **Nine Inch Nails:** Nov. 25, Scotiabank Saddledome
- **Drake:** Nov. 30, Scotiabank Saddledome,
- **Pearl Jam:** Dec. 2, Scotiabank Saddledome
- **Monster Truck:** Dec. 8, Republik,
- **April Wine:** Jan. 11, Deerfoot Inn & Casino



In Our City

Shaganappi Trail Corridor Study

The City of Calgary with ISL Engineering and Land Services is conducting a corridor study of Shaganappi Trail between Stoney Trail and Bowness Road. The study looks at how best to accommodate all modes of transportation (walking, cycling, taking transit, and driving) and integrate these transportation requirements with surrounding communities and land uses in a long-term vision for Shaganappi Trail.

Calgarians are invited to attend a community conversation session to review corridor concepts that were developed following feedback received from community members at the April 2013 community conversations. Attendees will have the opportunity to learn more about, discuss ideas and provide input into the corridor concepts being considered.

- **Dates:** November 26 or 28
- **Time:** 6:00 p.m. – 8:00 p.m.
(Note: This is not a drop-in session. Please arrive 5 to 10 minutes before start time.)
- **Location:** Varsity Acres Presbyterian Church, 4612 Varsity Drive N.W.

Attendees are required to RSVP online by November 22 by visiting the project web page on www.calgary.ca (search for “Shaganappi Corridor Study”) or call 3-1-1.

Attendees are encouraged to review the highlights and feedback received from the April 2013 sessions posted on the project webpage.

A third session may be held if the first two sessions reach capacity.

West Campus Outline Plan and Land Use Amendment Application

The City of Calgary has received an Outline Plan/Land Use Amendment Application (identified as City application # LOC2013-0062) to redesignate (rezone) and subdivide lands referred to as “West Campus,” located immediately to the west of the University of Calgary's Main Campus, in northwest Calgary.

The application has been submitted by West Campus Development Trust, a trust created by the University of Calgary to oversee the development.

If approved by City Council, this proposal would allow the developer to develop 83 hectares of undeveloped land into a mix of commercial and residential space, including approximately 6,400 multi-family homes (such as apartments, condominiums and townhouses), two million square feet of office space and 200,000 square feet of retail space. The developer anticipates the construction

would take 15 to 20 years to complete.

There are several ways you can get involved in the discussion about the future of the West Campus lands. Your thoughts for the site will be considered by City staff and summarized for the developer, Calgary Planning Commission and City Council. Ultimately, The City has to weigh many different things when deciding what to allow on a property but your input is an important piece.

To find out more about the West Campus proposed development, go to www.calgary.ca/WestCampus where you can sign up for electronic newsletter updates on the webpage and find out more about how to get involved. You can also contact the file manager for this application: Rick Michalenko, Senior Planner, Land Use Planning & Policy at 403-268-5167 or Rick.Michalenko@calgary.ca.

Free App for Loyalty Card Users

Key Ring is a free app that allows you to easily keep your membership cards in one place, accessible with the push of a button. Use it to scan and store your existing loyalty cards, enroll in new loyalty programs, and access exclusive coupons and discounts. Key Ring also allows users to share their cards with friends and family members. Go to the iTunes store for a free download.

- News Canada

"Everything has beauty, but not everyone sees it."

Confucius

Remembrance Day

Remembrance Day Facts

- Remembrance Day commemorates Canadians who died in service to Canada from the South African War to current missions. It is held every November 11.
- The first Remembrance Day was conducted in 1919 throughout the Commonwealth. Originally called Armistice Day, it commemorated the end of the First World War on Monday, November 11, 1918, at 11 a.m.: the eleventh hour of the eleventh day of the eleventh month. From 1923 to 1931, Armistice Day was held on the Monday of the week in which November 11 fell. Thanksgiving was also celebrated on this day.
- In 1931, MP Allan Neill introduced a bill to hold Armistice Day on a fixed day—November 11. During the bill's introduction, it was decided the word "Remembrance" would be used instead of "Armistice." The bill passed, and Remembrance Day was first conducted on November 11, 1931. Thanksgiving Day was moved to October 12 that year.
- The poppy is the symbol of Remembrance Day. Replica poppies are sold by the Royal Canadian Legion to raise money for Veterans.

- www.veterans.gc.ca

Veterans' Week

From November 5 to 11, hundreds of commemorative ceremonies and events take place across the country to commemorate Veterans' week.

Take a Pilgrimage

When we think of a pilgrimage, we can envision millions of pilgrims traveling from around the world to shrines and temples in the Holy Land, Mecca or Nepal, just to name a few. On their journey, they experience the awe and are spiritually filled by these sacred places. To take a pilgrimage means to take a journey, to visit a place of moral or spiritual significance.

Take a pilgrimage of your own, to a sacred place of remembrance and reverence right here at home in Calgary.

Our Stones of Signal Hill in Calgary's SW is such a place. Behind the old Zeller's building is a staircase leading to a walkway and more stairs. Walk and remember the boys and men who arranged the fieldstones in giant battalion numbers in the summers of 1915-16. The giant of the numbers was 137, the Calgary Battalion. 113 was Lethbridge, 51 was Edmonton and 151 was the number arranged by the soldiers in training from Red Deer.

Here they lived, in Sarcee Training Camp, preparing for battle across the pond. Farm boys, clerks, and men with

young families, cowboys and new immigrants; all felt the pull to defend and serve.

Many didn't return, and those who did fought to have this landmark designated a historical landmark—to them a sacred landmark. They fought hard because they knew that these numbers were a reminder that they were here, and perhaps, they and their fallen brothers would not be forgotten.

Take the pilgrim's walk to this place. Be silent. Listen. Think of the families of these soldiers left behind. Read the story boards erected along the path. Learn. Pause. Say a prayer. Their hands touched these stones so long ago. They were here.

Take your girlfriend. Take your husband. Take your kids. Take a pilgrimage to a place of reverence and importance, right here in our city. Take a pilgrimage to the Stones of Signal Hill.

- *Phyllis Wheaton, author of "In the Mood for Peace; the Story of the Izzy Doll"*



Photo courtesy Fred Bagley

Your Family

Parenting Your Preschooler

Basic Parenting Guidelines

I recently read in an article that parents should use their intuition and common sense instead of being torn as to which parenting theory to follow. If the parents themselves have been parented well, that is good advice. However, if that is not the case, it takes a conscious effort to parent in a different way. The following are a few basic parenting guidelines that you may wish to adopt, but I am sure many of you are doing them already.

1. Communicate your unconditional love to your child. Part of the parent's role is to correct and protect. This can and should involve the word "no." However, children need to realize that parents may disapprove of their action, yet still love them. Of the many children I have taught in preschool over the years, I can count on one hand how many children were unaware of their parent's unconditional love. If there has been a lot reprimanding lately, be sure that you catch your child doing something right to maintain a balance. If a child receives attention for being helpful, sharing, taking turns, etc., it motivates that child to repeat positive behaviours instead of receiving attention only when being naughty. Also, be sure to compliment your child on his or her positive attributes. As your child hears you use adjectives like bright, fast, or kind, this becomes part of their own "self-talk." If children are told that they are stupid, lazy, or mean, it can become a self-fulfilling prophecy. Perhaps what they did in a particular moment was mean, but providing reminders to



2. Be aware that your child is more likely to mirror your actions instead of merely following what you say. Modelling good behaviour for your child is effective whether it is intentional or not. An example could be to have your child use the words "please" and "thank you" on a more regular basis; it would be wise to consciously use those same words yourself when speaking to your child.
3. Be consistent and clear in setting boundaries. Once a boundary is set, you can be sure a child will test to see whether the boundary will stand firm. Children feel secure when they know that boundaries will not waver. If a rule applies sometimes, but not other times, the testing will continue as they try to establish

where that boundary actually exists and when it applies.

4. Be aware of teachable moments. If a child is curious about something, explain at an age-appropriate level. Perhaps they see an interesting bug at the park. Have them count the six legs. Look it up online or find it in a book at the library. Encouraging curiosity and learning helps a child better understand the world around them. It also encourages the child to be an independent, life-long learner. It is desirable to encourage your child to be independent in other areas as well. As your child develops more effective fine and gross motor skills, encourage your child to have greater responsibility in self-care. For example, allow your child to brush their own teeth or hair. Initially, they may make more of a mess, and the parent may need a turn afterwards, but that is okay. This is a time of learning.

- Betty Ann Chandler, B. Ed.

Your Health

Cold Or Flu: Your Guide to Knowing the Difference

Many people confuse the flu with a bad cold. So what's the difference and how do you properly treat it? In some ways they are similar, both influenza, commonly referred to as "the flu," and the common cold are both viral respiratory infections, affecting the nose, throat and lungs.

They are spread from person to person through airborne droplets that are sneezed or coughed up by an infected person. In other cases, the viruses can be spread when a person touches an infected surface and then touches their nose, mouth or eyes. This is the reason why these illnesses are most easily spread in crowded conditions, such as schools or the workplace.

But the flu and a common cold usually have different symptoms and are associated with different complications.

"Influenza is associated with more serious complications when compared with the common cold," says Bowen Chen, Target pharmacist. "It can lead to pneumonia or respiratory failure and can potentially be life threatening, so it has to be taken very seriously. This is especially relevant in at-risk populations, such as the elderly or very young children."

In terms of symptoms, the flu is usually associated with a high fever, headaches, and aches and pains. Although stuffy nose, sneezing, and sore throat can occur with both illnesses, these symptoms are more common in colds.

There are a variety of prescription and non-prescription medications that are useful for relieving symptoms and for controlling pain. Consult your pharmacist or healthcare professional

to determine which medication is the right one for you. Antibiotics are not effective for the flu or a cold unless a bacterial infection develops. Antiviral medications may be helpful in reducing

the duration of your flu, but they must be taken within 48 hours of developing symptoms.

- News Canada, www.Target.ca

Hearing Loss Can Impact Your Child's Development

Studies have shown that hearing is crucial to speech and language development. This means that poor hearing can limit your child's communication skills and hinder academic achievement. Children with hearing impairment often experience delayed language development, which can negatively affect cognitive, social, and emotional development.

Did you know that approximately 10% of all Canadians suffer from hearing loss, and a significant percent of these sufferers are children? Unfortunately, in many cases, hearing loss remains undetected, and school-aged children are often misdiagnosed as having learning disabilities or behavioural problems.

According to Statistics Canada, 13% of children (up to age 14) have some form of hearing disability. Common causes of hearing loss include complications resulting from drugs during pregnancy, genetics, trauma to the head or ears, repeated ear infections, and overexposure to noisy environments, such as electronics or music, and even toys.

Be aware that the earlier hearing loss occurs, the greater the impact it can have on your child's development.

The negative impact can be reduced, however, if it is identified early. If you suspect that your child may be experiencing hearing loss, take advantage of early testing and intervention to help reduce the risk of developmental issues.

Canadians aged seven and older can test their hearing online at www.medel.com/ca/hearing-test by completing the quick, easy exercise. For parents with children under seven, MED-EL offers SoundScape to sharpen a child's hearing through fun, interactive games at the same web site.

- News Canada

Some Common Indicators of Hearing Impairments in Children:

- Excessive volume levels (TV, stereo, iPods)
- Not replying when called
- Academic problems
- Ear-aches
- Delayed or unclear speech
- Trouble following directions
- Frequently asking others to repeat themselves
- Trouble hearing in noisy environments



Your Pets

The ABCs of a Well-Behaved Pet

Trainer Julian Bronk from PetSmart offers the how-to's on three important command basics to ensure a well-behaved pet:

- **Sit (so he won't jump on guests):** Grab a treat and place it right at the dog's nose to get his attention. Keeping the treat right on the end of the dog's nose, slowly move it up and back over his head. As he follows the treat, his head should come up and his back end should go down, resulting in a sit. When he sits, tell him, "Good dog!" and give him the treat. When you have practiced enough that you are sure you can get him to sit, you can begin to say the word "sit" right before you put the treat at his nose and start to move it.
- **Stay (so he won't run out the door):** Ask your dog to sit and praise him when he does. While your dog is sitting, say "stay" and place your hand flat with your palm facing the dog. Wait two to three seconds, and then give your dog a treat. You can increase the time he stays by a couple of seconds every three repetitions. It's



tempting to try and walk away from him while he stays, but it's best to remain right beside him until you've worked up to 30 seconds.

- **Leave it (so he won't touch what isn't allowed):** You'll need a large biscuit and some small, yummy treats. Put your dog on leash, and place the large, boring biscuit out of reach of the dog. Allow him to attempt to get it, but do not allow him to actually put it in his mouth. When he stops trying to get it and turns away, tell him, "Good dog!" and give him a small, yummy treat. As he gets better at this exercise, you can tell him, "leave it" when he starts to go toward the large, boring biscuit.

- *News Canada, www.petsmart.com*

Litter Box Problems

There are two main causes for a cat litter box problem. One is behavioural, and the other is physical. Before assuming it's a behavioural problem, you should always bring your cat to the vet so that you can rule out any physical causes.

Your cat will form an association with her experiences, either good or bad. So, if your cat has a bad experience in the litter box, she may associate

negative feelings with it. If those feelings are strong enough, perhaps due to repeated bad experiences, she may refuse to use the box at some point. Remember to address any issue that causes your cat to associate an unpleasant experience with the box as soon as possible. Catching these problems early on makes them much easier to deal with.

- *Kurt Schmitt, approvedarticles.com*

5 Fabulous Ingredients for Your Pet's Diet

We've all heard about super foods that we should be adding to our diet because of their antioxidant and nutrient-rich properties, but did you know there are similar foods for our pets too? Michele Dixon, a health and nutrition specialist with Petcurean, offers these ingredients to consider for your pet's diet:

- **Pumpkin**—We know that pumpkins are great for carving and delicious in pies, but pumpkin is also a source of fibre for pets that is high in vitamin A and beta-carotene.
- **Cranberries**—For many of the same reasons that they are good for humans, cranberries are also good for our pets. They are high in antioxidants and are also a good source of fibre, vitamin C, vitamin K, and manganese, which aids in pet urinary tract health.
- **Papaya**—This delicious and exotic tropical fruit is rich in vitamin B, which aids in cell metabolism and contains papain, an enzyme that can help in a pet's digestion.
- **Chickpeas**—Many of us enjoy chickpeas in salads, hummus, and falafel balls. They are also good for our pets because they are rich in prebiotics, which stimulate the activity of bacteria in the digestive system and aid healthy digestion.
- **Cottage cheese**—This versatile food is a good source of riboflavin, calcium, phosphorus, and selenium for our pets. Cottage cheese contains only small amounts of lactose, so a very small amount would not be an issue for lactose intolerant dogs.

- *News Canada*

Your Home

Home-Selling Tips for Low Season

While it's true that the bulk of home sales generally take place in the spring and summer, fall and winter can also be a fruitful time to sell. From Steve Gray, a broker with Royal LePage, here are some tips for listing your home through the cooler months:

- Choose bright interior lighting to make your home appear warm and inviting. Open drapes and blinds to let the sun shine in.
- Limit personalized holiday décor, because potential home buyers want

to picture themselves in your home.

- Use snow-free pictures in your listing if possible.
- Keep your home warm during showings. Set the thermostat at a comfortable level, or consider asking your realtor to turn on your gas fireplace for a showing.
- Shovel and salt your walkways and driveway, showing potential buyers that your home is well-maintained and cared for.

- News Canada, www.royallepage.ca

A Nursery Fit for Royalty

While the British celebrate their new baby prince, many of us have our own princesses and princes to plan for. We asked interior designer Zoya Bograd to share her thoughts on nursery design.

“So many people worry about the colour scheme,” Bograd says. Her view is to create a room that you, the parent, like. “Save the primary reds, greens, yellows, and blues for a mobile above the crib and accessories, such as plush toys.”

She loves using silk to decorate a nursery and fine, Italian cotton linens in the crib. She advises buying or making “tie sheets” that stretch over two-thirds of the mattress, the area baby sleeps on. “It's much easier to frequently wash these small-sized sheets than the standard larger ones.”

When it comes to window treatments, she suggests looking for styles that allow you to manage the amount of light in the room at different times of the day and night. For example, Vignette Modern Roman Shades

with the 'top-down bottom-up design' option are often used by Bograd. This Hunter Douglas line offers an array of lifting system options. There are no exposed rear cords which make them an especially appropriate choice for a nursery.

The key to a practical and good-looking nursery is the placement of the furniture. The crib, for example, should never be close to a window as dust and drafts can leak in. Once an infant is able to stand the windows themselves pose a potential danger. Place the changing table close by for easy efficiency. The concept is to make the room both “functional” and “beautiful”.

Always check labels on items used in the nursery. Hunter Douglas, for example, delivers products that are certified for optimal indoor air quality by Greenguard. Try to decorate your nursery with organic fabrics or sustainably harvested woods, and use paints that are VOC-free.

- News Canada, www.hunterdouglas.ca

Simplify Cleaning with Baking Soda

Baking soda is a powerful cleaning agent that is inexpensive and safe for the whole family when used as directed. Here are some useful ways to make it work for you:

- Use baking soda as a natural and food-safe surface cleanser on your kitchen counters. Sprinkle it onto a damp sponge or cloth to wipe surfaces clean.
- An effective cleaner on tough coffee and tea stains, baking soda and warm water can be used to thoroughly clean coffee makers, mugs, and tea cups. Rinse well.
- To help cut through grease on dishes, pots, and pans, add 30 grams of baking soda (along with your regular detergent) to your dishwasher. Let it soak for 15 minutes and then clean.
- To help keep your fridge and kitchen smelling fresh, Arm and Hammer Fridge Fresh filters conveniently stick to the inside of the refrigerator. The filters feature baking soda, which destroys strong odours in the fridge to help foods taste fresher longer.
- Baking soda is a food-safe way to clean dirt and residue off fresh fruit and vegetables. Just sprinkle a little on a vegetable brush or a clean damp sponge, scrub, and rinse with water.

- News Canada



Fashion

Time for A New Winter Coat

How does this happen every year? The winter snow always seems to catch me by surprise, even though I have lived in Calgary's snow belt for too many decades to mention. Out comes last year's coat—or was it the 2010 model, resurrected for more cold duty—despite a somewhat tired appearance.

Yes, this year I need to buy a new winter coat before another season goes by and my trusty coat takes on even more wear and tear. For inspiration, I went to The Bay's online coat rack. The usual suspects were there, including the iconic parka with hood lined in fur—a safe and warm choice, but it may be time to move into something a little more sophisticated.

Diamond quilted jackets and coats in tan, silver, black, or navy seem to be a smart choice, with tons of selection. Slim at the waist, they are topped with a variety of collar styles—from faux fur to a simple stand-up collar, to a high collar that protects against the elements. Even the 3/4-length version looks slimming—much more so than the dated "puff" coats.

A classic, double-breasted wool coat in black or camel would be perfect with a beautiful shawl wrapped around the shoulders. Still in the wool category, the duffel coat with its reliable hood has a certain practicality for blinding snow storms. The classic pea coat in a solid colour or a tweed can't be beat for a tailored style that works for easily getting in and out of vehicles.

Lightweight parkas (truly updated from the old staple) or a belted lined trench would be perfect for a Chinook day, as would a Borg-lined gilet (aka vest).

Several silhouettes caught my eye for their unique style: the boyfriend coat (oversized jacket), the Clutch Coat (reminiscent of a Jackie O fashion sense), and an alpaca scarf coat (appropriately comes with its own scarf-collar).

Whether buttoned, zippered, or wrapped with a generous belt, it's about time for a new winter coat!

- Jean Andrews, www.thebay.com

Pros' Holiday Fashion Tips

If your calendar isn't already booked full of parties, family meals, and get-togethers, it soon will be.

To minimize time and money spent on curating the perfect look for each event, many fashion pros suggest investing in a few wardrobe staples, such as a little black dress or classic skinny jeans, and then mixing and matching them with different accessories.

This year, eBay has collaborated with renowned Canadian fashion designer Sunny Fong of VAWK to create an exclusive, limited-edition collection of clothing and accessories—including a must-have holiday dress.

Accessories such as statement rings, scarves, and jackets are also the best way to bring an outfit from day to night, or from work-wear to party attire.

"You can never go wrong with a silk scarf," says Sunny Fong. "It's one of the most versatile pieces that a woman can own, and it adds a touch of luxury to any look."

"Treat the sidewalk as your personal runway show this season," says Tina Kastana, an eBay seller and Fashionpreneur of the Year winner. "I always

have my smartphone ready to find items I see other people wearing that I just have to have." As for this season's trends, Kastana suggests choosing a classic print for outerwear, such as houndstooth. "A printed overcoat is perfect over a simple dress to ensure you arrive to your holiday parties in style."

"A great piece of jewellery is one of the easiest ways to glam up your day-look for a party," says Jennifer Ger, co-founder of Foxy Originals. "Keep a colourful statement necklace or oversized ring in your purse so you're always prepared. Our favourite looks for the season are Art Deco-inspired lines and geometric shapes."

- News Canada

Hot Selling Online Fashion

Online sites offer a global marketplace to shoppers where you can find unique accessories to perfect your look. In fact, 10 clothing, shoes, and accessory items are purchased on eBay every minute in Canada.

- News Canada

Travel & Destinations

A Unique Way to Travel Around the World

In an age of virtual travel and unlimited social networking, as well as the real thing via jet-set travel, who would have expected the attraction of "postcard" travel?

A friend of mine recently shared with me hundreds of postcards—all actual paper cards, with a unique image of a city or country on one side, and foreign stamps and a personalized note from a fellow traveller on the flip side. The collection was fascinating!

In just several years, she had virtually every country on earth. Perhaps the attraction is nostalgia for a time not so long ago when we all penned a postcard home from our travels instead of an e-mail or Facebook posting.

To travel around the world in this unique way, take a look at www.postcrossing.com. My friend joined several years ago and loves receiving and sending each postcard.

You will be astounded by the

Postcrossing stats:

- 438,839 members;
- 217 countries;
- 1,510 postcards/hour;
- 19,407,298 postcards received;
- 475,544 postcards traveling;
- 100,512,314,054 km traveled; and
- 2,508,105 laps around the world.

You can also see what is happening right now—Jonsonjo in Africa received a postcard from Ksantia in Ukraine. And participants are not just little old ladies. You can see

pictures of some of the active and random users—and there appear to be a number of black cats (who knew their interest in travel?). In Germany, for example, there are close to 34,000 users alone. There are galleries of recent postcards—also shared on-line.

Once you create your free account, you request an address and a postcard ID and mail off a card. You'll receive a postcard from another postcrosser, register that ID, and go to the number one listing to receive more postcards.

"It makes me dream about what waits for me in this big world outside," says Isadora in Brazil.

- Jean Andrews

Don't Let "Turista" Ruin Your Vacation

You're on a picturesque beach soaking up the sun, and the next thing you know you're on a mad dash to the nearest restroom. Welcome to the wonderful world of traveler's diarrhea, otherwise known as "turista."

Unfortunately, 30 to 50 per cent of travelers experience this problem every year. Destinations that feature a warm, humid climate, such as South America, Mexico, the Middle East, Asia, and Africa, represent the worst danger spots.

The main cause of this gastrointestinal infection, according to Dietician-Nutritionist Annie Jolicoeur, is consuming water or food that is contaminated with bacteria. "It is important to understand that the stress of traveling, time changes, fatigue, and the disruption of your normal eating

habits can also cause diarrhea."

Here are Jolicoeur's suggestions for avoiding this extremely unpleasant occurrence:

- Start taking probiotics at least a week before you leave for vacation, and continue to take them throughout your trip. By starting before your trip, you are preparing your digestive system to increase its resistance to foreign bacteria. "In addition, there are effective traveler's probiotic options available, such as Probaclac travelers, that contain lactic acid bacteria, which have been proven to reduce the duration or persistence of diarrhea while reinforcing intestinal flora."
- Only drink beverages from sealed bottles. If it is not possible to do this, it is important to boil water before

drinking it, or drink hot tea and coffee. Boil water to be used for brushing your teeth.

- Do not put ice cubes in your drink.
- Only eat fruits that have been peeled.
- Only eat vegetables that have been cooked and are still hot. Stay away from raw vegetables and salads.
- Do not eat raw or undercooked meats, seafood, or fish.
- Avoid non-pasteurized dairy products.
- Do not buy food or beverages on the street.
- Wash your hands thoroughly before eating.



- News Canada, www.probaclac.ca

Food & Drink

Festive Game Hens with Tantalizing Grape Stuffing

Game hens are one of the easiest birds to roast and stuff because the stuffing reaches the required temperature at about the same time the birds are done roasting. The stuffing component in this recipe produces a moist, tangy-sweet, and nutty combination featuring grapes and almonds.

Roasted Game Hens with Spiced Grape and Almond Dressing:

- 4 large game hens (about 1½ pounds each)
- 2 tablespoons butter
- 1/2 cup minced onion
- 4 cups dried, cubed bread
- 1 1/2 cups chopped red seedless California grapes
- 1/2 cup chicken stock
- 1 egg, beaten
- 1/3 cup whole toasted almonds, chopped
- 1 teaspoon ground ginger
- 1/2 teaspoon each of salt and black pepper
- 1/4 teaspoon ground cinnamon
- Pinch ground cloves
- Salt and pepper for seasoning the outside of the hens

1. Remove any giblets. Clean the hens and pat them dry, inside and out. Preheat the oven to 350° F.

2. Melt the butter in a skillet over low heat. Slowly cook the onion until it is translucent and sweet, about 6 minutes. Cool.

3. In a medium bowl, combine the cooked onion, bread cubes, grapes, chicken stock, egg, almonds, and spices. Mix well. Stuff the birds with the dressing mixture.



4. Season the outside of the hens with plenty of salt and pepper and arrange them in one or two roasting pans, making sure that there is at least an inch of space between each bird for even browning.

5. Roast the hens for 1 hour and 15 minutes. After one hour of cooking, baste the birds with any pan drippings. Continue to cook until the internal temperature of the stuffing reaches 165°F. If the birds start to get too brown, tent them with aluminum foil.

6. When done, remove the cooked hens from the pan and let rest for at least 5 minutes. Cut in half and serve.

Note: To serve the stuffing as a separate side dish, pat the dressing into a lightly greased loaf pan and cover with foil. Bake at 350° for 30 minutes. For a crisp top, remove the foil for the last 15 minutes of baking.

- News Canada

Healthy Eating During the Holidays

Is there really any way to eat healthy during the holidays? Here are some simple ways to stay on track:

- **Never arrive at a party hungry.** Before heading to a holiday event, eat a light snack of raw veggies or fruit, such as a cluster of grapes. You'll feel satisfied, and therefore, not so prone to overeat once you arrive.
- **Plan time to exercise throughout the season.** It will help relieve stress and help prevent weight gain.
- **If you're going to a potluck,** bring your dish plus a simple bowl of grapes to hedge your bets. Grapes are always festive, decorative, easy-to-serve, and best of all, every colour of California grapes—green, red, and black—are available through January.
- **At the buffet table, be selective.** Choose only your favourite foods, and be sure to include some fresh fruit or vegetables to help balance your plate.
- **Listen to your body.** Eat until you are satisfied, but not over full. (There is a difference.)

- News Canada



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
					1	2
					<p>Until Nov. 11 Hidden Treasures, The Military Museums Art Collection The Military Museums www.themilitarymuseums.ca</p>	<p>Nov. 2 – 3 The 50 Plus Living Show BMO Centre www.50pluslivingshow.com</p>
			<p>Nov. 6 – 10 GIRAF Animation Festival Plaza Theatre www.girafest.ca</p>	<p>Read For The Cure Red & White Club Calgary www.readforthecure.ca</p>	<p>Nov. 8 – 10 Essent ISU World Cup Speed Skating Olympic Oval www.speedsk8.ca</p>	
	<p>REMEMBRANCE DAY Fort Calgary Artisans' Fair www.fortcalgary.com</p>			<p>TELUS Spark Adults Only Night TELUS Spark www.sparkscience.ca</p>	<p>Nov. 15 – 16 The Grape Escape BMO Centre coopwinespiritsbeer.com</p>	<p>Sight Night Bow River Pathway www.asrab.ab.ca</p>
				<p>Nov. 21 – Dec. 29 Around the World in 80 Days Martha Cohen Theatre www.epcorcentre.org</p>	<p>Nov. 22 – 24 ACAD Winter Show & Sale Alberta College of Art & Design www.acadsa.wordpress.com</p>	<p>Nov. 22 – Dec. 22 Loughheed House Christmas Loughheed House www.loughheedhouse.com</p>