

For the Week of:

November 8 -
November 14, 2007

ISSUE #314

Weekly
Community
Magazine

- Priceless -

LEST WE FORGET: NOVEMBER 11



Here's the Scoop

Produced and distributed by ADvance Distribution this week to over 14,000 homes and businesses in Airdrie and surrounding areas. Reach us at Heresthescoop@shaw.ca or call 948-5529

GOING THROUGH THE MOTIONS

Written by Doug Doel

My lunch break started as typical as any other; a list of things to do, grab some lunch and try to find a few minutes of down time before going back to the rat race. This day, however, was quite special due to the incredible weather, after all, 20 degree fall days are rare in Alberta, especially ones that are not cooled off by the wind. This made me even more determined to find some quiet time prior to going back to work.

In my past quest for solitude, I have found myself parked beside the Ecole Middle School off of 1st Ave North by the old Jensen farmhouse. It has everything I enjoy, mature healthy trees and shrubs which make a great rustling sound in the spring and summer, warm sunshine with shelter from the winds, and the laughter of today's kids playing sports during their PE class. After enjoying a light Vietnamese lunch, I was watching the kids and reflecting on the simple pleasures and innocence of my own childhood at the very same school. Memories of running laps around the sports field, playing touch or tackle football, testing for Phys. Ed., and doing track and field days, flew through my head when I was approached by a well dressed man asking if he can help me. I said no thanks and explained that I was just enjoying some down time when he questioned if there was someone specific I was looking for. Again, I said no, realizing his real objective, I introduced myself to hopefully lighten his burden.

(Continued on page 2)

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Remembrance Day commemorates Canadians who died in the First and Second World Wars, and the Korean War. It is held every November 11.

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(Continued from page 1)

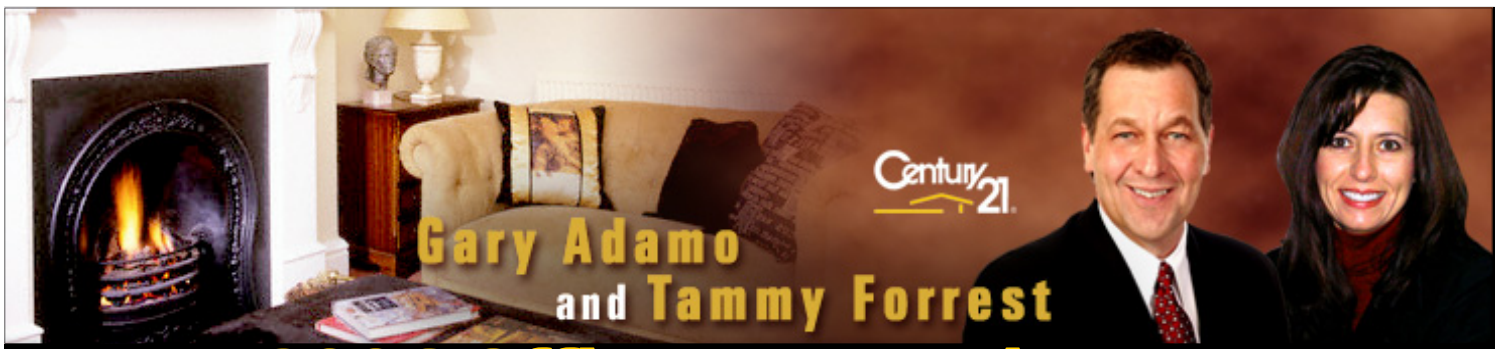
You see it is a sad day when a Vice Principle needs to be alerted and sent out to investigate individuals that are parked on the streets around or near a school, but folks this is the reality we are in. This was a slap in the face considering the thoughts that were in my head on such a serene day. It got me thinking, does anyone thank this man or others like him for watching out for their kids day after day? After all, he could take the job and be lazy in his duties, not caring enough to walk out and confront individuals that could just as easily put him at risk. I started to wonder who is watching over my kids when I'm not around...anyone??!! Does our school have a strong policy in place that deals with problems like this??

And do the people in charge care as much as this young man, or are they just going through the motions??

I THANK and COMMEND that Vice Principle, and others like him, that watch out for all our kids on an ongoing, thankless basis. Your presence is very much appreciated.

Publishers Note:

I find it refreshing that rather than taking offense to being asked to identify yourself, that you were understanding and appreciative of the Vice Principle's questioning. I believe that that respect alone makes his actions more rewarding to himself and the parents of the children that he is entrusted with. Thank you for sharing this with us, Doug.



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"The individual is capable of both great compassion and great indifference. He has it within his means to nourish the former and outgrow the latter."

- Norman Cousins

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"If your compassion does not include yourself, it is incomplete."

- Jack Kornfield

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Virtue of the Week Compassion

Compassion is understanding and caring when someone is hurt or troubled, even if you don't know them. It is wanting to help, even if all you can do is listen and say kind words. You forgive mistakes. You are a friend when someone needs a friend.

You are practicing **compassion** when you

- Notice when someone is hurt or needs a friend.
- Imagine how they must be feeling.
- Take time to show you care.
- Ask how they are and listen patiently.
- Forgive others when they make mistakes.
- Are helpful to a person or animal in need.

Affirmation

I have compassion.

I notice when someone is hurt or needs my help.

I take time to show I care.

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*"Let no one ever come to you without leaving better and happier."
 - Mother Theresa*

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