

OCTOBER 2017

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THE OFFICIAL BRENTWOOD COMMUNITY NEWSLETTER







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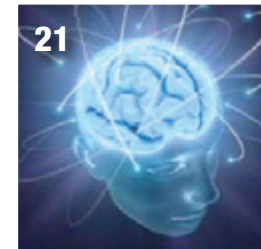
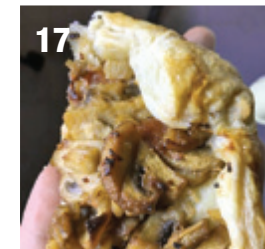
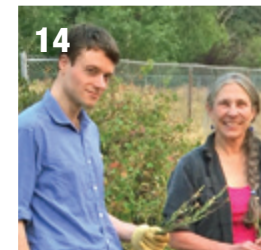
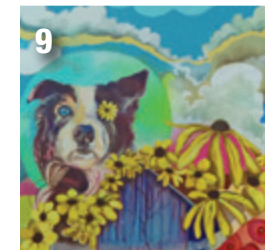
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Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
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ENMAX – 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
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South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
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Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654

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# Brentwood COMMUNITY ASSOCIATION

[www.brentwoodcommunity.com](http://www.brentwoodcommunity.com)

Community Centre, 1520B Northmount Drive NW

Mailing Address: 5107 33 Street NW T2L 1V3 • Email: [brntwdca@telus.net](mailto:brntwdca@telus.net) • 403-284-3477

Linda Van Holst – Office Manager • Steve Dietrich – Arena Manager

Volunteer Board of Directors			Special Representatives		
President	Bonita McCurry	403-284-4309	Garden Bed Rentals	Debra Hamilton	hamiltondl@shaw.ca
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Vice President	Kirk Osadetz	403-289-9022	Coordinator		403-289-7060
Treasurer	Melissa Neville	bcamelissa@gmail.com	55+ Bridge Group	Roman Makar	403-289-6244
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Dev and Trans	Kirk Osadetz	403-289-9022	Banquet Hall	Office	403-284-3477
Civic Affairs	Kirk Osadetz	403-289-9022	Figure Skating	Lisa Simpson	skate.brentwood@gmail.com
Nose Hill Park	Kirk Osadetz	403-289-9022	Soccer U4 to U8	Lindsey Rostoker	linz.rostoker@gmail.com
Brentwood Bugle	Kelli Wreford	bcabugle@telus.net	Soccer U10 to U16/18	Vacant	
Hockey & Outdoor Ice	Stovel Ferguson	403-289-9294	Web Master	Office	403-284-3477
Director & Outdoor Ice	Graham Matheos	403-289-5945	TOD Development	Eric Lemee	emleemee@hotmail.com 403-283-5785
Director	Melanie Swailes	melanie.brentwoodDTC@shaw.ca	Playgroup	Larysa Hart	brentwoodcommunityplaygroup@gmail.com
Director	Peter Johnson	403-289-9365	Seniors	Heather Collingridge	Heather.Collingridge@reveraliving.com
Secretary to the Board of Directors Only	Kimberly Coutts	bca@yyckimberly.com		Terrie Lim	rxterrie@gmail.com
Volunteer Coordinator	Irma Lambert	irma.lambert@shaw.ca			
Casino Coordinator	Matthew Emmett	memmett@gmail.com			



Our neighbourhood contributors for this month include: Anne Burke, Lee Hunt, Melissa Neville, Devina Sharma, Cynthia Sim, Polly Lee Knowlton Cockett, Melanie Swailes and Larysa Hart

## North West Warriors Hockey Hockey Registration

Please visit the Brentwood Community Association website [brentwoodcommunity.com](http://brentwoodcommunity.com) for details as well as registration for the 2017-2018 hockey season.



Kelli Wreford, Editor

EDITOR'S  
SCRIBBLINGS



Happy Thanksgiving, everyone! It seems appropriate that the annual Avenue Magazine top neighbourhood survey results come out at this time of the year. It reminds us that we have plenty to be thankful for! According to the survey, Brentwood ranked fourth out of 185 neighbourhoods this year.

Here is what Avenue writer Shelley Arnusch had to say about Brentwood:

"Brentwood is a perennial strong finisher in the Best Neighbourhoods survey, which makes sense since it has many similar attributes to this year's number-one, Varsity. Brentwood sits just across Crowchild Trail to the north of Varsity, positioning it to be walkable to the University of Calgary and just a zip of a commute downtown, either by car or C-Train from Brentwood station. Residents include a mix of old-timers and young families and everyone in between, with a vibrant university-student population as well.

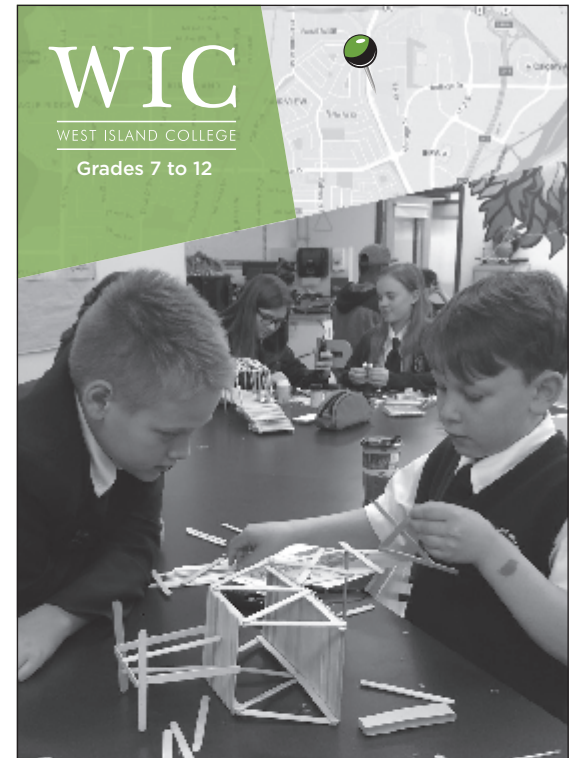
A wealth of shopping amenities includes four grocery stores. There are also several community-fostering organizations within the neighbourhood, including a Calgary Public Library branch, a community garden and the well-used Brentwood Sportsplex, which is a hub for everything from figure-skating and hockey programs to Scrabble and bridge groups. All contribute to the sense that this is a neighbourhood that's friendly, fun and comfortable in its skin."

Of course, we Brentwoodians know that our community is all this and more. In September, we welcomed our two new volunteer Seniors' Representatives, Terrie Lim and Heather Collingridge, as well as Playgroup Coordinator Larysa Hart. We have wonderful volunteers that do great work in Development and Transportation, community sports programs, the BCA Board of Directors, plus the community garden and more!

A big thank you goes out to Lisa Boychuk and her volunteers who held a very successful Community Clean Up on September 10.

We are thankful for all of you!

Kelli Wreford, Editor



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7 p.m.

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[www.westislandcollege.ab.ca/openhouse](http://www.westislandcollege.ab.ca/openhouse)

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CATIS AP



**Public Skating at the Brentwood Sportsplex:**

Mondays 10:00 am to 11:30 am; October 2nd to December 18th, 2017 and January 8th to March 26th, 2018 (no skating on statutory holidays).  
Saturdays 11:00 am to 12:00 noon; October 7th to December 16th, 2017 and January 6th to March 17th, 2018.  
Cost \$1.00 per person; please pay at the office on Mondays and at the concession on Saturdays.  
Public skating only – no sticks, pucks, sleds or strollers. We do not supply skating assistance equipment. Anyone under age 18 must wear a helmet.

**Canskate:**

Canskate is a learn to skate program for ages 4 and up. Register online at [www.brentwoodcommunity.com](http://www.brentwoodcommunity.com).  
Classes are Thursdays from 6 pm to 7 pm at the Brentwood Sportsplex. The first class was Thursday September 21st, 2017 and the program goes to March 22nd, 2018.  
A CSA approved hockey helmet must be worn by program participants. A Brentwood Community 2017/2018 membership is mandatory. Registrations will be accepted until the program is full.  
Cost: \$315.00 plus \$100 Volunteer Deposit (refundable and non-refundable payout options) for each child registered.

**Figure Skating:**

Figure Skating registration is online at [www.brentwoodcommunity.com](http://www.brentwoodcommunity.com). You must have a coach prior to

registering in the program (see <https://brentwoodcommunityskatingclub.wordpress.com/coaches/>).  
Go to <https://brentwoodcommunityskatingclub.wordpress.com/> for complete program details and information. Adult skate program is also available.

**Playgroup:**

2017 - 2018 Playgroup Season runs until June 20<sup>th</sup>, 2018. Playgroup is held on Wednesdays upstairs at the Brentwood Sportsplex from 9:30am to 11:00am.  
The idea of Playgroup is for parents and caregivers to get together with their young children (ages 0-5) for a couple of hours each week to connect, learn through play and most importantly, have fun. Essentially, playgroup is one of the first and most important social networks for children and families.  
To register either go online to <http://www.brentwoodcommunity.com/programregistration.html> or register in person at the office on the main floor of the Sportsplex.  
For more information please email: [brentwoodcommunityplaygroup@gmail.com](mailto:brentwoodcommunityplaygroup@gmail.com).

**Scrabble Group:**

Call 403-284-3477 for more information.

**55 Plus Bridge Group:**

The Bridge Group meets every Wednesday at 1:00 pm upstairs in the Banquet Room of the Sportsplex. All players are welcome! Contact Roman at 403-289-6244.

**Brentwood Community Association Board Meeting:**

The next regular meeting will be Tuesday, October 24, 2017 at 7:15 pm in the upstairs Boardroom of the Sportsplex. All community members are welcome, but are asked to submit agenda items in advance if they have items for discussion at the meeting by contacting Linda Van Holst at 403-284-3477 or [brntwdca@telus.net](mailto:brntwdca@telus.net)

**BCA Hall Rentals:**

The Banquet Hall and Boardroom at the Brentwood Sportsplex are available for rental by the public. Please refer to the BCA website for details [www.brentwoodcommunity.com](http://www.brentwoodcommunity.com) and go to the Facilities page. Current BCA members get a 15% discount on hall rentals.

**Bugle Deadline:**

The deadline for the December 2017 Bugle community articles and notices is October 26, 2017 and the deadline for the January 2018 Bugle is November 26, 2017.



By Lee Hunt

# As Summer Wraps Up

As the summer of 2017 wraps up, I got to thinking of our young artists who helped to create the new mural at the tennis courts on Northmount Drive last summer.

I thought it would be interesting to find out how some of them spent the summer of 2017.

What did I learn? Their highlights included relaxation, time with friends (both human and canine), plus travel.

Stephanie focussed on, “being able to relax and play all day,” while Seanan savoured “sleeping in late and having lots of free time.”

Spencer valued having “lots of free time to hang out with my friends,” while Éva was delighted with her family’s new dog – “a one-year old black Labrador/Border Collie mix named Otis. He’s an awesome addition to our family even though he wakes me up every morning at 6 a.m. to go for a walk.” Horses also played a vital role for our artists. Sarah reports enjoying summer camp “especially horseback riding,” while Emma highlighted a trail ride with her family in Jasper and also “really liked swimming at Lake Annette.”

A number of our youth travelled further afield this summer. As I write this, Zachary is on a big sailing trip around the Gulf Islands of BC. Alasdair travelled “to Nova Scotia and PEI where the family went to nice beaches and ate a 4-pound lobster!” Sydney also travelled to the

Maritimes which she describes as, “a part of my country that I have never seen before” and found it “enlightening to see how differently people live even if they are in the same country.”

Still other youth artists travelled internationally. Sophia went to Washington, DC and New York City where she “enjoyed touring the cities, seeing the famous landmarks and museums, plus collecting souvenirs.” Mac reports spending two weeks in Europe (France, Czechoslovakia, and Germany) where his time was “filled with picture taking, sightseeing, and experiencing different cultures.”

I was also in touch with our two mural supervising artists – Katie Green and Daniel J. Kirk. The two of them worked together in early Spring 2017 to create “Imaginarium” at cSpace located in Marda Loop’s former King Edward School. Currently, Daniel is working on cREative Realm (the “odd” capitalization is the work of the project NOT of The Bugle!) designed to integrate art into road reconstruction. (NO! Daniel did not design The Blue Ring nor the Bowfort Towers on Highway 1.) The first phase of Daniel’s project will be part of the 17 Ave. S.W. re-development. In the meantime, Katie is in Europe doing a puppet workshop in Brussels, then travelling through France and Germany.

As we all reflect on our own summers, may our thoughts echo those of Mac – “It was a lot of fun and I won’t forget it!”



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# Brentwood

## Community Association Membership Application

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Email: \_\_\_\_\_

Family \$35    55 Plus (Couple) \$25

Individual \$12.50

**Please return membership application with  
your cheque made payable to the Brentwood  
Community Association.**

**Mail or Drop Off to  
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5107, 33 Street NW, Calgary  
Alberta T2L 1V3  
brntwdca@telus.net  
403-284-3477**



How quickly the summer has flown! In late August, we were still experiencing unusually hot and dry conditions at the garden. This has certainly been a summer to remember with extremely high temperatures for July and August and, unfortunately, very little rain. Smoke from the widespread forest fires in our neighbour province of British Columbia has also been a persistent problem for several weeks and has made working outdoors in the garden challenging. However, one hoped-for beneficial result of

our sunny days was a clear, cloudless, relatively smoke-free sky on August 21st, excellent conditions for viewing the stunning partial solar eclipse visible throughout western Canada. How fascinating it was to see it live and not just in photos or on television.

Back here on earth, the community garden produce was harvested earlier than usual because of the hot summer weather. The perennials in the perimeter garden have largely finished their fruit production, with the exception of the strawberry beds where flowers continue to emerge, much to the delight of the bees. Some really large strawberries have resulted (see photo). Many of the perennials, most noticeably the delphiniums, have gone to seed so much of the colour in the garden has faded. Thankfully, the annuals are still blooming.

Our garden grooming events – three so far – have been well attended and the appearance of the garden reflects the dedicated efforts of our gardeners. The lack of rain has also slowed the growth of weeds, an unexpected but welcome consequence of the weather.

The hot weather has also created ideal conditions for accelerating our small composting program. With the continuing dedicated oversight of Margaret Russell, our compost guru, and the efforts of the gardeners to keep feeding the compost, we anticipate some excellent results by the end of the summer. Regularly replenishing the garden beds and the perimeter beds with compost is essential for the health of the soil. As we take nutrients out of the soil to produce food, we must remember to replace the nutrients that we have removed. In most situations, compost is the answer.

*Photo and article by Cynthia Sim*

## CARROLL PLACE



## Join us on October 24 for Bingo

Join youth volunteers and community members to spend an evening of fun and Bingo with the residents of Carroll Place.

Tuesday, October 24th, 2017

6 pm – 8 pm

Carroll Place Lounge

Additional Info:

- \$0.25/card/game. Bring your Quarters!
- Winner takes home the pot
- We will play 10-11 games. Everyone has a chance to win!!

Come out and join us for a great time!

Everyone is welcome!!!

## We are Knitting for a Cause!!!

The Knitting for a Cause group would like to extend their heartfelt appreciation to everyone in the community who has donated wool and knitting supplies to their initiative over the years. Thanks to your donations, the group has been able to spread kindness and compassion throughout our wonderful city, one stitch at a time. The group began by knitting sets of children's hats, scarves and mitts to donate to elementary schools in Calgary. Thanks to your generosity, hundreds of little hands and ears have been kept warm during our frigid Calgary winters. While the group continues to knit winter wear for kids, they have also expanded to participate in some incredible initiatives. Some of the projects The Knitting for a Cause group has completed include (but are not limited to):

- scarves, hats & gloves
  - o 25 kg sent to Nepal for earthquake relief in 2015
  - o 500 sets knit in 2015- donated to Calgary elementary schools
  - o 2015 & 2016: Hundreds of adult scarves have been spread throughout the downtown core as part of a scarf bombing initiative to keep our homeless population warm during the icy Calgary winters. The group is currently knitting away to be ready for

- the third year of participation in this initiative.
- o 100 hats were sent to China in 2016 through a partnership with high school students in Brentwood
- o Currently knitting winter wear to donate to new Canadians
- o Currently knitting even more scarves, hats and mitts for elementary schools for the upcoming winter

- 275 little sweaters for teddy bears for the Sheldon Kennedy Child Advocacy Centre. The teddy bears are given to children who come in to speak to a police officer at the Centre. The group has recently been asked to knit more!
- Stuffed Toys and Slippers for families staying at the Calgary Ronald McDonald House
- Blankets donated to Brenda Strafford Society (a second-stage shelter for women and their children who have fled domestic violence.)
- Twiddle muffs- donated to 2 different long-term care facilities for dementia patients.



**What on earth is a Twiddle muff!?** It is a double thickness hand muff with bits & bobs attached inside and out. According to the Canadian Alzheimer's society's website, twiddle muffs provide visual, tactile and sensory stimulation for people with dementia.

The group has been busy and there is no sign of slowing down. If you want to be part of this amazing group, we are always welcoming new members, including individuals from the community. Please contact Erika Cusimano at 403-452-5575 for more details.



**HOPE** Lutheran Church  
would like to thank....

**Cora's, Menchies Northland,  
Petals n Blooms and Starbucks**

for generously supporting our  
Community Stampede Breakfast!

Submitted by Melanie Swailes on behalf of the BCA Development and Transportation Committee

## Brentwood Co-op Redevelopment Update

The entire Brentwood Co-op site from the edge of the parking lot near Blakiston Drive to the existing four University City towers will be known as Brentwood Commons. A revised set of drawings was presented to the Development and Transportation Committee on August 3rd and community engagements were held later in August. In early September, the DTC submitted a Brentwood community response to the Development Permit application.

## Guiding policies

Various City of Calgary policies and Land Use Bylaws guide the proposed redevelopment of the entire site. These policies set the guidelines and standards that apply in regards to land use designations (zoning), building heights, the alignment of roads within the site, landscaping, and so on.

The more site-specific detailed document covering the site is the Brentwood Station Area Redevelopment Plan (ARP). An ARP is a medium to long-range community planning guideline undertaken at the direction of City Council. The ARP is statutory and therefore legally binding. If there are any major deviations, an amendment by City Council is required.

## Major concerns with the proposal

The Development Permit application for Brentwood Commons does not fully comply with the ARP and major concerns remain.

One of the major issues is the proposed height of the tallest tower. The ARP allows for a maximum height of 90 meters. The height proposed by the applicant, Quarry Bay, on the initial application in December 2016 was 146 meters (40 storeys). After receiving feedback from the City of Calgary and area residents, the applicant amended the plans. The second set of plans showed an amended height of 116 meters (31 storeys), still 26 meters (85 feet) above the maximum set in the ARP. Your comments from the engagements sessions have told us that residents overwhelmingly do not support any additional height beyond 90 meters and the BCA is in agreement.

A second major concern relates to the lack of a central integrated street network. The Station ARP guidelines show a pedestrian-friendly street near the center of

the site, eventually connecting Charleswood Drive to the western side (the existing parking lot). Instead, the existing design places a road alongside Blakiston Park. Other concerns relate to the creation of attractive open spaces such as patios, pedestrian and cycling access through the site and the effects of traffic on Brentwood Road.

The DTC group will continue to monitor and evaluate all proposed plans for the site based in part on the Brentwood Station ARP vision statement. After 2 ½ years of work, thousands of hours and the input from many hundreds of area residents, the vision statement concluded by stating that the redeveloped area “will be a place that will make the community proud”. This is a lofty goal but one that is worth striving towards.

## Brentwood Station ARP vision statement

- Brentwood station area will become an “Urban Village”; a major hub in northwest Calgary where people can live, shop, dine, work, be entertained and meet their daily needs.
- It will be a people place with quality connections and a well-integrated transit system.
- Attractive public spaces and a wide variety of uses will contribute to a vibrant and safe community.
- Existing residential community character will be preserved, while places with an opportunity to change will greatly enhance the community.
- The Brentwood station area will be a place that will make the community proud.

(Source: Brentwood Station ARP, page 15)

## Next steps

The City of Calgary will respond to this DP and will consider input from the public and the BCA, as well as City policies, technical feasibility and landowner rights. City Administration will make a recommendation on the DP and this information will be provided to the Calgary Planning Commission. Eventually, this DP application will be heard at City Council, likely in January.

## Your opinion matters

Many of you have attended the open houses or commented online. Thank you for taking part and for your interest in what happens in our community.

You may still comment on the proposal. Please consider

copying the BCA on any comments that you submit so we know what your thoughts and opinions are. It is helpful to us to have letters and documentations to support our position.

To Comment on this Application, please submit your comments to:

Steve Jones - File Manager – Steve.jones2@calgary.ca

Peter Schryvers – Senior Planner, City of Calgary – peter.schryvers@calgary.ca

The Brentwood Community Association – brntwdca@telus.net

City Councillors – councillorweb@calgary.ca

(This will be forwarded to all councillors and the mayor)

Please check the BCA website often (click on the Redevelopment link on the home page right-hand side) and we will try to post updates and information. If you are on our mailout list, you will receive emails for important dates and events.



## Free Family Movie Night at The Village

Join us at The Village Hall for the inspiring family movie, “Moana”. This film, from Walt Disney Animation Studios, is a sweeping, animated feature film about an adventurous teenager who is inspired to leave the safety and security of her island on a daring journey to save her people.

Sponsored by The Road Church, this movie night will be held October 14 from 5:00 to 7:00 pm at The Village—4039 Brentwood Road N.W.



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Photos by Polly Lee Knowlton Cockett



## BioBlitzes, Eclipses and Summery Bees: Thanks for Your Giving!

In celebration of the heritage of our landscape, Bioblitz Canada 150 <http://bioblitzcanada.ca/> has had a busy year, including in Calgary and our own little Natureground and Whispering Woods. A formal, multifaceted BioBlitz event was held in the Weaselhead, and the Friends of Nose Hill Park hosted a Flower Walk on the east side of the Hill with Interpreter John McFaul of Nature Calgary and the City of Calgary BiodiverCity Advisory Committee.

Locally, we are in the process of compiling an (incomplete) list of our neighbourhood biodiversity, and would love your help. Do send your observations and insights to the email below regarding your favourite or other interesting plants and animals and ecological aspects of urban biodiversity right here in Brentwood. We're also looking for new additional ideas, poems, thoughts, and artwork for our Whispering Woods Alphabet book which will accompany an upcoming renewal of Whispering Signs. The signs are about to turn 10 years old, and Dr. E.W. Coffin School has just celebrated its 50th anniversary, so it seems a perfect opportunity to incorporate further understandings of our local biodiversity and landscape in the signs and the book.

Again this year, we hosted 11 weekly Biodiversity Bees: every Thursday between the solstice and Labour Day, alternating between mornings and evenings. We, as always, had turnouts of brand new and veteran enthusiastic helpers, especially for the season's windup potluck. Although we had a glorious and early start to the myriad blooms, it all browned off quite early, during the very hot and dry summer, replete with recurring choking hazes from the forest fires in BC – but good sunsets...

Nonetheless, whether enjoying and researching our glorious native prairie plants, pulling out alien invasive species and escaped ornamentals, wandering through and saying hello, playing on the nearby playground, being part of the outdoor soccer camp, providing support through phone calls, emails, shared walks, or contributing to – or simply attending – potlucks, neighbours from near and far met as new friends and old in the Centennial Natureground and Whispering Woods during these organized events as well as on several informal occasions over the season.

In particular, we had a delightful gathering on August 21 for the Solar Eclipse, with perfect Calgary blue skies. My set up included binoculars attached to a tripod, projecting the eclipse on a whiteboard shaded by an umbrella. It was fantastic to watch the whole 80% partial eclipse together, note the softening light and cooler temperature at maximum, all accompanied by coffee and treats.

Participants from Brentwood and Beyond, and Dr. Coffin School for all the various events include: Polly Knowlton Cockett; Meaghan Brierley – also a member of the BiodiverCity Advisory Committee with me; Madeleine Oldershaw; Katy Clemens-Seely and Beau Butler from New Zealand; Sara Wollstein from Germany; Tom Cicchini from Australia; Matthew Burke from England; Robin Cockett; University of Calgary students Priyaa, Hayley,

Prashant, Ben, Nily; Doug Andrews; Angela Rokne; Cathie Kernaghan; Deb Hall; Gabrielle Doyle & Aedan (off to University); Kate Bentley; Audrey Lane Cockett; Kelli Wreford & James (Grade 8); Lisa Stanesco & Ezra, Joachim, Adeline (Grades 3, 1, K); Kate Hadfield & William (<Preschool); Miho Lowan-Trudeau & Cedar, Orion (Grade 1, <Preschool); Fetiya Omer & Bilal (Grade 3); Zhifu Wang & Ran (Kindergarten); and all those on the homefront supporting their efforts. Special thanks to Donna Hamby and Meredith Boyer, teachers at Dr. E.W. Coffin School, and Ulla Kalny, outgoing Chair of the Environment Committee there, for organizing volunteer families from the school to join in these Native Biodiversity Bees, as well as families each week to tend the Sun Circle gardens.

Each year, as our reclaimed and restored prairie continues to mature, so do the interconnections within the greater community of which we are a part. Thank you so very much to everyone listed above, and all those I missed, for your ongoing interest and support. Do take a stroll through these special places, and please join us next year!

*Environmentally yours, Polly Lee Knowlton Cockett  
Grassroutes Ethnoecological Association, [naturegroundnews@gmail.com](mailto:naturegroundnews@gmail.com)*

### THE SENIORS' TEA NEWS

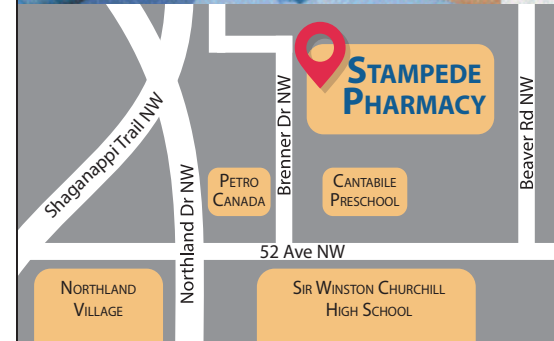
Following the summer break, it was great to get together again on September 21st. We also welcomed our new Seniors' Coordinators, Heather Collingridge and Terrie Lim. Our next Seniors' Tea will be held October 19th from 1:00 to 2:30 pm. Please join us for goodies, tea and conversation. The Teas are held upstairs at the Sportplex, 1520B Northmount Drive, N.W., behind the Sir Winston Churchill Aquatic Centre. There is an elevator in the Sportsplex, if required.

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VOTE

WARDS 3&4

# KIM TYERS

PUBLIC SCHOOL BOARD TRUSTEE



### Dear Community Member,

Hello, my name is Kim Tyers, and I am running for school trustee in this fall's municipal election.

As a parent and community arts educator, I have a solid understanding of the current structure, as well as what families need and expect from their school system.

It's time for change.

Calgary should have the best public system in the province; I will work diligently to make that happen, using my three platform values:

### TRUST

- You were promised a high school in Northern Hills in 2004. With no progress in 13 years, it's time local youth had a high school of their own. As trustee, I will make a motion to ensure the Northern Hills High School is a priority. I will foster the provincial and municipal relationships required to push for this to become a reality.
- I will build trust through openness and accountability; you will have a voice and you will be heard.

### TRADITION

- Education's foundational focus should be the traditional core classes that have been proven, time and again. CBE studies show that our math scores are declining.
- We need input from our community members to build a strategy to tackle this head-on.

### TRANSPARENCY

- Using democracy and discourse to face the issues that arise, I will stand up for my constituents, while supporting my colleagues as they do the same for theirs.
- As an independent voice, I will make rational yet compassionate decisions to deliver the best solutions for students.

Visit my website [www.kimtyers.com](http://www.kimtyers.com) to learn more about my vision for public education in Calgary. You can also contact me via email, social media or my website.

I look forward to hearing from you and am excited to work together to build a better future for our children.

Kind regards,

Kim Tyers  
CBE Trustee Candidate  
Municipal Election 2017

@kim\_tyers @kimtyersyyc

## DINNER IS ON THE TABLE

By Melissa Neville

Let's talk leftovers! There are very few leftovers that I look forward to for dinner again, however I do not mind leftovers for lunch. I find that my days are so busy that it's nice to reheat some leftovers and actually sit and enjoy a break, even if it is only 15 to 20 minutes while working on my computer.

Sometimes there are not enough leftovers to make a complete meal by themselves. So when I find myself with a bit of leftover meat or a crisper full of bits of vegetables, I like to try turning last night's dinner into something completely new and different. Call them "leftovers in disguise" if you will. Over the next few months, I will find a recipe that I hope you will love for leftover chicken, pork, beef and vegetables. This month's feature leftover is chicken.

First, how should leftover chicken be stored? Stuffing should be removed from a roasted chicken and placed in a separate container in the fridge. Next, all meat should be removed from the bones to prevent bacteria from growing. Keep the meat in large chunks to prevent it from drying out. Place the meat in a sealable container or zip-lock bags and store them in the fridge. You can use the leftover bones to make your own stock for some great sauces or soups.

Chicken can be frozen, although it is vulnerable to drying out and becoming tough as it defrosts.

The best way to get around this is to freeze it in large chunks, then shred it into soups, stews and pies after it has defrosted.

Chicken kept in the fridge should be eaten within four days of cooking, while stuffing should be eaten within 48 hours of preparation. Frozen chicken will last up to two months after cooking.

Chicken is a very versatile meat and can easily be made into numerous meals. You would never know leftover meat was used. I have used leftover chicken to make chicken and broccoli pizza, chicken fried rice, chicken caesar salad, chicken tacos, and the mushroom chicken bacon tart with creamy and delicious filling (see recipe). It takes about 15 minutes to put the tart together--using store bought puff pastry makes it even quicker to prepare. Whip this up with a salad or some vegetables on the side and that leftover chicken is like a new dinner on the table.

## Mushroom, Chicken, Bacon Tart

### Ingredients:

- 4 slices bacon, cut into 1/4-inch pieces (bacon is easier to cut if it's slightly frozen)
- 3 cloves garlic, minced
- 1 medium onion, diced
- 3 tablespoons butter
- 3 cups thinly sliced fresh white or crimini mushrooms (10 ounces)
- Coarse salt and freshly ground pepper
- 3 tablespoons heavy cream
- 1 teaspoon Dijon mustard
- 1 cup shredded leftover chicken
- ½ package store bought frozen puff pastry thawed according to the package instructions



### Directions:

1. Preheat oven to 400°F. Cook bacon in a skillet over medium heat until crisp, about 8 minutes. Using a slotted spoon, transfer bacon to a bowl and set aside. Add garlic and onion to skillet. Cook until onion is translucent, about 5 minutes. Add to the bowl with the bacon.
2. Return skillet to heat, and melt 1 ½ tablespoons of butter. Add ½ the mushrooms and a ¼ teaspoon salt, and cook until golden on edges and softened, about 5 minutes. Transfer to a plate. Repeat with 1 ½ tablespoons of butter and the remaining mushrooms. Once the last batch of mushrooms is golden on the edges, add the mushrooms, bacon, onions and garlic back into the pan. Stir the cream and mustard into skillet, season with fresh pepper and salt to taste, cook for 2 minutes until thickened slightly. Let cool.
3. While the mushroom mixture is cooling, roll out the puff pastry to 12 x 12 inch square. Using a fork, poke holes all over the square to prevent it from ballooning up while baking. Par-baking the puff pastry for 20 minutes will give you a nice crisp crust. You can skip this step, but the bottom of your crust will not be as crispy.
4. Spread mushroom mixture all over puff pastry leaving ½ inch border. Bake in the oven for 25 minutes or until pastry is golden brown.









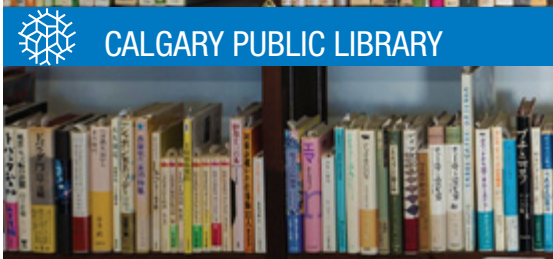
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**BRAIN GAMES** **SUDOKU**

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FIND SOLUTION ON PAGE 23



**Nose Hill Library**  
1530 Northmount Drive NW

**Hours:**  
Monday - Thursday - 9 a.m. – 9 p.m.  
Friday - 9 a.m. – 6 p.m.  
Saturday - 9 a.m. – 5 p.m.  
Sundays (Labour Day to mid-May) - noon - 5 p.m.

**Make an Informed Choice**  
On October 16, Calgarians will cast votes to elect their mayor, city councillors, and school board trustees. To help you get to know the candidates better, Calgary Public Library has invited all candidates to respond to a few questions about the Library, books, and reading. Visit [calgarylibrary.ca/election](http://calgarylibrary.ca/election) to read candidates' answers. Arm yourself with the information you need to make an informed choice that will help create a strong, vibrant Calgary.

**Forest Lawn Library Nature Playground**  
Calgary Public Library's first outdoor Early Learning Centre is now open at Forest Lawn Library! The nature playground is designed to help Calgary's kids learn and develop foundational skills through play. It's a fully accessible space with special features and movable elements to encourage creative play and exploration.

Early Learning Centres at Calgary Public Library are vibrant and interactive spaces for children ages zero to five to engage in play-based learning. Check out the new Early Learning Centre inside Saddletowne Library, and visit Early Learning Centres at Central, Fish Creek, Shawnessy, Quarry Park, and Village Square Libraries.

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# Concussion Awareness

Calgary Concussion Awareness & Support will be meeting every last Thursday of the month between SEPT-MAY @ the Brentwood Community Association Boardroom from 7:00-8:30 pm. The next meeting will be October 26.



Deb Angus

Calgary Concussion Awareness and Support is organized by Deb Angus, traumatic brain injury survivor, author, speaker and advocate, and Josephine Mazonde, concussion survivor and former home care nurse.



Josephine Mazonde

Deb sustained a traumatic brain injury in 2001, when rear-ended at a red light by a distracted driver. Her injury was not properly diagnosed until two years post-injury. After researching and writing about traumatic brain injuries over a 10-year period and subsequent publication of the book, *Regaining Consciousness: My Encounter with Mild Brain Injury--The Silent Epidemic* (2014, Sierra Nova Publishing), Deb has also served as an advocate through several Facebook support groups across Canada, the US and internationally. In addition to establishing herself as a speaker on brain injuries, she manages an informational page on Facebook called Mild Traumatic Brain Injury Awareness.

Concussion survivor Josephine Mazonde has been a nurse for many years, including community nursing and long-term care. Josephine sustained her neck and head injury when she fell on a hard surface at work. Her symptoms have not cleared up as expected and now she is learning to live a new life because of how a concussion has affected her abilities.

Together Deb and Josephine started the Calgary Concussion Awareness and Support Group.

Many people have easily fallen between the cracks of the medical system simply because of a lack of knowledge about the causes, symptoms and recovery aspects of concussions. People are surprised to learn many family physicians are not recognizing the symptoms initially presented by their patients—more than likely because patients are not presenting a comprehensive overview of their symptoms.

After their experiences with concussions and traumatic brain injuries, Deb and Josephine feel there is a strong need to raise awareness of the seriousness of concussions plus relate how easily these injuries happen, what the symptoms are, what the recovery process is like and why it sometimes takes longer than a few weeks.

We welcome you to drop by so you and your family can learn more about concussions and how peoples' lives have been affected by this highly misunderstood injury.

For further information, please visit and like their Facebook page:  
<https://www.facebook.com/Calgary-Concussion-Awareness-Support-1202581439802468/>



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# Impacts of Blue Light and Screen Time

### What is blue light?

Blue light is also known as high energy visible (HEV) light. Aside from sunlight, the most common sources of blue light today come from digital devices such as smart phones, tablets, computers and TVs. Other sources include fluorescent lamps, and LED lights. Blue light's high energy penetrates into deeper layers of the eye compared to other colours of lower energy.

### How does blue light impact you?

1. Digital eye strain may develop gradually. Increased problems with blurred vision, dryness, slow focusing between near and far objects, headache, neck and shoulder pain are symptoms of computer vision syndrome. Research indicates that eye coordination disorders and increase in myopia (nearsightedness) are linked with prolonged digital eyestrain.

2. Studies suggest long term exposure to blue light and UV light from a young age may increase risk of cataracts and age related macular degeneration later in life.

3. The natural release of melatonin is suppressed by blue light, thus increasing alertness to the brain and disrupting sleep patterns. Limiting screen time before bed may help those who have problems sleeping.

### Device advice

Since digital screens are unavoidable for many in the schools and workplace, eye doctors and Canadian pediatricians provide guidelines to parents and children:

- Limit screen time for children to 2 hours per day and follow the 20/20/20 rule.
- Infants and toddlers under 2 years of age should have zero screen time.
- Avoid "text neck." Children unknowingly bring the screen too close when concentrating.
- No digital devices in the bedrooms, to avoid affecting sleep patterns.
- Visit your optometrist to determine if glasses with blue blocker filters are needed to ease digital eyestrain.
- Develop ground rules with your family to keep digital device use at safe levels.

*Dr. Dianna Leong, Optometrist*  
[www.healthychildren.org/mediauseplan](http://www.healthychildren.org/mediauseplan)



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**Deadline – 1<sup>st</sup> of each month for the next month's publication**  
**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

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**HOSPITAL VOLUNTEER OPPORTUNITY:** The Foothills Medical Centre Gift Shop is looking for energetic adult volunteers, interested in providing compassionate retail service to patients, visitors and staff, in a beautifully merchandised, retail environment. Weekday, daytime opportunities available. Please contact: [chris.paddock@ahs.ca](mailto:chris.paddock@ahs.ca).

## BRAIN GAMES SUDOKU

3	1	6	2	7	5	8	4	9
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9	3	4	6	1	7	5	8	2
8	6	1	5	3	2	9	7	4
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# News from the Friends of Nose Hill

by Anne Burke

## Nose Hill Update

Over the past few years, a number of projects to implement the Nose Hill Trail and Pathway Plan were undertaken. This controversial plan was approved by Council in July 2005 and construction began in 2006 with asphalt paving. Project plans are on the city website and there is a map with an update on our website.

Construction activities continue and focus on building timber landscape stairs for problem grades, as well as primary (gravel) trails and stabilized tread (dirt - single track) trails.

The plan for rehabilitating old trails is to re-vegetate them naturally, ploughing a trail to a shallow depth, and reseeding. The length will be decided in the field, depending on the sightlines, and to the satisfaction of the City Project Manager.

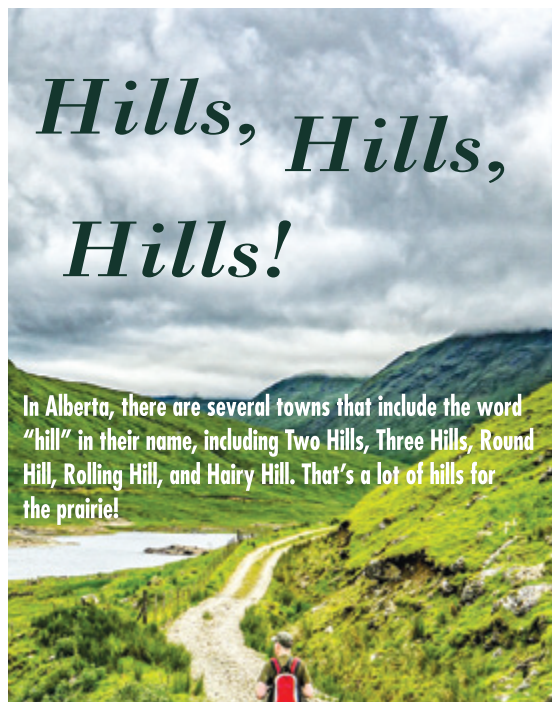
The full Nose Hill Trail and Pathway plan can be found on the City website at:  
<http://www.calgary.ca/CSPS/Parks/Documents/Construction/Nose-Hill-Project/trail-pathway-plan-nhtpp.pdf>

## Urban Foraging

In 2012, Council approved the *CalgaryEATS!* plan developing a field guide of wild urban edible plants in the area. This project provides the opportunity to increase public education around wild harvest, while promoting safety, sustainability, and environmental protection.

This field guide will have information on urban food foraging, such as how to identify urban edibles, places where foraging can be practiced (details still to be worked out), how to prepare wild edibles, and how to avoid non-palatable or poisonous look-alike species.

Just a reminder: Nose Hill Park is a natural environment park. Please respect wildlife and plants – do not pick the flowers or they will not be there for future park users and stakeholders.



## DOLLARS & SENSE



# Are You an “Efficient” Investor?

By Kevin O'Hagan, PFP, FMA, CIWM

Generally speaking, if you're efficient at a particular task, you'll get good results without wasting effort. As you've already learned from your life experiences, it's usually far better to be efficient at something than to be inefficient — and that's certainly true with investing. So, what can you do to become a more efficient investor? Here are a few ideas:

### Invest systematically

If you put a few dollars in an investment, such as a stock, that you heard was “hot,” and then a few months later put some more money in another vehicle that strikes your fancy, and you continue this pattern indefinitely, you may not be maximizing your resources. By taking this type of haphazard approach, you could end up owning a bunch of investments without rhyme or reason — a motley assortment that may not help you reach your goals.

Instead of following this route, consider a systematic approach, sometimes known as dollar cost averaging. To do so, you'll first want to identify some investments that are appropriate for your objectives, risk tolerance and time horizon. Then, automatically move the same amount of money each month from your chequing or savings account into the investments you've chosen. When the price of your investments falls, your contribution will buy more shares, and when the price rises, you'll buy fewer shares — in other words, you'll be fulfilling the “buy low” part of the classic investment formula.

Over time, this technique should result in a lower average cost per investment. Keep in mind, though, that dollar cost averaging does not ensure a profit or protect

against loss — and you'll need to have the financial resources available to continue investing, even in “down” markets.

### Reinvest dividends

Among your investments, you may own stocks that can pay dividends. You can take these dividends as cash, but if you don't need the money to meet everyday expenses, you may be better off by reinvesting the dividends. This is an efficient way to increase your shares — and boosting your share ownership in quality investments can be a key way to help build wealth. (Be aware that companies can increase, decrease or discontinue dividends at any time.)

### Look for tax-efficient techniques

Another type of efficiency associated with investing is tax efficiency, which refers to your ability to defer taxes as long as possible. Tax-deferred accounts, such as a TFSA can help you put off the tax bill until retirement, when you may be in a lower tax bracket.

### Consolidate investment accounts

If you have one RRSP with one financial services provider, another with a second, and a separate investment account with a third, you may end up paying more in expenses, fees and commissions than is necessary — and since these costs can eat into your investments' “real” rate of return, this scattershot ownership method may be inefficient. You may be better off by consolidating all your investment accounts with one provider.

Seek to become an efficient investor. You may be pleased with the results.

Member – Canadian Investor Protection Fund



## 5 Simple Ways to Ease Migraine Pain

by Dr. Alma Nenshi, Family Chiropractor

Most people associate migraine headaches with intense throbbing head pain lasting several hours to days, and sometimes accompanied by nausea, vomiting, visual disturbances, vertigo and sensitivity to lights, scents and sounds. Migraines are actually the result of increased electrical activity in the brain. Neurologically, they uniquely affect sensory perception and motor control of the body and can include a variety of symptoms that may or may not even include a headache.

So, what are some common stresses that trigger migraine headaches?

- Neurological stresses like excessive sensory stimulation from glare from the sun, loud noises, certain scents (whether pleasant or unpleasant), neck or head traumas, infections, intense physical exertion and chronic poor posture. Calgarians in particular are prone to headaches when their body can't adapt to the pressure changes from the Chinook winds.
- Chemical stresses include food triggers like red wine, caffeine, aged cheeses, chocolate, monosodium glutamate (MSG), dyes, pickled or fermented foods and nitrates found in deli meats. Skipping meals, fasting and hormone fluctuations may also cause migraines, as do certain medications such as acetaminophen, aspirin, non-steroidal anti-inflammatory drugs (NSAIDs), codeine, hydrocodone and birth control medications, just to name a few.
- Emotional Stress - Did you know over 90 percent of all chronic health challenges including cardiovascular disease, strokes, cancer, hormone imbalances, weight problems, accelerated aging, diabetes and neuro-degenerative diseases, are all related to the inability to deal with stress? Both getting too much or too little sleep can also trigger migraines.

Migraines need to be properly diagnosed by a health care professional. If you ever feel like you are experiencing the worst

headache of your life, it may be a medical emergency. Don't take any chances, contact 9-1-1 immediately.

Here are 5 easy ways to help you manage migraine symptoms at home:

1. Turn off your electronics! Constant, chronic low levels of electromagnetic stress impact brain and nervous system function. Migraine patients will find much relief from completely powering down their electronic devices (cell phones, computers, lights) and relaxing in a dark and cool room.
2. Drink some water! Staying hydrated has many health benefits, and for migraine sufferers, it can mean the difference between a manageable headache and a debilitating episode. Drink half your weight in ounces of water and non-caffeinated beverages everyday and don't forget to add an extra 2 cups of water for every cup of coffee you drink (yes this goes for decaf too!)
3. Smell some peppermint. Whether it's candy, essential oil or a peppermint teabag, a little at the start of your migraine will go a long way in helping to ease your symptoms.
4. Ice versus heat. Use heat to relax tense muscles in the early stages of your migraine before the throbbing starts. For a full-blown migraine, choose icing the affected areas for no more than 10 minutes at a time. Anything longer may trigger a reflex reaction that may increase the throbbing pain.
5. And now the best kept secret of all, when you have a full-blown migraine, soak your hands in hot water! This simple action will trigger your nervous system to direct blood away from your core, thereby easing the pressure and throbbing symptoms in your head and buy you time to get to your chiropractor for a proper assessment and treatment to ease your pain.



## King of Hobbies & the Hobby of Kings

Stamp collecting started with a Young Queen Victoria of England of the British Empire, later the British Commonwealth.

A member of the British Parliament was at a post office, where mail was sent and received with the receiver paying the rate charged to deliver a letter. A woman came in to see if there was any mail for her. The postman found a letter and asked for the money to pay for delivery. She examined the envelope and returned it. The Member of Parliament, Roland Hill, stepped forward and offered to pay the rate, but the woman thanked him, but refused to allow payment.

As she left the Post office, Mr. Hill followed her and asked why she refused his offer. The lady was embarrassed and told him that the letter was a sign that her brother was alive and fine, thus she did not need to pay. Roland Hill then considered that many people probably had some way to not pay for delivery. He then proposed that there should be a better and more efficient system. He researched the system and came up with a plan to have the mail paid by the sender.

He convinced the government and after much discussion it was discussed to use a universal rate inside England for all mail. He devised an adhesive stamp bearing the picture of Queen Victoria to be placed on an envelope for a letter. It was decided that the mail rate would be determined by weight with 1 English penny (about 2 cents) per ounce. The stamps were printed on sheets of 100 which were separated by cutting with scissors. Therefore, the first postage stamps were without perforation. Perforation machines were then developed. The sheets were then changed to be a red color for the penny rate and after that other stamps in different denominations were used to handle larger and heavier mail.

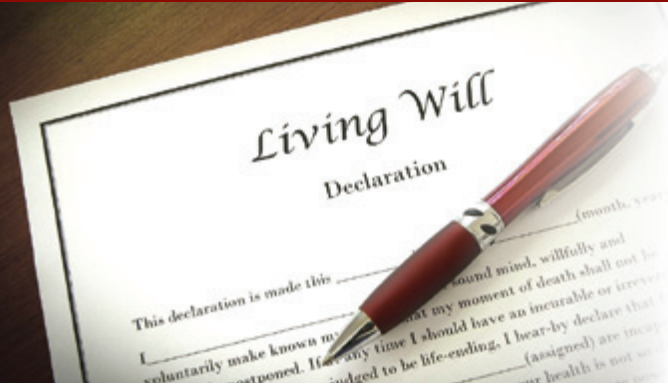
Other countries followed this featuring their monarch/leader's pictures. Gradually all countries joined a Universal Postal Union to regulate rates between countries. Countries found the opportunity to tell stories on the stamps of their homeland and promote their parks, animals, historic figures and more.

Canada has told the story of our history on stamps. This year we celebrate 150 years as a self-governing country. Our first Prime Minister, John A. MacDonald was first along the Fathers of Confederation.

*The Calgary Philatelic Society, and the British North America Society-Calgary are clubs for those who are interested in the wonderful hobby of philately.*







## Become Familiar with Wealth Transfer Strategies

by Toddy Kam, CFP®, CFA

To retire comfortably, you need to save and invest regularly using an effective savings and investment strategy. Maximizing RRSPs or other retirement accounts will likely be essential to realizing your retirement goals. Once you retire, you'll need to "switch gears" somewhat and begin considering wealth transfer strategies.

An effective wealth transfer strategy can help you accomplish a variety of goals, such as distributing your assets the way you choose, avoiding probate fees and reducing estate taxes. You can explore a variety of wealth transfer tools, including the following:

- **Gift** — Gifting your assets to your adult children can help minimize the size of your estate, reducing the tax burden at death. This could also potentially lower probate, executor and legal fees. Be careful when gifting property (including cash and securities) to a spouse or minor child, as income attribution rules may apply, causing income earned on the gifted property to be taxed in your hands.
- **Charity** — If you donate securities with a capital gain to a registered Canadian charity then there is no tax payable on the capital gain, and you get full credit for the donation, up to the standard charitable deduction limit.
- **Will** — A will is simply a plan for distributing your assets to family members and other beneficiaries. If you were to die intestate (without a will), provincial laws would determine how your assets should be distributed — and there's no guarantee that the end result would be what you would have chosen.
- **Beneficiary designations** — Many of your financial assets — including life insurance policies, RRSPs and

TFSAs — allow you to name a beneficiary. Upon your death, your beneficiary will automatically receive these assets, avoiding the sometimes time-consuming, expensive (and public) process of probate. It is essential that you periodically review these designations to make sure they reflect your current wishes and that they do not conflict with the terms of your will.

- **Trusts** — Different trusts can help you accomplish a variety of wealth transfer and estate planning goals. For example, an inter vivos trust can help you leave assets to your heirs without going through probate. You can also structure the trust to stagger payments over a number of years, rather than all at once, or include other restrictions or incentives. A testamentary trust, created in your will, can allow your heirs to effectively income split with the trust, potentially decreasing overall taxation.
- As you can see, trusts are versatile instruments — but they are also complex. Consequently, you'll need to consult with your tax and legal advisors regarding your particular situation.
- **Permanent Life Insurance** — When building an estate for your heirs, you have typically considered both registered and unregistered investment accounts as your principal sources of accumulating wealth. Permanent life insurance can be used to effectively accumulate wealth and pass it along to children or grandchildren, typically in a very tax-efficient manner.
- All the wealth transfer techniques we've looked at will require some careful thought and preparation on your part — so don't wait too long before getting started. Time has a way of sneaking up on all of us — but it's especially sneaky when we're unprepared.



## Brentwood Real Estate Update

### Last 12 Months Brentwood MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2017	\$617,444	\$609,500
July 2017	\$585,000	\$575,000
June 2017	\$549,000	\$570,000
May 2017	\$598,900	\$587,000
April 2017	\$646,850	\$641,450
March 2017	\$598,000	\$602,000
February 2017	\$519,800	\$507,000
January 2017	\$544,900	\$530,000
December 2016	\$544,850	\$537,500
November 2016	\$549,000	\$528,000
October 2016	\$539,900	\$521,000
September 2016	\$619,900	\$614,750

### Last 12 Months Brentwood MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2017	11	6
July 2017	7	7
June 2017	10	7
May 2017	12	8
April 2017	5	2
March 2017	7	9
February 2017	8	5
January 2017	6	7
December 2016	2	4
November 2016	1	5
October 2016	6	3
September 2016	7	8

To view more detailed information that comprise the above MLS averages please visit [brentwood.great-news.ca](http://brentwood.great-news.ca)

## Halloween Safety

Alberta Health Services EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31st approaches. Take some time to review these simple tips and reminders to help ensure your Halloween is a fun and safe night for everyone.

### 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.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.
- 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.

### Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- 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.
- 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.



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Name	Age	Contact	Course
Agalya	41	780-207-5802	Yes
Ariel	18	587-968-3526	No
Camryn	16	587-439-1472	Yes
Claire	16	587-229-6152	Yes
Dylan	16	587-891-5694	Yes
Elaina	17	403-808-1328	No
Eli	17	403-808-1328	No
Eric	16	587-439-2875	No
Megan	15	403-969-6336	Yes
Nicole	17	403-279-2765	Yes
Sholeh	44	587-707-6816	Yes
Sihana (See-Ana)	16	403-228-5339	Yes
Tamara	27	403-689-8140	Yes

**Calling All BABYSITTERS** Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS** Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).

## Brentwood Elementary

By Devina Sharma, Brentwood School Council Member

Happy Thanksgiving from the staff and students of Brentwood School! We all survived the first month back to school and we are now deep into our routines and learning! Like many schools in the CBE, our school has modified its hours to accommodate the complex bus schedule. Our new school hours are: Monday through Thursday--9:10 am to 3:50 pm and Friday--9:10 am to 1:20pm.

Our Grade 4 students will be completing their swimming lessons this month, so please continue to be aware of large groups of students walking to and from Sir Winston Churchill Pool during school hours on October 2nd and 4th. Please follow the posted signs and reduce your speed in the playground zones to help keep everyone in Brentwood safe!

We will be having our photo day on October 2nd, as well as a special school presentation on October 19th. Our next School Council meeting will be on October 10th at 7 pm in the library. Our students will also be looking forward to celebrating Halloween, along with our annual Pumpkinella event, where students are encouraged to carve a pumpkin to be displayed in the gym for everyone to see! It will be "spooktacular"!

We are also fundraising for our school by selling the Admazing Savings coupon books for \$20 each. There are some great coupons inside that can save you money on shopping, dining and so much more! Feel free to come to the school to purchase your Admazing Savings book from our office staff.

If you have any questions about our school, please visit our website or call the school at 403-777-6130.





# Ask Charles

**My townhouse is listed for sale. There was a showing earlier today, and I found out those “buyers” just viewed my home to see it as a comparable for their own listing. Is that allowed?**

The short answer is, no, it shouldn't be.

When you list your property for sale, you expect that showings of your property are to potential buyers. Unless a buyer or the buyer's representative discloses it to you beforehand, any other reason for a showing is dishonest through omission.

Real estate professionals have a requirement to be honest with their clients and with third-parties. That means that a buyer's real estate professional has to be honest with you and your real estate professional.

It is reasonable for you to expect that buyers booking a viewing of your property are doing so with the potential for purchasing the property. If their reason is different, then it is reasonable for you to expect them, and their agent, to be up front about it.

No one wants to have to keep their house in show-home-ready condition, and vacate the premises for a showing unless there is real potential the buyers are interested in buying. This may be particularly true if you have a young family and leaving at the spur of the moment for last-minute showings or showings at bedtime are particularly inconvenient.

There are also things you can do – and discuss with your agent – to lower the likelihood of showings for ulterior purposes. You can ask your agent to not allow viewings from people who don't appear to be serious buyers. For example, this may mean your agent asks buyer's agents to only bring buyers who are pre-approved for a mortgage.

As the seller, you control the process buyers must go through to view your property. If you want to set specific times during which viewings are allowed, you can. If you want to only admit buyers who are pre-approved, you can. Ensure your agent writes those instructions in the listing.

Remember, though, sometimes buyers come when you're least expecting it – and any attempt to reduce showings or limit availability for showings may be detrimental to your listing.

*“Ask Charles” is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [askcharles@reca.ca](mailto:askcharles@reca.ca).*



## Who Is My Keeper?

By Robin McLeod

If you have been away over the summer months no doubt you may be surprised at the extent of construction occurring west of Calgary on both the Elbow River and Fish Creek. Construction close to town is not all that is happening, however. A trip down the Elbow River is revealing.

You may not agree with my thoughts or my analogy; that's OK. My intent is to provoke thought about the trickle running through the backyards of our City to the meandering blue ribbon travelling 120 km from its source in the mountains, through the foothills, across the prairies, under a dam, past homes, pathways and parks and on to Fort Calgary and the Bow River.

We begin in the headwaters where forest management agreements cover 29% of the Elbow source watershed. Oil and gas operations can be found while off-road vehicles take advantage of bush roads and seismic lines to penetrate deeper into the backcountry. These activities lead to linear fragmentation of the landscape contributing to erosion, increased rates of surface water runoff, sedimentation of rivers and creeks and easier prey access.

Moving further downstream farmland is interspersed with communities relying on groundwater-fed wells and septic fields to deal with the dirty stuff. The proliferation of ranchettes, the 2-to-5-acre homesteads, who bring their urban aesthetic to the country (manicured, herbicided, cut, irrigated green grass) plus a proposed shopping mall create a band around the western edge of Calgary – urban sprawl at its worst.

Overtop of this fragmented landscape are 2 major construction projects; the southwest ring road now underway and the likely-to-be approved Springbank Dry Dam. Both projects include filling in wetlands, channelizing and straightening the Elbow River and adding more riprap.

Once in the City, the flow of the river is managed and is but a trickle currently. Into this shallow, slow moving river 85 storm sewers unload untreated surface water runoff containing all sorts of nasty stuff into the Elbow River. Since August 2016 the Elbow River from below the Glenmore Dam to the confluence with the Bow River has been under an Alberta Health Services

advisory due to bacterial contamination i.e. excessive E. Coli counts. Within the City riverbanks are replaced by riprap, stone walls and a myriad of bioengineering projects (a mixture of hard and soft river bank protection) while more and more larger developments proceed along the River's edge.

What is the impact of all these incursions on the Elbow River? I would like to imagine the same thing happening to my body. I go to the barber and without my permission and over time up to 29% of my hair is shaved off with a few deep nicks, here and there. The sunburnt, flaking skin, bug bites and winter cold are intolerable. Blood and raindrops dribble off my shiny pate, down my neck, into my eyes and off my nose. The intravenous I receive is contaminated which is particularly serious as my kidneys, the cleaners of my blood, are compromised. I am down to one. Thank goodness for dialysis. My broken bones are slightly offset but the offsets are so minimal that I have been assured that my athletic performance will not be affected. Oh, but my arteries are clogged. A stent and quadruple bypass appear to have solved the problem in the near term, at least. My stomach feels off and my skin so patchy I look like a Mesopotamian mosaic art piece, although not nearly as beautiful. My prognosis is not promising for a long and healthy life.

If we consider all of which is occurring in the Elbow River watershed would the prognosis be similar to the bleak outlook above? Of course, zero development, like youth-for-ever, is not realistic. But if we look at the cumulative impacts of all the completed, yet-to-be completed and proposed projects on the overall health of the Elbow watershed and its river ecosystem would our actions be different? Would our focus be broader and more long-term? Would we have more respect? I would like to think so. We should be honouring the watershed and the river that provides almost half of Calgary with its drinking water. After all, without water we all perish.

*Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at [S2Gplusinfo@gmail.com](mailto:S2Gplusinfo@gmail.com). Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus).*





**MLA Calgary-Varsity**  
**Stephanie Mclean**  
 #202, 4712 16th Avenue NW  
 Calgary, AB, Canada T3B 0N1  
 ☎ 403-216-5436 📠 403-216-5438  
 ✉ calgary.varsity@assembly.ab.ca



**Calgary Confederation**  
**Len Webber, MP**  
 2020 10 St NW, T2M3M2  
 ☎ 403-220-0888  
 ✉ len.webber@parl.gc.ca

Friends,

October is the first full month of fall. The trees have changed colour and in many cases lost all their leaves already. Thanksgiving is just around the corner, and maybe a little snow too. I am currently preparing for the start of the fall legislative session this month. Alberta's economy continues to grow at the fastest rate in Canada and our government continues to invest in it through things like \$1.53 billion for Calgary's Green Line LRT.

September started off with the Labour Day long weekend, which was stuffed full of exciting activities. From honouring the efforts of working Albertans in building this province, to marching in Calgary Pride to celebrate the strength diversity brings to this city. Also, the Montgomery Community association played host to the annual BBQ on the Bow festival, a delicious showcase of fine grilled food, and a BBQ contest that draws competitors from all over North America.

The Calgary municipal elections will be held on October 16th. I encourage everyone to go vote, and help shape the direction of the city's development. Information about how to vote can be found with Elections Calgary.

Halloween is at the end of the month and many costumed as the trick-or-treaters will haunt and prowl the neighbourhoods of Calgary-Varsity. The Triwood Community Association will host a haunted house from 4-8pm on October 31st at the Triwood Community Centre. I'd like to wish everyone a delightfully spooky Happy Halloween!

We have recently moved our office to a new location in Montgomery. You can find us at #202, 4712 16th Avenue NW, T3B 0N1.

Our office serves all the people of Varsity, Dalhousie, Brentwood, Banff Trail, University Heights, Montgomery, and Charleswood. Our team is available to talk to constituents about provincial government departments, programs, scrolls, and services. To find out more drop in, call, email, or check out [stephaniemclean.albertandpcaucus.ca](mailto:stephaniemclean.albertandpcaucus.ca)

**Not All Corporations Are Big**

My office has been inundated with hundreds of letters from Calgarians upset with the proposed changes for private corporations. Canada's tax system should be fair and equitable for all. However, I am concerned that the Liberals' proposed tax changes will make it harder for Canadians to get many critical goods and services.

Private corporations are a popular tax arrangement for business owners, such as farmers, doctors, lawyers, engineers and other independent professionals. They limit their and their family's liability from the financial risks they undertake in their professions. They also help facilitate a savings method for those who do not have formal group pension plans. This legitimate tax structure has been in place for many decades and has proven to work well.

By incorporating, a person is able to create a separate legal entity to operate under and have their revenue, expenses and assets treated separately from their income. This makes sense as the money you pay to your dentist, for example, is not entirely their income. It is revenue that pays for staff, business expenses, insurance, rent, etc. Only after those expenses are paid does your dentist draw a salary from the corporation which is taxed the same as you and I. If they leave profit in the corporation, they do not pay tax on it now, but will pay tax on it later when they draw the income (likely in retirement).

Some are facing a three-fold increase in their tax rates and this drastic increase could drive many professionals out of their professions and many out of Canada.

I am concerned any changes will make it harder to find a family doctor and increase wait times; make local meats and produce more expensive; and discourage young Canadians from starting their own business. We know government spending is at an all-time high, but hitting key parts of our community and our economy with dramatic tax hikes is not the answer.



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