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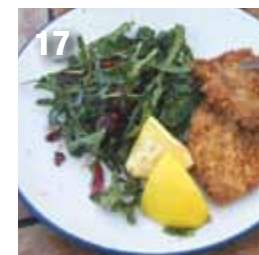
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Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
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South Health Campus	403-956-1111
OTHER	
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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



Kelli Wreford, Editor



Not long ago, someone asked me, "Brentwood is a suburb, isn't it?". Judging by my quick research on real estate websites, I realized that Brentwood is still considered a suburb by that measure. On the other hand, it has begun to feel like an inner-city neighbourhood. Most Community residents will agree that we have come a long way from the days of tumbleweeds blowing through our streets. The Community has already gone through many phases of redevelopment with many more to come. These projects, ranging from residential renovations to large-scale development, have caused growing pains for almost everyone in Brentwood.

Brentwood residents are fortunate to have quite a number of dedicated volunteers to help navigate these changes. While their work cannot keep us sheltered from development, their efforts can guide us to sources of information and help us share input. Please see the Development and Transportation article in this edition of the Bugle. Grateful thanks to the DTC members.

One of the most dedicated volunteers Brentwood has ever had in the area of Development is Cheri Macaulay. Among her many roles was her involvement the Transit Oriented Development in the Brentwood LRT Station Area Plan. It was one of her beliefs that change is inevitable, but community residents can work together to bring about the best possible change. Cheri was awarded a 2016 Calgary Award in June of this year for her volunteer work in many areas across the City. Please see the article inside for more details.

Another dedicated volunteer celebrating a milestone is Lee Hunt. She is marking ten years of writing articles for The Bugle. I personally thank Lee for not only for her writing, but also for her monthly help with proofreading and generally keeping her ear to the ground for community goings-on. This month, Lee writes about her own experiences in Brentwood.

Of course, September brings the return of many Community activities. Please see the information about the fresh fall start of Playgroup, Scrabble group and Bridge group as well as the Seniors' Teas. Also, please join us for the Annual General Meeting of the BCA on September 7th.

Now that fall is on the way, the Brentwood Community Garden will be winding up another growing season. With the hot weather this summer, many gardeners had fantastic crops. Please consider joining us next year! Many thanks to the coordinators and volunteers at the Community Garden.

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# Brentwood

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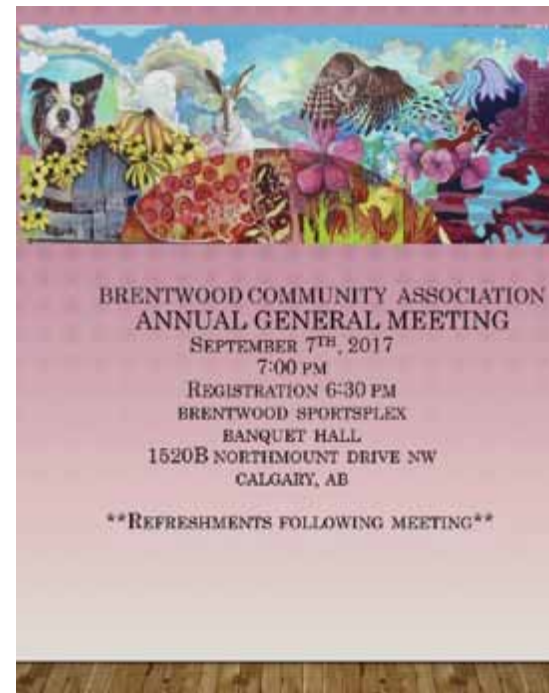
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Our neighbourhood contributors for this month include: Anne Burke, Lee Hunt, Melissa Neville, Devina Sharma, Cynthia Sim and Melanie Swailes.

## 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.



### Playgroup:

A new Playgroup season is upon us and we have a few changes this year. First, we would like to provide coffee and encourage all caregivers to bring their own travel mugs (preferably not breakable). Second, we would like to have a monthly theme so that activities/crafts/games will provide opportunities for the children to try some new things.

We are hoping the modified structure of playgroup will encourage the children and parents/caregivers to continue to interact and play together, as well as provide structure for snack and clean up. We would like to have organized activities on a monthly basis and are looking to see if any parents/caregivers are willing to volunteer their talents. Some of the ideas we have come up with are music, obstacle course, cooking, yoga, etc. If you are interested in running a 20-minute activity for the children please let us know ([brentwoodcommunityplaygroup@gmail.com](mailto:brentwoodcommunityplaygroup@gmail.com)).

2017 - 2018 Playgroup Season runs from September 6th, 2017 to June 20th, 2018.

Playgroup is Wednesday upstairs at the Brentwood Sportsplex between 9:30am to 11:00am.

To register either go online to <http://www.brentwoodcommunity.com/programregistration.html>.

Or in person at the office on the main floor of the Sportsplex.

### Scrabble Group:

Call 403-284-3477 for more information.

### 55 Plus Bridge Group:

Following the summer break, we resume playing on September 6. If you enjoy bridge, please join us in the fall! Contact Roman at 403-289-6244.

### Brentwood Community Association Board Meeting:

The next regular meeting will be Tuesday, September 26, 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 November 2017 Bugle community articles and notices is September 26, 2017 and the deadline for the December 2017 Bugle is October 26, 2017.

### Community Clean-Up:

Our Community Clean-Up will be Sunday, September 10, 2017 from 9:00 am to 1:15 pm at the Brentwood Sportsplex, 1520B Northmount Drive, NW (behind the Sir Winston Churchill Pool & Nose Hill Library).

Community membership is not required to dispose of items.

Acceptable items are:

- Organic items that are too big for your green bin (branches, etc.) – Sod is not considered organic (it is chemically treated), but can be disposed of at the clean up.

~cont'd next page~





CONT'D

- Those items that would generally be accepted at the City's Throw 'N' Go locations.
- Metal for recycling (separate drop-off area).

We will also feature a "Free Store" where people can leave and/or take reusable household items (all must be in good condition). Please note that all unclaimed items will be donated to charity at the end of the day (1:30 p.m.) if possible.

We will be partnering with the following groups:

- a Syrian Refugee Support Group to recycle donated bicycles
- the Cerebral Palsy Association for clothing and small household items

Items excluded from clean up: paint, chemicals, propane tanks, tires, major appliances.

Paint, chemicals and propane tanks can be disposed of at the Varsity Fire Station #17 (3740 – 32 Avenue NW).

Tires and appliances are best disposed of at the Waste Management Facility in NW Calgary. (Search under Calgary.ca/landfill)

This is one of 108 community clean-ups throughout the City of Calgary. The full calendar is available at:

<http://www.calgary.ca/CSPS/ABS/Pages/Partnership-programs/Community-cleanups.aspx>



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# Brentwood

## Community Association Membership Application

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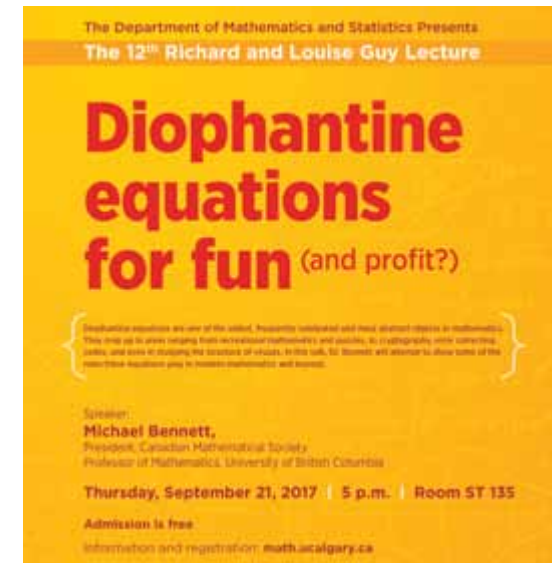
**Please return membership application with  
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Community Association.**

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Alberta T2L 1V3  
[brntwdca@telus.net](mailto:brntwdca@telus.net)  
**403-284-3477****



### BCA/Triwood CA Canada Day Celebration--June 30, 2017:

The Brentwood Community Association would like to acknowledge and thank the following people who volunteered at the Sarah Roper, Rick Lundy, Bonita McCurry, Melissa Neville, Lee Hunt, Brentview Baptist Church Staff, Malcolm Gilchrist from Edward Jones, as well as Elizabeth Macbeth, Valentina Villamil, Kevin Xiang, and Manuella Ngambe Mouliom from St. Francis High School.



### 2017 Richard and Louise Guy Lecture

Here is a personal invitation from Dr. Richard Guy:

"Dear Brentwood residents (and others!),

We hope to see you at the 12th Richard & Louise Guy Lecture at 17:00 on Thursday, September 21 in Science Theatres Room 135 at The University of Calgary. This is a Town & Gown, Arts & Science, Age & Youth, Amateur & Professional event.

We believe that Math is fun and available to everyone. The lecture will be given by Michael Bennett, President

of the Canadian Mathematical Society, on DIOPHANTINE EQUATIONS FOR FUN (and profit?).

To make sure you get a seat, please register with [math.ucalgary.ca](http://math.ucalgary.ca) where you can get further information."

### Canadian Martyrs Catholic Church

The parish is celebrating its 50th Anniversary on Saturday, September 23rd. Mass will be celebrated by Bishop McGrattan at 4:00 pm. A dinner and dance will begin at 6:00 pm at the Varsity Community Association. Tickets are on sale until September 4th. To purchase tickets or for more information, please contact the church at 403-284-3311.



## justREEL Film Screening

**When: Tuesday, September 12, 2017**

**Film: The Grizzly Truth**

**Time: 7:00PM**

**Where: River Park Auditorium (3818 14a St SW Calgary, AB).**

Presented by the Marda Loop Justice Film Festival.

See our website for more details:

<http://www.justicefilmfestival.ca/>



Photo and article by Cynthia Sim

It is late July and we are basking in hot, sunny days. The garden beds are filled with ripening tomatoes, squash, peas and beans with carrots, beets and potatoes growing silently underground. In the perimeter garden, the fall asters are budding – very early for them – and the cherries and raspberries are ripe for harvesting. The apple trees (see photo) have suffered recently from an intense wind and rain storm so there are several wind-fall apples available, probably destined for the compost bin. The prairie cone flowers, sunflowers and wild bergamot are in full bloom in the native wildflower area and the annual flowers planted in the perimeter provide a blaze of colour. The yellow and orange day lilies and the sedum by the garden gate are also blooming. Everything in the garden appears to be a few weeks ahead in its growing cycle, likely a direct result of the hot weather. We could still use more rain, but overall the vegetables are thriving.

The latest garden grooming session was well attended. The gardeners worked diligently at removing quack grass and weeds from the perimeter and from the common gravel pathways and by the end of the day, the garden looked quite neat.

Maintaining the garden infrastructure is a never-ending responsibility. Last summer, the magpies found their way under the wire frame protecting one of the strawberry patches. The lure of the ripe berries was understandable, but this summer the wire frame has been reinforced or replaced and we are rewarded with more flowers on the plants and more fruit for the gardeners.

When the garden was created in 2010, several large murals were created by groups in the Brentwood community. Most of these were fastened to the fence, but one very attractive mural was located in the garden shed and likely has not been seen by any visitors. It has now been weatherproofed and will be moved out of the shed and attached to the north fence so that it can be seen and appreciated by gardeners and visitors alike. Drop by and have a look.



## Here's To The Next Ten Years!

By Lee Hunt

September 2017 marks the 10th anniversary of my writing for The Brentwood Bugle. I enjoy my participation and hope to write for another 10 years – with my Editor's permission!

My "beat" under three different Editors (Cheri, Shari, and Kelli) has covered a vast range of topics. Originally, in September 2007, I was just planning to write a series of four articles about the history behind the names of our Brentwood streets. Full stop! But the next thing I knew, I was researching and writing up 45 years of Brentwood Community Association Executive members. Then came the history of our six Brentwood churches followed by 8 local schools. By then I was "hooked".

The next 2 years saw interviews with some 24 individuals/couples plus 3 larger groups regarding the history of Brentwood. It was amazing to me the tremendous recall these folks had – plus their obvious dedication to our community!

In 2014, my focus changed from "History" to "Volunteerism". In this role, I have had the opportunity to interview and write about 25 individuals who donate so very much of their time to contribute to the energy and well-being of Brentwood.

One of my greatest privileges over the years has been to write Tributes to 10 very special Brentwood residents who have passed away. My thanks to their families who were all so generous in sharing information about their loved ones.

I was also moved to be able to interview two individuals who spoke of U of Calgary scholarships now being offered in the names of young Brentwood residents who were fatally stabbed at separate house parties.

To all of you who have generously allowed me to interview you, plus to all of our Bugle readers, my grateful thanks! Keep your story ideas coming!

Here's to the next 10 years!

## CARROLL PLACE

# Join us on September 26th for Bingo

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

**Tuesday, September 26th, 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!**

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# DEVELOPMENT AND TRANSPORTATION COMMITTEE

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

This month there are three main topics that have kept us busy: the Brentwood Co-op redevelopment plans, the creation of a Brentwood community Statement of Significance and a new website link for development projects.

### 1. Brentwood Co-op Redevelopment

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.

### Why is this redevelopment important?

The Co-op site redevelopment will be the largest construction project in Brentwood since the establishment of the community in 1960 and will impact the entire community in one way or another. It is in all of our interests to ensure that the final proposal for the site is something that residents perceive as an asset to Brentwood.

The initial Development Permit application included a 40-storey tower, far exceeding the maximum guidelines under the Station Area Redevelopment Plan, as well as an access road directly along the top edge of Blakiston Park. There were many other concerns with the proposed layout and build form of the site, so major changes to the plans were anticipated.

### What events were held during August?

On August 3, members of the Brentwood Community Association (BCA) Board and the Development and Transportation Committee (DTC) met with City of Calgary Planners to view the revised plans for the Co-op site. On August 24, an open house for the community was held. In order to gather feedback from area residents prior to the September 4 deadline for submissions, several events were held. A community feedback box, an on-line survey and a pop-up session at the Tri-wood market were available.

### But why were all events held in August? What if I was away?

The events were scheduled by the City of Calgary. The Development and Transportation Committee is cognizant of the difficulty in getting large-scale participation in events held during the summer. The BCA Board has

requested that the deadline for comment on this application be extended until the middle of September. This would ensure greater community input and feedback, provide the BCA Board with more time to make its recommendations (which will be based partially on what we hear from our residents), and likely result in an overall better TOD (Transit Oriented Development). At the time of writing, it does not appear as though an extension will be granted to us.

### What's next?

We hope to arrange for a second open house in September to provide another opportunity to view the plans. Please check the website for details.

On September 7, the BCA will hold its Annual General Meeting (7:00 upstairs in the Sportsplex Hall). We welcome all residents to attend, meet the members of the BCA Board and committees, and listen to a review of all the activities that have taken place in Brentwood during the past year. As well, the DTC has been working on a Statement of Significance (see below) and we hope to have this in place for the meeting. We welcome your input and feedback on this document.

Immediately following the AGM, there will be a social event with refreshments and a chance to share your thoughts and concerns about our community. It's a great way to find out more about all the events that happen in Brentwood and we hope to see you there!

### 2. Community Character: Statement of Significance

Creating a Statement of Significance has been a main goal of the DTC since the group was formed in January.

### What is a Statement of Significance?

It is a document that clearly articulates the community character and values so that they can be used as a guideline for the development process. By defining the aspects of Brentwood that are important, the document provides us with a starting point for describing existing conditions in our community and can be a basis for reviewing development permits or other changes.

Greg Zwick, Steve Randall, Marilyn McLean and Deborah Russ have been working hard to complete various drafts of this document. We have also had some guidance from the Federation of Calgary Communities (FCC). The final draft of the document will be posted on the

website. We welcome any comments about the document and we hope to present it to the BCA Board at the meeting at the end of August for approval.

### 3. Development Website Update

Because of the large volume of Development Permits ("DPs") in process by the City of Calgary and developers, the DTC is creating a separate page on the Brentwood Community Association website to allow access to residents and others who may be interested in the DPs, rezoning and secondary suites, and even transportation projects within the community.

We have seen a strong interest from Brentwood residents who want to know what is happening in their community and how they can help to make a difference. A new page on the website would allow interested residents to learn about the DPs, stages of development, updates and timing of important meetings as well as other events requiring input from community residents.

Two members of the DTC, Irma Lambert and Peter Johnson, are working with the web designer who created the Dalhousie CA development site. The BCA has approved the expenses for the proposal, and everything is moving forward. We also hope to have this up and running by the end of the summer.

It has been a busy time for the Development and Transportation Committee and I'd like to thank all the volunteers who are working on these projects. We have a great community and we are encouraged by the interest shown from our area residents.

## THE SENIORS' TEA NEWS

I hope you all had a nice summer. The Seniors' Teas will resume on Thursday, September 21st. We have a new volunteer Seniors' Representative, so please join us to meet her! We hope to see you all from 1:00 to 2:30 pm upstairs at the Brentwood Sportsplex. The address is 1520B Northmount Drive, and is located behind the Sir Winston Churchill Aquatic Centre.


Newcomers are most welcome!



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391,000 Households




Congratulations to Cheri Macaulay for receiving a 2016 Calgary Award on June 28, 2017. She was nominated for an award in the “Community Achievement” category, which recognizes outstanding contributions and achievements in community life. Within the Community Achievement category are many sub-categories, one of which is the “Community Advocate.” The Community Advocate Award recognizes, “an individual Calgarian who has made a significant **volunteer** contribution to the community. Examples are: involvement with community endeavours, service clubs, community improvement programs, youth programs, or community associations.”

Cheri’s nomination is as follows, which is a very basic summary of a few of her accomplishments during her time in Brentwood:

“Cheri Macaulay has made an extraordinary contribution to urban neighborhood development and vitality in Calgary. In her northwest community of Brentwood, she has assisted in its revitalization, while setting precedents for other aging communities in the city. She has championed transit in the neighborhood, leant her artistic flair in the creation of murals, and successfully initiated the first Little Free Library. There are now over 100 of the charming little neighborhood libraries

in every corner of the city. Reaching out to the larger community, Cheri believed citizens needed a stronger voice in civic matters. In 2009, from a Kensington coffee shop, a public advocacy group called CivicCamp was born. After the election in 2010, Cheri became the first member of the Mayor’s Civic Engagement Committee. She was also a key organizer for Votekit, a useful tool for first time voters. These initiatives would not have been possible without Cheri’s leadership and innovation. In conjunction with the Mayor’s Office, Cheri spearheaded the very meaningful 3 Things for Calgary, with the belief that people can affect positive change with acts of kindness. Out of this program blossomed Three Things for Canada, in celebration of the 150th anniversary. As an advocate, Cheri’s significant contribution serves as an inspiration in understanding the difference one person can make in our community.”

Of course, all of Cheri’s contributions to Brentwood and the City of Calgary would be too numerous for a nomination paper or for a Bugle article.



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## Brentwood Elementary

By Devina Sharma, Brentwood School Council Member

Fall greetings from Brentwood School! Another school year is upon us and we look forward to welcoming our students back to school on Tuesday, September 5th, 2017. Please remember to adhere to the posted playground zone speed limits to ensure that all of our students arrive for their first days of school safe and sound!

We will have our Welcome Back Breakfast for our students on September 15th, as well as Meet the Teacher Interviews on September 21st and 22nd. As always, we will continue to encourage our parents to park along the perimeter of the school field and to avoid taking up residential parking spots.

This year our Grade 4 students will have their swimming lessons on September 18th, 20th, 27th, and 29th. Please be aware that large groups of students will be walking to and from Churchill Pool during school hours. Thank you in advance for driving carefully and keeping everyone safe in our community.

Our School Council will be having its first meeting of the school year on September 19th at 7:00pm. We welcome all of the new and returning members elected at the AGM in June and look forward to another fun-filled year of activities and collaboration with administration.

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



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Pre-Kindergarten Educational Services – NW Locations  
Pre-Kindergarten ages 3-5 yrs. (Pre-K)  
Kindergarten Enhancement (KE)  
Out of School Care (OSC)  
August/September 2017 Newsletter

Marion Carson School – 5315 Varsity Drive, NW  
Kindergarten Enhancement – ½ day program combines with Kindergarten  
Kindergarten Out of School Care – Before and After Care Program  
4 year old Pre-Kindergarten – must turn 4 by March 1, 2018

Captain John Palliser School – 1484 Northmount Drive, NW  
Kindergarten Enhancement – ½ day program combines with Kindergarten  
Out of School Care – Grades K-6

Hope Lutheran Church – 3527 Boulton Road, NW  
Pre-Kindergarten ages 3-5 years – 2, 3, or 5 half days (2.5 hr. program)

PRE-K & KINDERGARTEN ENHANCEMENT  
FALL SESSION NEWS

We hope that you have enjoyed the beautiful summer weather and made wonderful memories with your families. School will be starting before you know it, and we have planned a fabulous Fall session for our children. We have partnered with a great new program offered by “Jumping Jellies”, which we enthusiastically look forward to seeing in action. Our annual field trip to the corn maze is a favourite each fall.  
**For more information, please visit our website.**

If you are already registered in our program, please visit our website or email the Registrar to make sure that you do not miss the important “first dates”.

Space is still available and registration is on-going at all of our locations.

To register for any of our programs, please email our program Registrar at her contract address below. Our experienced teaching team is looking forward to meeting your children in the Fall.

[www.Pre-KindergartenEd.com](http://www.Pre-KindergartenEd.com)  
Registrar: [RegistrarPreK@gmail.com](mailto:RegistrarPreK@gmail.com)


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# News from the Friends of Nose Hill

by Anne Burke

### Entrance Keepers

Do you regularly visit Nose Hill Park? Do you frequently use a specific entrance? The Friends of Nose Hill are looking for members to join our Entrance Keepers Project. We ask you to keep watch over your region of the park and report any problems to the Parks Department. These could be: overflowing garbage, broken fencing, vandalism, illegally placed signs or thistle infestations. You are not expected to do any cleanup yourself, although we know that many park visitors routinely pick up litter. You simply use your eyes and ears to protect the Park while maintaining your usual routine. If you are interested, please contact us at: [information@fonhs.org](mailto:information@fonhs.org)

### Photo Contest

Our first Nose Hill Photo Contest is open to all. Guidelines and entry forms are on our website. Email contest entry forms and photo(s) to: [friendsofnosehill@gmail.com](mailto:friendsofnosehill@gmail.com) with the subject heading "Photo Contest" by September 30, 2017. Only photos taken between October 1, 2016 and September 30, 2017 are eligible. The judges will convene in October and winners will be announced at the Annual General Meeting in November.

### Plant Photos

There will be a second edition of the book **Rare Vascular Plants of Alberta** produced by the Alberta Native Plant Council. Vascular means that the plant can move water and minerals. The list has been changed—some species were removed and many were added, prompting the desire for a second edition. Images for the book will be

chosen from those submitted. For a list of plants and instructions for sending images, go to: [www.anpc.ab.ca](http://www.anpc.ab.ca).

### Wildlife Cameras

As previously reported, motion-activated cameras will be installed to monitor wildlife in eleven Calgary parks, including Nose Hill Park, and one provincial park. Some people may wonder about privacy concerns.

Wildlife cameras legally allowed in national parks are locked, so the memory cards cannot be tampered with and images of people are properly disposed of. Parks Canada issued a restricted activity order, so only people with a research permit can set up remote cameras in national parks. As cameras become less expensive and more accessible to the general public, staff sometimes find unauthorized cameras and take them down.

Use of motion-activated trail cameras by the public for wildlife images is banned. Anyone caught deploying such cameras without a permit may be charged under the Canada National Parks Act. Wildlife officials say they want to prevent disturbance to wildlife at sensitive locations and protect the privacy of people whose images may be collected.

Visit our website for events such as hosted walks: [www.fonhs.org](http://www.fonhs.org) and/or join us on Facebook.

## BRAIN GAMES SUDOKU

9				4	1		7	
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		8	9			3	1	5
2	1	3			5	4		
4	8	9			2			
3	5				6			
	6		8	5				3

FIND SOLUTION ON PAGE 25



By Melissa Neville

It's Back-to-School time and to be honest I have mixed feelings about it. On one hand, my older son is occupied by Grade 2 during the day, which allows me a little bit of much needed quiet time during my younger son's afternoon nap. On the other hand, there are school lunches, School Council meetings, Spirit days and just getting out of the house in the morning. On weekdays, the evenings also seem somewhat rushed with dinner, preparing lunches for the next morning, homework, and a tighter bed time routine.

Whether you find yourself busy because of the school year starting, work or other commitments, I know we all can agree on a really satisfying but simple dinner. This Pork Milanese makes about 12 cutlets and I think Michael and I could eat all 12 in one sitting. However, we usually control ourselves and save a few for lunch the next day. They are great in a sandwich with a splash of tomato sauce and cheese.

Once you master this recipe, you will be able to get it on the table quickly. We almost always serve it with a salad—my favorite being an arugula salad

## DINNER IS ON THE TABLE

with roasted beet and a simple vinaigrette. Adding a fresh squeeze of lemon to the pork just before you eat it adds a nice contrast to its salty, crispy coating. I am certain that if you make this once, you will make it again and again. We all need a few simple meals in our life and we all need to get dinner on the table.

### Pork Milanese

(makes approximately 12 cutlets)

#### Ingredients:

- Coarse salt and ground pepper
- 1 cup all-purpose flour
- 1 ½ cups bread crumbs (homemade or store bought)
- 1 pork tenderloin cut into 1-inch slices cross-wise
- 1 cup vegetable oil for frying
- 1 egg
- ¼ cup milk
- 1 tsp Dijon mustard
- 1 fresh lemon for serving

#### Directions:

In a shallow bowl, whisk the egg together with the milk and Dijon mustard then season with salt and pepper and set aside. Put the flour and the bread crumbs into 2 separate shallow dishes and set aside until needed.

Place 3 of your 1-inch slices of pork in a large Ziploc bag evenly spaced apart.

Using a meat mallet or rolling pin, evenly pound out each piece of pork into a ¼ inch thin piece. Once all the pork is pounded out, lightly season each slice with freshly ground salt and pepper.

Dip a piece of pork into the flour and shake off the excess. Next, run the pork through the egg wash to coat it lightly and hold the pork over the liquid to let any excess egg drip back into the bowl. Finally, lay the pork in the bread crumbs, turn it over and press it down to coat. Place it on a plate while you continue with the rest of the pork.

Heat oil in a large skillet (12 inches in diameter) over medium heat. Lay 3 breaded pork medallions in the pan. Cook the pork without turning until it begins to brown, about 3 minutes. Turn the pork and cook until equally brown on the other side, for about 3 minutes more. Repeat with the remaining pork cutlets and serve immediately with lemon wedges and your favourite salad or side dish. Enjoy!

## HALLOWEENDS – CALAWAY PARK SEPT. 9 – OCT. 9

Enjoy Calaway in full spooky splendour with the Boo Crew, and don't miss: face painting, Thriller dance lessons, scavenger hunts, special guests, family photos and more! There will even be a costume contest on Sept. 16. More info: [calawaypark.com](http://calawaypark.com).



## ZACHARY LUCKY – GALLERY HOUSE CONCERT SOCIETY, OCT. 2

Check out this unapologetically old-school country performer. Armed with his husky, baritone voice, he has received comparisons to Gordon Lightfoot and Kris Kristofferson. He sings of Canadian places and people, and puts on a sultry and intimate performance. More info: [galleryhouseconcerts.com](http://galleryhouseconcerts.com).



## CANADA SOCCER'S TOYOTA NATIONAL CHAMPIONSHIP U-15 CUP - CALGARY SOCCER CENTRE, OCT. 5 – 9

These championships are the definitive amateur soccer event of the year, crowning the country's best community soccer clubs. Over 3,000 participants and spectators from across Canada are estimated to be part of the 2017 U-15 Cup in Calgary this year. More info: [canadasoccer.com](http://canadasoccer.com).



# YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

## Autumn Pumpkin Festival – Calgary Corn Maze & Fun Farm, Weekends in October

Celebrate Autumn each weekend in October at the corn maze, the fun farm and the petting zoo. Endless activities to keep the wee ones occupied and then pick a pumpkin to take home on your way home. Not all activities included in admission price. More info: [calgarycornmaze.com](http://calgarycornmaze.com).

## The Great Grilled Cheese Cook-off – Jerome's Appliance Gallery, Oct. 1

Amateur and professional chefs will prepare their very own gourmet grilled cheese recipes in support of Brown Bagging for Calgary's Kids. Your mission is to taste 10 samples and then judge them along with a distinguished panel of judges, with a hand-crafted soda to wash it all down.

## Piaf! The Show – Arts Commons, Oct. 4

A powerful and moving celebration of the life and music of the legendary French chanteuse, Edith Piaf. Starring Anne Carrere who has been hailed as "Edith Piaf's legitimate musical heiress," Piaf! The Show has received rave reviews around the globe. More info: [artscommons.ca](http://artscommons.ca).

## Wordfest – various venues, Oct. 10 – 15

Wordfest is a not-for-profit organization that hosts year-round literary events featuring the world's best writers at around 70 events in our city. More info: [wordfest.com](http://wordfest.com).

## Reconciliation Journey: Walking a Path Together – Carriage House Inn, Oct. 12

This is the second conference planned this year by the Indigenous Advisory Committee through the Enough For All Catalyst Fund. Expect discussions of the organization's work on Reconciliation as they relate to the 94 Calls to Action, as well as special guests, keynote speakers and panel discussions about the exciting work happening across Calgary. More info: [vibrantcalgary.com](http://vibrantcalgary.com).

## Ghoul's Night Out – Heritage Park, Oct. 26 – 27

Heritage Park will be transformed into a spooky extravaganza for families with children three to nine. Ghostly encounters, crafts, treats, festive festooning and so much more! Look for more info to come: [heritagepark.ca](http://heritagepark.ca).



Calgary  
Humane  
Society  
Connecting Lives

# Happy September!

We hope you all had a great summer! At Calgary Humane Society, we are winding down from another successful season of summer camps that saw hundreds of compassionate children and teens spend a summer learning how to care for animals.

Helping animals is a great way for kids to become involved with their community! Many children feel a connection to the natural world and enjoy learning about animals of all shapes and sizes, but these interactions build more than just knowledge! Research has shown that children who spend time with animals learn enhance many social skills including:

- **Empathy** – Empathy is considered by many psychologists to be the root of "pro-social" behavior. Pro-social behaviors are the behaviors that allow us to build relationships, maintain friendships and connect with our communities. Interacting with animals allows children to practice skills of non-verbal empathy as they try to understand how an animal is experiencing the world.

- **Compassion** – Empathy is a foundation for understanding others, but compassion moves those feelings into action. Through acting compassionately, children learn that they can have a profound impact on the community around them and that they play a key role in "creating the world they want to live in".

- **Respect** – When children help others they learn more about why other people (and animals) sometimes need help, and why needing help is not a bad thing. Through helping animals, children learn that even the smallest fish deserves to have good food and a safe home by virtue of being a living, thinking, feeling being.

Are you looking for a great way for your child to become more involved in helping animals? We would love to help! While our minimum age to volunteer is 16 (for safety reasons) we have many great programs for kids of all ages!

- **Attend a youth program!** Children in our kids' clubs and youth programs get to participate in select animal interactions with carefully chosen animals and complete fun activities with animal loving peers!

- **Party with a purpose!** Check out Calgary Humane Society's birthday party program and spend your next birthday with us! Our experienced birthday staff lead the party for you – all you do is bring the cake and presents!

- **Collect donations/wish list items** – Another great way to get kids involved in helping is to raise funds or collect items for animals in need! Kids who collect donations for the shelter can book a special 'behind the scenes' tour with our humane education department too!

- **Take great care of your pets!** Your child can be an "ambassador" for great animal care by encouraging them to learn more about your pets and help with their care.

Looking for more information on our programs or more ideas on how to get your child involved in helping animals? Our Humane Education team would love to help! Visit [www.calgaryhumane.ca](http://www.calgaryhumane.ca) or call 403-205-4455 for more information.



## Hue Knew?

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### Free Homework Help

If your kids are heading back to school this fall, we've got them covered. Free homework help, available through a variety of in-person and online programs, is available at the Library. Here's a sampling:

**School Support** is for students aged 10 to 14. Drop in with your English Language Arts or Math assignments to get help from trained volunteers. Visit [calgarylibrary.ca](http://calgarylibrary.ca), click programs, and search 'School Support' to find out where and when the program is offered.

Students in Grades 2 to 12 can access free online tutoring at [calgarylibrary.ca/resource/brainfuse](http://calgarylibrary.ca/resource/brainfuse). Students in Grades 3 to 12 can prepare for tests and final exams, take lessons, and review coursework at [calgarylibrary.ca/resource/solaro](http://calgarylibrary.ca/resource/solaro). Both resources are aligned with the Alberta curriculum.

### 2017 Author in Residence

Calgary Public Library's 2017 Author in Residence is Bruce Hunter, an award-winning writer and poet. Bruce will offer public programs, readings, and individual manuscript consultations, from September 11 to November 24. Whether you're a beginner or established writer, you can meet with Bruce at Central Library. Email [air@calgarylibrary.ca](mailto:air@calgarylibrary.ca) starting August 28 to book an appointment.

### Saddletowne Early Learning Centre

There's a new place to play in Calgary! Step inside the transformed space at the Saddletowne Library and discover the five stages of early learning. Play is a priority at the Library, because it's central to how kids learn and grow. The Saddletowne Early Learning Centre opens mid-September.

Looking for more places to play? Check out the Early Learning Centres at Fish Creek, Shawnessy, Quarry Park, and Village Square Libraries. Central Library hosts *The New Adventures of Engine 23* interactive fire-truck exhibit, and the Forest Lawn Library Nature Playground opened in August. Come play!



## Get to Know Your Local Farmers' Market: Alberta Approved and Public

In Alberta, there are two different types of markets – Alberta approved farmers' markets and public markets. Both types of markets involve a gathering of vendors who sell their products directly to consumers. The difference lies in the ownership/management of the market and the privileges accorded to each type of market. One is not better than the other – they are simply different.

An Alberta approved farmers' market is one that has been approved by Alberta Agriculture and Forestry (AF) and as such meets the requirements of the program guidelines that have been approved by the Minister. These include:

- Being sponsored by a not-for-profit community group, local Chamber of Commerce, municipality or agricultural society or forming their own not-for-profit society under the Societies Act. Privately-owned markets are not eligible to operate under the banner of an Alberta approved farmers' market.
- Operate under the direction of an advisory body or board of directors. Public markets typically have for-profit ownership and there is no requirement for an advisory body or board of directors in that situation.
- 80 per cent of the vendors are Albertans who meet the "make it, bake it, grow it" criteria; the remaining 20 per cent of the vendors are selling products that complement the market mix.
- Sale of any used good or flea market products are prohibited.
- Must operate for no less than ten days per year and for two hours per market day.
- Have at least one vendor meeting per year.
- Have developed a set of rules which govern the operation of the market.

- A copy of these rules must be made available to AF and all the vendors at the market.
- Adhere to the administrative requirements of the program.
- As an approved farmers' market, it receives the following benefits:
  - All markets follow the same guidelines that set minimum standards thereby strengthening the markets across the province.
  - Approved farmers' markets are recognized as such in Part 3 of the Alberta *Public Health Act* Food Regulation.
  - Only Alberta approved farmers' markets can use the official mark - Sunnygirl - in their advertising and promotion and can make arrangements to use the Sunnygirl logo on highway signage.
  - Alberta approved farmers' markets can take advantage of the free promotion provided by AF.

A public market is generally one that is privately-owned and includes all types of operations, including flea markets. As a public market, each food vendor must have an individual food permit and be operating in a Health-approved facility. Most municipalities require each vendor at a public market to have a business or peddler's license, whereas often only a single license is required for the approved farmers' market because of its not-for-profit status. A public market does not receive any of the above noted benefits enjoyed by an approved farmers' market. To find more information about farmers' markets near you visit [www.agric.gov.ab.ca](http://www.agric.gov.ab.ca).

With copy via [alberta.ca](http://alberta.ca).





Community service is what it's all about when it comes to the annual City-Wide Food Drive. On Saturday, September 16, some 7,000 volunteers of all ages and backgrounds will spread across the city collecting non-perishable food donations in support of the Calgary Food Bank.

For the Clark and Anderson families, three generations of family members will be getting in on the act again this year. Brent and Judy Clark have volunteered for the City-Wide Food Drive for the past 10 years. "We've gone with our grandchildren a couple of times, and it was great!" says Judy. "We drove, and they ran and collected the bags. Sometimes folks were so generous, it took three kids to collect the bags from a single house, and that really impressed the kids! It was a joy to establish a family tradition with them of helping our communities."

The Clark's 8-year-old grandson, Erik Anderson, says, "I think about how people will like all the good food, and how they'd be happy to see all the kinds of foods!"

Big sister Lauryn adds, "Everyone collects so much food, and then we fill semi-trucks full of food, and it really adds up. It must make such a difference."

Now in its 13th year, the City-Wide Food Drive is an easy and convenient way for you to help fill the shelves at the Food Bank as seasonal need for food hampers increases.

Starting the week of September 11, you'll see volunteers drop off donation bags on doorsteps across the city. During that week, these bags can be filled with non-perishable food items, and on Saturday, September 16, those same volunteers will travel back through their neighborhoods to collect the bags. They won't ring your doorbell or disturb you, but will happily collect the filled donation bags from your doorstep, and take them to a central drop-off for transport to the Calgary Food Bank.

This year's City-Wide Food Drive target is to collect a half million pounds of food in one day! It's a lofty goal, but Calgarians are known for their good and generous hearts, especially during tough times. When it comes to neighbor helping neighbor, the City-Wide Food Drive really is a community affair!

## CBE BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca)

September brings new faces to our schools, eager to start the year. Our hallways are once again full of excitement with friends seeing each other after summer break. Our teachers are brimming with new ideas and fun opportunities for learning. The beginning of a school year brings endless opportunities for parents and students alike. While students are joining clubs, activities and sports, families also have the chance to connect with schools and their child's learning.

Whether this is your first September with the CBE, your child's last "Back-to-School" season, or you simply are reminded of your own experiences, September is an exciting time. As this Board completes our term and our city looks forward to a Municipal Election in October, it is a wonderful time to reflect on what we have achieved and plan for a fresh start.

It's also a natural time of year to think about the role we each play in public education. The CBE Board of Trustees, CBE administration, school staff, families, community members and the Government share a common goal – creating a strong school system that supports student success.

Public education plays a critical role in our society. Our students are truly one of the best investments that tax payers make – as successful students become successful citizens who contribute their ideas, passion and economic energy to society in ways that benefit us all.

We believe that learning is a partnership and that the success of our students relies on the energy, thoughts and commitment of everyone in our community. When you share your perspectives and expectations, we are able to learn and improve.

As an elected Board of Trustees, we have had the privilege of meeting with many parents, families, community members and partners over the past four years. We value your voice, and we would like to thank each one of you who contribute to the success of our students and the CBE.

*The CBE Board of Trustees*



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# Back to School Health Checklist

It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most of the year ahead—taking care of your child's health. As the most important head-start you can give your child, beginning the year with good health is also simple with this back-to-school health check-list:

- **Immunization:** Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her important grade 5 and/or grade 9 immunizations.
- **Vision screening:** Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.
- **Hearing/speech screening:** If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.

- **Dental checkup:** Regular dental checkups start early! If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health. Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.
- **Emergency contacts:** Make sure the school has up-to-date emergency numbers for each of your children, including contact information for parents, physicians, etc.
- **Health conditions:** Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.
- **Backpack basics:** Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture. For more information visit: <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abk0958>
- **Nutrition plan:** Ensure your child has a healthy breakfast before heading to school in the mornings, and help him or her pack a nutritious lunch. Planning meals ahead of time and involving children in planning and preparation can make this task more manageable and fun. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>.

## CCSD BOARD OF TRUSTEES

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

September means a new school year and lots of exciting new beginnings for students, teachers and staff. As this year is a municipal election year, it also means new beginnings for the Calgary Catholic School District (CCSD) Board of Trustees. As trustees are elected officials, some of whom are retiring, while others are running again, there will be a new board in the fall.

The deadline to file nomination papers, which will confirm a candidate's intention to run as a local school board trustee, is Monday, September 18, 2017. The municipal election takes place on Monday, October 16, 2017 and will determine the mayor, city councilors and school board trustees for Calgary, as well as all municipalities in Alberta including the City of Airdrie, City of Chestermere and Town of Cochrane, also served by the CCSD.

Alberta school boards help shape the future of local communities by governing the education of students enrolled in kindergarten through Grade 12. The provincial government, through the Minister of Education, grants school boards the authority to make decisions regarding the direction and quality of local public education. Accountability to the public is entrenched through the election of local school board trustees every four years.

To be a Catholic school trustee represents a dual challenge: trustees must ensure that students are provided the very best educational opportunities, while at the same time ensuring that Catholic principles and values are reflected in policies and practices of the school board, thus establishing an education system that is permeated by faith. In practice, this plays out in trustees being accountable to both government legislation, as well as Canon Law (Church Law).

The success of Catholic schools depends on everyone in the faith community. While some are called to run as candidates for trustee, others are called to be supporters of Catholic education. Whether it is in the classroom, home or parish, every member of the faith community has a responsibility to ensure the vibrancy of our Catholic schools today and far into the future. An election is an opportune time for the community to have its say in Catholic education.

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## BRAIN GAMES SUDOKU

9	2	6	3	4	1	5	7	8
8	7	5	2	6	9	1	3	4
1	3	4	5	7	8	2	6	9
6	4	8	9	2	7	3	1	5
5	9	7	4	1	3	6	8	2
2	1	3	6	8	5	4	9	7
4	8	9	1	3	2	7	5	6
3	5	2	7	9	6	8	4	1
7	6	1	8	5	4	9	2	3

## Farewell to the Leaf & Pumpkin program

The City of Calgary will no longer be offering the community Leaf & Pumpkin drop off sites this fall. With the roll out of the Green Cart program, residents will now have a convenient option to compost their yard waste right at their door.

For residents that would like to remove their yard waste quicker, a Fall Yard Waste program will be available from September 29 to October 29, 2017. If you choose to, you can bring yard waste to a City landfill for free composting at that time. More details can be found at [calgary.ca/yardwaste](http://calgary.ca/yardwaste). Please do not bring yard waste to former Leaf & Pumpkin depot sites.

Thank you to Calgarians for helping to support the Leaf & Pumpkin program for over 20 years!

## Never miss a collection day – Get a reminder every week

We know life is busy, so when it's time to put your carts out for collection we'll remind you. Enjoy the convenience of getting a reminder along with useful tips for using your green, blue and black carts.

Sign up for free collection day reminders in **three easy steps**:

1. Go to [calgary.ca/collection](http://calgary.ca/collection) and type in your home address.
2. Select "Get a reminder" and choose the type of reminder you'd like to receive including text, email, phone call, embed the schedule into your online calendar, etc.
3. Provide your contact details and we'll remind you of your collection day in advance.

### There's also an app

A free 'Calgary Garbage and Recycling Day' app is available for iPhone and Android devices too. The app gives you instant access to your schedule and you'll also receive notifications before your collection day to let you know which carts are being picked up.

## Fish Compensation project in Bowmont Park

Following the 2013 flood, The City undertook a number of projects to repair and reinforce riverbanks along the Bow River. These projects helped protect critical City infrastructure but in some cases, had compounding impacts on sensitive fish habitat along the river. In order to appropriately compensate for the loss of habitat, The City identified a number of sites that could supplement lost habitat at other locations. A project in Bowmont Park was one of the sites chosen.

The project is located adjacent to and partly within Bowmont Natural Area Park (Bowmont Park) on the north bank of the Bow River. Work will entail:

- Reopening historic side channels
- Re-establishing flow to the side channels, through excavation and re-contouring, to provide year-round connectivity from and to the main channel of the Bow River
- Constructing additional fish habitat structures using large trees and boulders
- Re-planting of all areas disturbed and the new channel banks with native plants and grasses;
- Providing additional bank and channel enhancement and protection to promote natural channel function while protecting infrastructure and the environment.

The City will also replace the existing (North) pedestrian bridge with a longer single span bridge. When the existing pedestrian bridge was constructed in the early 1990s, the channel width was reduced from 35 m to 15 m, which has severely limited flood water flow under the bridge. This has likely contributed to the significant amount of gravel and river cobble that has accumulated upstream of the pedestrian bridge. Widening the channel at this location will help achieve our goal of creating healthy fish habitat.

Work on this project will begin this fall and continue through the winter. For more information on this project and The City's fish compensation program, visit [Calgary.ca/fishcompensation](http://Calgary.ca/fishcompensation).



## Ask Charles

**My elderly mother passed away at home. We are now selling her home; do we have to disclose that she died in the property?**

Simply put, you are not required to disclose her death to potential buyers.

Sellers are required to disclose certain defects to potential buyers, but a death occurring in a home is not a defect.

When a death occurs in a home, the property may be considered a "stigmatized property." A stigmatized property is one that has an unfavourable quality that *may* make it less attractive to some buyers. That quality, though, is unrelated to the physical condition or features of the property.

As a seller, you are not required to disclose stigma to potential buyers. Stigmas are different from material latent defects, such as un-remediated hidden flood damage or mould, which sellers *are* required to disclose.

Some stigmas include:

- a suicide or death occurred in the property
- the property was the scene of a major crime
- the address of the property has the wrong numerals
- reports that the property is haunted

Potential buyers' different values, perceptions, and backgrounds will affect the significance of a potential "stigma." Some buyers won't care about a death occurring in the property, while others may be completely put off by it.

Although you are not required to disclose stigma to potential buyers, because some buyers may have concerns about stigmas, those buyers can ask their real estate representative to ask your representative about possible stigmas. You don't have to answer their questions, but if you choose to, you must do so honestly.

If you decide not to answer, a buyer has to decide if they are comfortable proceeding without an answer. Remember that not answering may turn the buyer off of your property more than simply responding honestly; it will depend on the specific buyer, their particular concerns, background, and perceptions.

*"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).*





## Volunteering in the Arts

By Alex Bonyun

Want to be involved in the arts, but don't know where to start? A great way to dip your toe in without spending money is to volunteer. It may seem like a daunting proposition if you've never volunteered before, but non-profit cultural organizations are always looking for helpful volunteers, whether it's for ushering at a theatre performance, helping out at a festival booth, or lending a hand with administrative work at the office. The rewards of volunteering go beyond gaining access to tickets or other perks. It allows you to gain experience in a particular field or with a particular organization which can later lead to other opportunities such as serving as a Board Member for an organization that aligns with your values or joining committees in your community to boost the presence of arts in a particular discipline.

This year, Canada 150 is challenging everyone to lend a hand and give 150 hours of time volunteering before the end of 2017. The gift of your volunteer hours goes above and beyond the organization you benefit with your time. It can create a lasting impact throughout your community. You can register for the challenge and learn more at <https://volunteer150for150.ca>. It's not too late to complete the challenge as many organizations start their seasons full force in the fall, and are always in need of volunteers.

In our community approximately 50,000 Albertans volunteer for not-for-profit arts organizations every year, creating opportunities for community engagement, service, and belonging. Additionally, volunteers can help an organization build capacity, which can result in more economic stability and growth.

For a comprehensive list of all of Calgary's non-profit organizations in need of volunteers, please visit <http://public.propellus.org/NonProfitMemberList.aspx>.

*This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues.*



first2000days  
Early Childhood Development Network  
North West Coalitions

## Helping Your Children with Social and Emotional Skills for Kindergarten

Age 5 is a "big" age as these kids are starting Kindergarten and developing so many more skills!

Children are becoming more independent and are capable of learning the rules and behaviours for getting along with others. Adults can help build self confidence by providing clear and consistent instruction about what is expected of them. Encourage and support them as they take on more "grown up" responsibilities. Self confidence comes from caring and consistent relationships with parents, teachers and other adults that play an important role in their lives. Let the child know you love them and value his unique traits and abilities. Also having regular routines at home and school help children to anticipate and prepare for events.

At home, you can have a sharing circle. A sharing circle supports good communication and promotes respect and kindness at home. Sit in a circle and say one nice thing about the person next to you. Once you said something nice about that person, say something nice about yourself. You can do this activity once or twice a month.

Another way to build self confidence is to let a different person pick a movie or activity to do for a weekly family night. Children can make choices for the family that show their individual style.

*The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.*

*If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: [nwecdcoalitions@gmail.com](mailto:nwecdcoalitions@gmail.com).*

## SAFE & SOUND

### Back to school safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

#### Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

#### Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

#### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



Brentwood  
mybabysitterlist

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

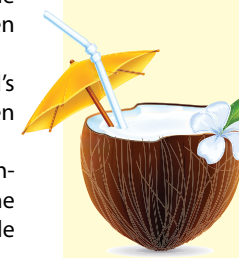
#### Calling All BABYSITTERS

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).



Under the ancient Hawaiian code of conduct, 'Ai Kapu, women were not allowed to eat pork, coconuts, bananas, and some types of fish. 'Ai Kapu was ended when King Kamehameha II invited the women of his court to share a symbolic meal with him where he served the forbidden foods.



Dear Great News Publishing,

Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. Now I need to hire more people to keep up with all my new customers! I'm amazed at how well this worked!

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Sincerely,  
Laura

*Owner of Buds and Blooms*

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**sales@great-news.ca**

\*Actual customer experience.



## Brentwood Real Estate Update

Last 12 Months Brentwood  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2017	\$609,994	\$617,500
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
August 2016	\$534,900	\$508,000

Last 12 Months Brentwood  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2017	8	8
June 2017	11	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
August 2016	8	7

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

## BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing  
at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Brentwood. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

**CERTIFIED MASTER ELECTRICIAN:** Terry Raabis, RME/CME, CQT - Big Sky Ventures. Call: 587-228-9371, or e-mail: [braabis@shaw.ca](mailto:braabis@shaw.ca). Home reno's re-wiring, troubleshooting, tune-ups, hot tub installs, fire alarms, smoke and CO2 detectors, breaker panel upgrades and much more! Fully licensed and insured, senior's discount, customer satisfaction guaranteed. 24 hour emergency service.

**BRISEBOIS BEES:** 100% pure raw fresh honey, a golden sweet taste of Brentwood. Produced locally from fragrant wild flowers of NoseHill Park. \$25 for 3 small jars or 1 large jar. We're looking for backyards so we can manage more honeybee hives in Brentwood, interested? Visit [www.briseboisbees.com](http://www.briseboisbees.com) or call 403-744-5317.

**DO YOU NEED AN EXTRA SET OF HANDS?** C & L Helping Hands can provide them! We offer handy-man services, personal assistant, kitchen helper, cleaning and much more! Email: [cl@clhelpinghands.ca](mailto:cl@clhelpinghands.ca). Call Craig or Laurie at 403-880-7125 or 403-510-8551.

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**YARD BUSTERS LANDSCAPING:** Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. [yardbusterslandscaping.com](http://yardbusterslandscaping.com).

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

**LOOKING FOR A LOCAL PROFESSIONAL ELECTRICIAN?** FCC Electric will efficiently assist with your Commercial Projects from service, repairs, maintenance to retail development. We also specialize in Residential troubleshooting, renovations, inspections, service changes, smoke & CO alarm upgrades as well as attractive landscape & security lighting options around your home, deck or shop. 65+ Disc. For free estimate call 403.462.8801.

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**MUSIC LESSONS:** KLM Music offers lessons in piano, guitar, drums, voice, DJ, and Ukulele. Let us customize your classes so that you get the most out of them. Register now at [klmmusic.ca](http://klmmusic.ca) or call 403-210-3339. In-home or at one of our studios located in the SE and NW.

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**PERSONALIZED CLEANING SERVICES:** Back to school special! Book any regular service and receive \$40 off your clean. All supplies provided, insured and bonded. Call/text Kim today at 403-454-3680. [Info@pcscalgary.com](mailto:Info@pcscalgary.com) / [www.pcscalgary.com](http://www.pcscalgary.com).





**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

Friends,

September marks the last month of what has been a long, hot summer. August was a more laid-back month with the high excitement of Stampede and Canada's 150th birthday all packed into July. It was a month to enjoy the long summer days, particularly the Heritage Day long weekend, and maybe even take a vacation to a new place or relax in a familiar one.

September is also the start of the school year for Alberta families. This school year will be the first one after the implementation of the School Fees and Costs Regulation and the School Transportation Regulation which eliminates the fees for textbooks, workbooks, printing, photocopying and paper as well as bus fees for students living 2.4 kilometres or more from their designated school. This will save Alberta families hundreds of dollars every year.

On Labour Day weekend, the Montgomery Community Association will host the annual BBQ on the Bow. It is a delicious celebration of all the ways you can grill fine Alberta meats, as well as a contest for aspiring pitmaster champions. I am certainly looking forward to attending again!

Our government is always interested in hearing what Albertans have to say about major public programs. I am leading Service Alberta in a review of consumer protection laws. You can fill out an online survey until September 15th, or attend an open house in Calgary in mid-September. The condo review is still ongoing and you can submit your feedback to [condoreview@gov.ab.ca](mailto:condoreview@gov.ab.ca). Also, the Municipal Government Act review is accepting public input until September 22nd.

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)

## COMMUNITY ANNOUNCEMENTS

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

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

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

#### WOMEN'S BARBERSHOP STYLE 4-PART HARMONY

**GROUP:** Seeking new members for all parts, particularly low bass. Practices held in NW on Tuesdays, 7-9 pm, September through June. Fun, non-competitive, charitable performances. Call Deb at 403-519-8980 or email [chordiallyyours.singers@gmail.com](mailto:chordiallyyours.singers@gmail.com).

**NEED LEGAL HELP? FREE LEGAL CLINIC:** Wednesday October 18 9:30 am to 3:30 pm. Calgary Public Library, 616 Macleod Trail SE. Book an appointment: call 403-541-4804 between 8 am and 5 pm, Sept 27 to Oct 11. Space is limited.

**CHILD SCIENTISTS WANTED!** Ch.I.L.D. Research Group at the University of Calgary requires kids under 14 years to participate in fun game-like projects to help us understand how children develop language and social understanding. If interested call 403-220-4955, email [child@ucalgary.ca](mailto:child@ucalgary.ca), or visit <https://psyc.ucalgary.ca/child/>

**NATIONAL PHILATELIC STAMP SHOW:** Exhibits, Dealer Tables, Seminars, Club Tables, and Auction. Free admission. Sept 1-3, 2017. At the Calgary Hyatt Regency, 700 Centre St SE. 1-888-591-1234. More details at online.

**LOVE TO SING?** A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a central location. Repertoire includes jazz, gospel, African, Canadian, Renaissance, pop, original contemporary. Vocal Latitudes puts on a winter and spring concert and participates in special events. For more information, see [www.vocallatitudes.org](http://www.vocallatitudes.org).

**PRACTICE ENGLISH:** Make friends and have fun at a New Friends and Neighbourhood Group! Free, no immigration requirements and no minimum English. Free childcare. Visit [www.ciwa-online.com](http://www.ciwa-online.com) or contact Debra Colley at [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com), 403-444-1752.



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

#### Community Conversations

This past summer was very busy in our community with many neighbourhood events, special Canada 150 festivities, cultural celebrations and, of course, the annual Stampede. With Parliament recessed over the summer, I was able to attend many more events and enjoy the very best of our communities had to offer.

Our community is shaped by our vibrant mix of cultures, languages and interests, and yet we remain a strong community because we also share so much in common. I am always amazed at how welcoming one community is of another and their desire to share their passion for their cultures, their sports, their music, their art and many other things. If you have never attended a cultural celebration for a culture other than your own, I strongly suggest you do and you will find the experience both welcoming and educational.

Community events provided a great opportunity for me to informally speak with many residents and I found the conversations to be both insightful and thought-provoking as people shared ideas on many topics. I spoke with seniors, students, families and small business operators who also shared their concerns on several issues too. The economy, jobs, marijuana legalization and the payment to Omar Khadr were the top three issues raised with me throughout the summer and I expect they will be the top issues when Parliament resumes this month.

This summer I also spent time door-knocking in several communities and appreciated the warm welcome I received at virtually every door. Even those who openly stated they had not voted for me in the past were appreciative of the fact that I came to their door to hear their concerns so that I can better represent them in Ottawa. I find these doorstep interactions so candid and refreshing and they offer a great opportunity to speak with people who would not otherwise reach out to participate in our great democracy. We really are fortunate that we live in a country where this is possible as such activities in many other nations are unimaginable.

It is the volunteer efforts of hundreds of folks in our community that make our city such a great place to call home. On behalf of all residents, I want to thank all those who made this summer so memorable for everyone in our community.

My monthly email newsletter is received by thousands of households and it details many of the things I am involved in and provides critical information for all residents. Those who receive the newsletter often comment that they appreciate the balanced tone of the newsletter and its timely updates. Others remark that reading the community survey results is their favourite part of the newsletter and encourage me to keep providing them with the opportunity to share their opinions on important issues. If you are not receiving my monthly email newsletter and would be interested in receiving it, please visit my website at [www.lenwebber.ca](http://www.lenwebber.ca) to sign up.





Councillor, Ward 7  
**Druh Farrell**  
ward07@calgary.ca druhfarrrell.ca  
@DruhFarrell Druh Farrell

### Pedestrian Safety

Pedestrian safety and cut-through traffic are top issues for Ward 7 communities. Most older neighbourhoods were built on grid networks, where streets connect at right angles with frequent intersections. The grid makes our communities easy to navigate by foot and by bike, but it also makes them easier to shortcut through, given that multiple routes can be taken to reach a destination. While communities that have “loop and lollypop” streets experience less cut-through traffic, they work poorly for walking and cycling. Both types of Calgary communities have their challenges, which is why we need a wide-reaching approach to make Calgary a better city for walking.

The City’s new **Step Forward** pedestrian strategy is a long-term plan to improve the safety, accessibility, and desirability of walking in Calgary. The strategy includes 49 actions which were shaped by input from thousands of Calgarians. To learn more about Step Forward, visit: [www.Calgary.ca/StepForward](http://www.Calgary.ca/StepForward)

The world is also taking notice of Calgary’s plan to become a more walkable city. In September, we will play host to the **International Walk21 Conference**. Previously hosted in global cities like Hong Kong, London, and New York, it is an honour to sponsor this prestigious conference in partnership with the University of Calgary. It comes as a direct result of Calgary’s work to shift from a city known for its auto-dependent sprawl, to a city that offers real transportation choice. Delegates will include walkability experts from around the world. To learn more about Walk21 and how you can participate, visit [www.Walk21.com](http://www.Walk21.com)

As Step Forward rolls out, and as we celebrate Walk21 in Calgary, you can take action today to improve walkability and street safety in your community.

Many communities apply for community traffic studies to identify ways to redesign residential streets to prioritise walking, slow down traffic, and discourage cut through traffic. Due to high demand, a thorough traffic study can take time to complete. Sometimes what is needed is a quick, temporary, and inexpensive way

to address concerns. That is why Council supported my motion to create the **ActivateYYC microgrants**. Communities can apply for grants to fund “temporary local projects and events that motivate Calgarians to walk, play and be neighbourly.” For details, visit [www.CalgaryCommunities.com/ActivateYYC](http://www.CalgaryCommunities.com/ActivateYYC)

If your community is interested in a **community traffic study**, residents should work with the local community association to generate broad support for a study. To learn more about how to apply for a community traffic study, visit [www.Calgary.ca](http://www.Calgary.ca) and search for “Community Traffic Concerns”.

Let’s foster healthier and more vibrant neighbourhoods by working together to make walking safer, more accessible, and more desirable.

To sign up for updates on key community and Ward 7 issues, please visit [www.DruhFarrell.ca](http://www.DruhFarrell.ca).

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**3251 BEARSPAW DRIVE NW (BRENTWOOD)**

*Bi-level with over 1,040 sq.ft. 2+2 bedrooms, 2 full bathrooms. Updated kitchen, bathrooms. Metal roof. Two fireplaces. Double detached garage. Basement – Walk up to south backyard. Asking \$559,900*

**262, 4037-42 STREET NW (VARSITY)**

*Two bedrooms + office/den. Over 1,550 sq.ft. Double attached garage (tandem parking). Tons of renovation in last two years: kitchen, bathrooms, flooring. Short walk to Market Mall. Asking \$449,800*

**16 BRADEN CRESCENT NW (BRENTWOOD)**

*Curb appeal bungalow with over 1,170 sq.ft. Total of 4 bedrooms. 2.5 bathrooms. Completely renovated kitchen, bathroom, flooring, basement, landscaping and more. Close to all amenities and LRT station. Asking \$739,800*

**110, 108 Edgeridge Terrace NW (EDGEMONT)**

*Beautiful unit at Hillsboro in Edgemont. Two bedrooms, two full bathrooms. Over 840 sq.ft. Main floor entrance. Very open floor plan. Close to all amenities. Asking \$243,800*

**96, 3015-51 STREET SW (GLENBROOK)**

*Beautiful two storey townhouse in Glenbrook Meadows. 3 bedrooms. Large balcony. Freshly painted in natural color throughout. Close to all amenities and shopping. Asking \$219,900*

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