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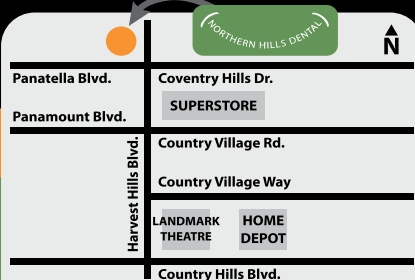
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Email: admin@northernhills.ab.ca

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Last 12 Months PANORAMA HILLS
 MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
August 2016	\$519,900.00	\$512,000.00
July 2016	\$569,300.00	\$548,925.00
June 2016	\$569,900.00	\$562,000.00
May 2016	\$537,000.00	\$527,500.00
April 2016	\$562,400.00	\$547,500.00
March 2016	\$499,900.00	\$480,000.00
February 2016	\$525,000.00	\$510,000.00
January 2016	\$509,900.00	\$495,000.00
December 2015	\$489,900.00	\$480,000.00
November 2015	\$555,000.00	\$541,000.00
October 2015	\$528,950.00	\$521,000.00
September 2015	\$569,000.00	\$552,500.00

Last 12 Months COUNTRY HILLS
 MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
August 2016	\$375,000.00	\$368,000.00
July 2016	\$429,900.00	\$450,000.00
June 2016	\$393,900.00	\$391,450.00
May 2016	\$374,900.00	\$362,000.00
April 2016	\$397,400.00	\$389,000.00
March 2016	\$355,000.00	\$345,000.00
February 2016	\$0.00	\$0.00
January 2016	\$394,350.00	\$390,400.00
December 2015	\$389,900.00	\$389,900.00
November 2015	\$418,894.00	\$410,500.00
October 2015	\$399,900.00	\$394,000.00
September 2015	\$419,950.00	\$406,500.00

To view the specific SOLD Listings that comprise the above MLS averages please visit **panorama_hills.great-news.ca** or **country_hills.great-news.ca**

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Map showing location: Evansridge Dr NW, Symons Valley Pkwy NW, Evansridge Ct NW, European Blvd NW.

News from the Friends of Nose Hill

by Anne Burke

The City needs help in identifying weeds in open space. The management plan involves methods to combat weed threats. These tools are biological, mechanical, chemical, and cultural controls. There are some concerns about spraying pesticides and herbicides, although the City posts signs and does have some pesticide-free parks in Calgary.

One of the controls is an organic vegetation management practice called targeted grazing, a land management strategy which is safe, chemical free, and environmentally friendly.

Beginning in June (and for three weeks this summer) a herd of 100 goats was monitored 24 hours a day by the shepherd, with herding dogs, volunteers, and horses in Confluence Park (West Nose Creek).

This is important wildlife habitat. Unlike Nose Hill, the site permits livestock grazing with an approved development permit application, although the practice is generally prohibited within City limits. As the animals fertilize the soil, their hooves help to till, aerate, and condition the ground. Their digestion is acidic, so that the seeds cannot grow as new weeds. The purpose was to

control invasive species such as Canada thistle, yellow clematis, nodding thistle, and other delicious broad leaf weeds they prefer. See: online at calgary.ca/goats.

The Urban Conservation Lead for City Parks said the public has been very supportive. We now know we can use goats in an active park, without disrupting enjoyment by park visitors, whether on foot, bicycle, or with dogs on leash. The goats did an excellent job targeting invasive weeds, such as Canada thistle, hound's tongue, and hawkwood.

The project budget was \$25,000. The City will assess and evaluate the data to decide about the project's effectiveness. The next step will be to evaluate its potential use in parks and open spaces. If successful, the initiative may expand to other natural areas in the city.

On the monthly BiodiverCity Committee agenda there were announcements, presentations on wildlife strategy, biodiversity implementation plan; updates from subcommittees, work plan, business unit survey, and list of potential 3rd party partners. Meetings are in downtown Calgary and open to the public. For details, contact steven.snell@calgary.ca.

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Panorama Hills / Country Hills mybabysitterlist

Name	Age	Contact	Course
Luke	12	403-730-1611	Yes
Hamidat	12	587-801-1117	Yes
Alice	13	403-265-8209	No
Ali	13	587-229-3392	Yes
Evie	13	587-889-0110	Yes
Adesola	14	403-695-5081	No
Zoey	14	403-803-2052	Yes
Lily	15	403-730-1611	Yes
Tobi	15	403-909-6908	Yes
Josephine	15	403-402-5752	Yes
Ejay	16	403-714-4538	No
Carol	22	403-472-9002	Yes
Maya	25	403-830-0831	No
Julie	26	587-435-5535	Yes
Shanila	38	403-805-6904	Yes
Aman	40	403-401-1060	Yes
Shazia	46	403-472-9001	Yes

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SEPTEMBER 8 TO OCTOBER 16 ILLUMINASIA LANTERN AND GARDEN FESTIVAL

Illuminasia returns to the Calgary Zoo for its second year. This year, the theme is the four seasons and the four noble plants of Chinese culture — one plant is used to represent each season. www.illuminasiacalgaryzoo.com



SEPTEMBER 30 – OCTOBER 1 THE PRINT IT YOURSELF FESTIVAL

Learn about the various techniques behind printmaking at the sixth annual Print It Yourself Festival. Learn what goes into making a piece of print art, engage in the process and create a piece of artwork yourself. www.albertaprintmakers.com



IMAGE COURTESY
OF ALBERTA
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OCTOBER 27 TO 29 DRACULA

The Alberta Ballet presents the classical ballet Dracula at the end of October. Special effects, impressive costumes (Dracula wears a 23-foot-long cape) and exquisite choreography bring this horror story to life. www.albertaballet50.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

September 21 to October 2 - Calgary International Film Festival (CIFF): The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com

October 1 - A Little Light Music: This is a chamber music concert with a special focus on well-known Canadian composers. There will be a fun, playful line-up of music in this concert with everything from A Little Light Music to Viva Gershwin. www.scpa.ucalgary.ca/events/little-light-music

October 6 - An Evening With Bethany Hamilton, Soul Surfer: Bethany Hamilton has become a source of inspiration to millions through her story of determination, faith and hope. Hear Hamilton discuss her surfing career and her charitable contributions in this inspirational talk. www.ticketmaster.ca/event/110050A6A6225E87

October 7 to 8 - Disney In Concert: Tale As Old As Time: Start Thanksgiving weekend with some classic Disney tunes performed by the Calgary Philharmonic Orchestra. The popular Disney songs from these films are played alongside clips from the movies. www.calgaryphil.com

October 11 to 29 - Boom: Using images and video, the show explores the musicians, politicians and cultural icons around from 1945 to 1969 that shaped the baby boom generation. www.theatrecalgary.com

October 12 to 15 - Intensional Particle + Split Flow: Hiroaki Umeda is a Japanese multi-disciplinary artist. He's a dancer, a sound, image and lighting designer, and a choreography. He brings two new solo shows to Theatre Junction. www.theatrejunction.com

October 14 to 29 - Fluid Festival: This year marks the 11th Fluid Festival, and just like the inaugural event, this year's Fluid Festival will celebrate dance and physical performance. www.springboardperformance.com

October 15 - Calgary Stampeders PinkPower Game: This football game joins in the fight against women's cancers. Arrive early to the game to purchase limited edition PinkPower merchandise, then watch the Calgary Stampeders take on the Montréal Alouettes. www.stampeders.com

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Writings about Reading

Parents as Partners

It's 'back to school' and the perfect time to revisit how you can be the best partner in your child's education. You, as parent, grandparent or caregiver have been helping your child to learn since they were a tiny baby . . . and your role continues. Here are ways to help your child build their language and reading skills:

Get to know your child's teacher

You'll build a connection and be able to ask questions. The teacher will suggest ways you can help your child at home.

Read aloud with your child every day

In order to read fluently, your child needs lots of practice with hearing how good reading sounds. Take turns reading aloud a story; the more familiar the words become the easier it will be for your child to read.

Incorporate literacy activities anywhere

Literacy skills are used in all kinds of situations. Encourage your child when reading food labels, talking with other children, discussing a movie with the family, or when writing lists to be posted on the refrigerator.

Teach phonemic awareness and phonics (letter names and their sounds)

Young children hear "dog," but not the "duh"- "aw"- "guh." To become readers, they have to learn to hear these sounds (or phonemes). And, a child can't sound out words or write them without knowing the letter sounds. There are lots of websites and ABC books to help.

Keep the fun and encouragement flowing!

Write notes to your child in their lunch kit so they feel supported during the first days of school. Ask specific questions at the end of their day: what games did you play today? Who is in your class? Did you teacher read a great book today, what was it about?

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

CALGARY



WILDLIFE

The Tiny but Mighty Bufflehead

Article by J.G. Turner

Photo by Mdf

This very small, compact, buoyant diving duck can be identified by its large, dark, puffy looking head with short, wide, greyish bill. The Bufflehead has an average length of just 36 cm or 14.5 inches, wingspan of about 53 cm or 21 inches, and weight of approximately 411 g or 15 ounces. The best places to spot a Bufflehead are small lakes with marshy edges and open centres, and areas where there are lots of poplar trees and aspen woodlands in central Alberta from the Spring through to late Autumn.

Fun Facts:


- The Bufflehead migrates from Mexico or the Gulf Coast of the United States to breed in Canada, and even as far north as Alaska.
- Buffleheads are one of the last ducks to leave Alberta before winter arrives.
- Where open water remains over the winter, this little duck sometimes stays year round.
- When mature, a female Bufflehead will return each year to the area where she was born to search for a nest cavity in which to lay her eggs.
- She will often choose an abandoned woodpecker's nest and absolutely loves the nest holes carved out by the Northern Flicker.
- As a diving duck, its legs are near the back of its body, so they must 'run' across the surface of the water to gain the momentum needed to take off and fly.
- The Bufflehead is Canada's smallest duck and they can

squeeze through holes only eight centimeters wide!
• Buffleheads are territorial: males will defend a female by diving under water and popping up underneath a rival male. Females will defend the water where they rear their young.

The Bufflehead is one of the scarcest ducks in North America and its numbers continue to suffer from logging and agricultural clearing of poplar stands and aspen woodlands, decreased numbers of Northern Flickers in an area, and human hunting activities.

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

TRIVIA



An active social life helps you live longer
Maintaining a strong social network may foster good health in part because support from sympathetic friends and family helps cushion the impact of life's blows. When you lead a less anxious life, you're less prone to certain chronic conditions, such as cardiovascular disease.
-Discover magazine

Do you tip the pizza delivery guy or gal?

If so, how much? Below are some facts and figures to help you out.

Tom Allum

If you get food delivered, whether it is Chinese, pizza or your standard fare, there normally is a delivery charge. The amount of the delivery charge varies from each establishment but is normally between three and four dollars per trip. This amount usually goes to the driver at the end of each shift. The driver supplies their car, fuel and insurance and maintenance. 99% of drivers are on contract basis only. They average 12 trips per shift. This equals \$42.00 for a five to 10 hour shift. Not including tips if any.

Most pizza places have a defined area of delivery which is about eight kilometres to the furthest delivery point. With an average of five kilometres one way per trip, and round trip equals of 10 kilometres. The government (CRA) allows independent contractors a 0.54 cent per kilometre allowance. At 120 kilometres per shift this equates to the driver going into the red for about \$20. So why do it? Most do not make enough to pay rent or even claim the 0.54 cent allowance. Most drivers pay out approximately \$15 for gas per shift which to them equals a positive cash flow of \$27 per shift. (Not including tips, if any.)

Which brings us to the question of do you tip or not and, if you do, how much? There are of course no set guidelines, established rules or common practices such as in

sit down restaurants. (Restaurant staffs expect 10 to 20% of your total bill as a tip which they normally share.)

So what should you tip? But, before we get to that, let's explore some of the demographics regarding pizza deliveries and how different groups tip.

Office staffs ordering during the day often tip a minimum of 15% or \$10. I am sure they do not want to look cheap in front of their coworkers and most can expense this. Senior citizens always tip (there are a few exceptions) normally \$5 and sometimes as little as \$2. Low income do not tip well at all although some do make an effort. People who live in million dollar homes are normally not good tipppers. Working class people normally are the best tipppers. College and high school students are very poor tipppers (unless ordering from a party). **And the big one - women are better tipppers than men (although there are exceptions).**

A decent tip would be minimum of \$5 - \$10 for orders up to \$50, \$10 to \$15 for orders up to \$100, anything over a \$100 a minimum of \$20 would be nice.

So they do it for the cash and the tips. Some are retired and cannot live on the amount they receive; others cannot find a steady job or are limited due to personal circumstances that prevent full time employment.



IN & AROUND CALGARY

The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains round-worm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.



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Canadian Cancer Society
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Harvest summer's fresh bounty

By Paula Trotter
The Canadian Cancer Society,
Alberta/NWT Division

There's no better time of the year than now to eat more fruit and vegetables.

Alberta summers offer a bounty of fresh produce. You name it; this season's got it – cucumber, carrots, summer squash, sweet corn, strawberries, blackberries, cherries and more.

It should come as no surprise that eating plenty of vegetables and fruit is good for your health. But did you know a diet that includes a variety of produce helps to reduce your risk of developing cancer?

Research has shown that vegetables and fruit may help protect against certain types of cancer, such as head and neck, esophageal, stomach and cervical cancers. And, because produce is low in calories and high in fibre, eating a variety of fruits and vegetables can help you reach and maintain a healthy body weight, which in turn helps to reduce your risk of developing cancer (being overweight or obese puts you at a higher risk of cancer).

You can't go wrong with eating more fruit and vegetables. They're good for you, and delicious too.

Here are some Canadian Cancer Society tips to help you add more fruit and vegetables to your diet:

- Prepare a weekly meal plan and shopping list that includes plenty of fruits and vegetables. This way you know how you'll use all that produce so it won't go to waste.
- Make a veggie version of your favourite pasta, pizza, curry or chili. You could even try having meat-free meals for an entire day once a week.
- Fire up the barbecue and grill fresh fruit slices such as peaches and pineapple for a healthy, sweet dessert.
- Go for a rainbow of colour. Different coloured veggies and fruit provide different nutrients.
- Think of vegetables and fruit as natural convenience foods. Bananas, apples and oranges all come in their own packaging and can be eaten on the go. So can most raw veggies.
- Liven up the food you eat with crunch and colour. Put tomatoes, cucumber, peppers and radishes in sandwiches, berries in yogurt or cereal, and extra vegetables in pasta, rice, stir-fries and soups.
- If time is an issue, buy packages of pre-cut carrots, peppers, leafy greens or mixed fruit to make life and cooking a little easier.

SAY GOODBYE TO SUMMER — WITH THE — GATES OF PANORAMA FALL FESTIVAL

Saturday, September 24th • 11am—1pm

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See you there!



GATES OF PANORAMA
HILLS

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IN & AROUND
CALGARY

Alberta Health Services EMS

Back to School safety

Alberta Health Services EMS would like to remind parents and children about a few 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 a cell phone, texting, or any other behaviour 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, 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;
- When activating overhead crossing lights, pause and make eye contact with all drivers before stepping off the curb. This is to ensure that motorists in both directions have seen you and 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 vehicles 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;



Mandatory bylaw for
building maintenance
approved by City Council

What goes up shouldn’t come down.

In the last few years, there have been several incidents of materials and debris falling off tall buildings, particularly in the downtown core. City of Calgary investigations into these events revealed that there’s more to be done to prevent potentially hazardous situations and protect public safety. That’s why the Building Maintenance Bylaw was developed.

It will require buildings that are five storeys or higher and 10 years and older to complete visual exterior assessments every five years.

The bylaw comes into force on Jan. 1, 2017. To learn more, visit calgary.ca/buildingmaintenancebylaw.

Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to PC@great-news.ca

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HOW DO I MAKE A WILL?

Although you don't need a lawyer to draw up your Will there are certainly advantages to having a lawyer do it. They have expertise that you can call upon for matters such as tax consequences, trusts, making suitable arrangements for young children and many other issues.

WHEN SHOULD I CHANGE MY WILL?

You should look at your existing Will at least every few years to make sure it is still up to date. There are two ways to update your Will. You can write up a separate document that only changes part of your Will, which is called a "Codicil". You can also make a completely new Will if there are major changes to be made.

You should not change your Will by marking or crossing out words, as such hand written changes are unlikely to be effective.

WHAT OTHER DOCUMENTS DO I NEED?

An important part of estate planning is having a Will and advance medical and financial directives such as an Enduring Power of Attorney and a Personal Directive.

Enduring Powers of Attorney and Personal Directives come into effect if you become incompetent during your lifetime and are important documents to have in place, together with a Will.

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Is this an emergency or not?

I was on holidays this summer and neighbors of the cabin we rented asked my advice about a pet which suddenly started paroxysmal coughing and bringing up white foam late on a holiday night. They also reached out for advice to a veterinary emergency clinic two hours away and their regular veterinarian three hours away.

As veterinarians we were all in a professional quagmire even though we all tried to help these people and their pet. I am not licensed in B.C. and cannot provide veterinary care and advice, but I offered an opinion when asked after examining the pet using only the tools at hand, my senses and experience. The veterinarians on the end of the two phone calls are legally liable if they provide an opinion and they must trust the information being provided by the owner is correct.

We, all three, gave the same advice given the information at hand; information that every pet owner should consider. Airway, breathing, and circulation were considered. The pet's airway was OK with no hoarseness or evidence of blockage, when she lay down she breathed easily without any impediment, and her heart rate was normal with strong even pulses. When I checked the color of her gums they were pink and if pressed to make them white they immediately pinked up again. So her heart was doing its job.

Bella was not in any apparent pain, given a tiny cookie she swallowed normally, and finally her demeanor, while she was confused she was not panicking and quite calm. The owners were told to give her small amounts of wa-

ter at intervals and we all suspected that she had injured her throat with some foreign object. She did not appear to be in imminent danger. If something had been stuck she would likely not be able to stop coughing and relax. We all recommended waiting until morning.

The next day her owners transported her to her regular veterinarian for her throat to be x-rayed for a fishhook and thoroughly examined with sedation if necessary. Bella, the Labrador, was pronounced ok and that she would likely have a full recovery with time for a minor injury to her throat. This was the case.

Those emergencies when you are far from help can be terrifying and the veterinarian on the phone must err on the side of caution. Any painful condition related to the eye is an emergency in my book, any respiratory problem that doesn't respond to quiet rest, pale mucous membranes or gums, and unrelenting pain all require seeking immediate help. Fractures, lacerations, and most gastrointestinal disorders all require hands on assessment and treatment. Use the same judgment you would use for your child or spouse, but remember this patient can't articulate what they are feeling, which is why sight, sound, touch, and smell are imperative to reach your decision to head for help or not. Sometimes you may over react but that is infinitely preferable to the alternative outcome.

I hope everyone and their pets had a safe and relaxing summer.

Jennifer L. Scott, D.V.M.

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Living In A Man's World

by Elisabeth Fayt

One thing I look forward to each year is the annual Book Fair in a little lake town where I spend my summer vacations. They cram the local town hall with used books at bargain prices, so I always manage to fill two boxes or more. I figure, if I get at least one good life-changing quote, I've gotten my money's worth. And there it was, a self-help book for women on "How to Thrive in a Man's Environment" filled with pointed advice on how men would like women to communicate with them, such as this nugget: "Spare me the pain, just give me the baby."

What a message, loud and clear. Men just want the facts, Jack. The problem is, as women, we love to do this seductive pole dance around the punch-line, keeping our listener captive with every detail before we get to the point, if we ever get there. Shocker, ladies, this drives our men crazy!

Let's face it, men and women are different. The good news is, we weren't designed to drive each other crazy. What I've learned spiritually is that our goal is to find a balance between our two natures. For men, it means loosening the grip on *reason* long enough to *feel*, and for women it means getting off the emotional train ride long enough to *reason things out*. It's a delicate juggle between heart and head.

It can be done, and we grow spiritually the more we're able to combine the two. It happens with practice, with of our bosses, partners and friends, so bring on those relationships that push your buttons and take you to the next level.



Photograph: www.alamy.com

When A Child Falls Behind:

TIPS FROM A PSYCHOLOGIST
& FORMER TEACHER

By Joyce Achtnig BEd, MC, CCC, Provisional Psychologist & Canadian Certified Counsellor

What Can You do if Your Child is Struggling in School?

Is your child underachieving academically? Or do you think your child may be gifted and is underachieving due to boredom and lack of challenge? Parents and teachers are often the first to voice concerns regarding a child's struggles and need for help. When teachers suspect that issues like Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), or a learning disability may be at the root of a child's challenges at school, they will often recommend a psycho-educational evaluation. Current research demonstrates that early identification, understanding, and appropriate intervention is the key to a child's success.

What are School Psycho-educational Assessments and What Benefits do They Offer?

It is understandable that many parents are unclear about exactly what a psycho-educational assessment is when school staff or a physician recommend it. A psycho-educational assessment will evaluate your child's thinking/reasoning abilities and underlying psychological processes (e.g., attention, processing, fluid reasoning, memory). It also assesses academic achievement (e.g., expressive and receptive language, reading, writing composition, math), social development, emotional functioning, and behaviour. This is generally accomplished through standardized testing, informal assessments, interviews, questionnaires, observations, and review of previous records or reports.

The end result is a rich and comprehensive assessment that helps parents and educators by making sense of a child's struggles and uncovering his or her strengths. A psycho-educational assessment is a powerful tool because it creates a more accurate and complete picture of your child that can change the way your child is perceived and ensure that appropriate resources, educa-

tional programming, and accommodations necessary for success are recommended. In addition, information in the assessment may also be used to qualify the child for disability services, or to guide physicians in choosing appropriate medication, etc.

How Can Parents Obtain a Psycho-educational Assessment?

Parents may ask the school to complete a psycho-educational assessment; this is done by school board psychologists, at no cost to parents. Unfortunately, there are waitlists and only the most severe or in need students will qualify for the few assessment opportunities that have been allocated to each school for that year. The fastest way to obtain an assessment for your child is to use a psychologist in private practice; we can usually book an appointment in less than a month, and have the report completed between four to six weeks after testing. In Calgary, the cost for a psycho-educational assessment ranges from approximately \$1,400 to \$2,800, depending on the psychologist you choose and the assessment tools and time required. In many cases, a parent's insurance plan through work can pay for at least some of this expense.

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Website at www.michellerempel.ca

An important change that will significantly impact Canadian democracy is about to happen. The Federal government has announced that it will change the way that we elect our representatives.

At present, when you vote in a federal election, you cast a vote for the person you want to have represent you in Ottawa. The candidate who receives the most votes is then selected to serve our community. They are directly accountable to the electorate in their community for their decisions.

The Federal government is going to change this process.

However, they have not told us how they are going to change the system. Instead, they've indicated that they likely will not let Canadians have a direct say on whatever they propose via referendum.

I'll point out the obvious; any politician will have a self-interest in changing the voting system. As such, I believe that it is highly inappropriate for politicians to change how they are elected without direct approval from Canadians.

My town-hall meeting last May featured a lively discussion on electoral reform and I thank all the participants for their insight and input. But, in order to directly consult with you, all households in my riding will receive a survey from me, with information on this vital topic and asking your own opinion on the subject. When you receive this please return it to me with your comments. You may also complete the survey online at www.michellerempel.ca/survey.

I need your voice and thoughts on this urgent and highly important issue.

You may also contact me directly with your concerns on this vital issue, or any others, by email at: Michelle.Rempel@parl.gc.ca.

Or by mail to: Suite 201, 1318 Centre Street NE, Calgary, Alberta, T2E 2R7. Mailings to M.P. offices are postage free.

Gardening by the phases of the moon

September 1 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

September 9 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

September 16 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

September 23 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

September 30 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.





MLA CALGARY - NORTHERN HILLS JAMIE KLEINSTEUBER

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Calgary, AB, Canada T3K 5P3
Phone: 403.274.1931 • Fax: 403.275.8421
Email: calgary.northernhills@assembly.ab.ca

Greetings residents of Calgary-Northern Hills,

I would like to provide information as the wildfire recovery efforts continue throughout the Regional Municipality of Wood Buffalo. A state of local emergency remains in effect as of July 27, 2016. Updates can be found at www.alberta.ca/emergency.aspx.

Environmental Conditions

Soil and air analyses from burned areas in Abasand, Beacon Hill and Waterways are complete. No sample taken to date – in either burned or unburned areas – has been found to exceed human health guidelines. A full breakdown of all monitoring programs (air, water, soil and ash), including maps of sample locations, is online.

Recovery Update

Health services are returning to normal operations. The school year will resume in September 2016. The Ministry of Education is working closely with school authorities to provide alternatives for all students to continue their learning in the upcoming school year.

A boil-water advisory remains in effect for Abasand, Beacon Hill, Waterways, Gregoire Lake Provincial Park, Gregoire Lake Estates, Gregoire Lake First Nations truckfill, Anzac truckfill and community hall, and any other municipally connected plumbing systems not mentioned in Alberta Health Services' boil-water advisory lift areas.

A second round of tackifier to increase the tack or stickiness of the surface was applied following wind-sifting. It is an environmentally safe, non-toxic compound. ATCO has re-lit 93 per cent of eligible buildings in Fort McMurray and surrounding areas.

More than 48,000 wildfire relief debit cards have been distributed in Alberta, at a cost of \$95.5 million. Financial relief for residents who evacuated out of province has reached more than \$3.7 million. The deadline of July 10 has passed for the pickup of wildfire relief funding in the form of a MoneyGram™. Wood Buffalo residents who remain out of province can reapply for debit card relief funding at a designated Alberta Works Centre when they return to Alberta.

How You Can Help

Ten agencies are serving as pickup points for Fort McMurray residents who need access to donations. To donate, please visit the Alberta Wildfire Donations Centre webpage for more information. They regularly update the top-10 needed items at www.alberta.ca/wildfire-donation-centre.aspx.



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Greetings Residents,

Safety Reminders for Back to School

Safe driving goes beyond the first week of September, drivers need to exercise caution the rest of the year, too. Have a great school year and drive safely! Visit www.canadasafetycouncil.org/child-safety/safety-reminders-back-school.

Calgary AfterSchool

Trying to figure out what to do with your child once school starts? Calgary AfterSchool offers, fun, safe, supervised, and quality after school programs for Calgary kids aged 6 to 16. A collaborative effort between The City of Calgary and community partners, Calgary AfterSchool programming takes place during the critical hours of 3 p.m. – 6 p.m., when kids are out of school, but parents may not yet be home. Calgary AfterSchool participants gain physical, social, leadership and creative skills. For more information, including a listing of all programs, visit Calgary.ca/AfterSchool.

Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
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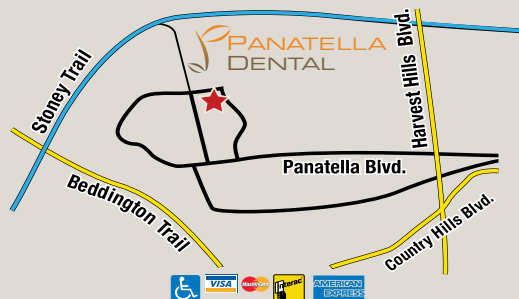
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