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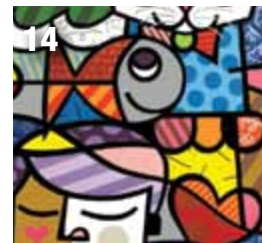
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## CONTENTS

- 5 EYE AM READY FOR SCHOOL
- 7 REAL ESTATE UPDATE
- 11 HISTORIC CALGARY: BOW VALLEY RANCH HOUSE EST. 1896 – FISH CREEK PARK
- 12 BUSINESS CLASSIFIEDS
- 14 FOR ARTS SAKE: VOLUNTEERING IN THE ARTS
- 18 PHOTO GALLERY
- 23 S2G+: CITY OF CALGARY ADOPTS A RIVER ACCESS STRATEGY
- 25 DOLLARS & SENSE: FINANCIAL TIPS FOR NEWLYWEDS



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## Eye Am Ready for School

By Dr. Dianna Leong, Optometrist

Parents do their best to prepare their kids for school. Research shows that 1 in 4 school-aged children has a vision problem. It is important to have a good idea of your child's visual skills, since 80% of learning is visual for kids. Some children are misdiagnosed with learning or behavioural disabilities, when in fact the parent did not know that there is a vision problem. A child may have a lazy eye but does not know that the way s/he sees is not normal. Silent signs of blinking unusually, head tilt, eye rubbing or watering may go unnoticed. Other times, a child may complain of fatigue or headache. A visit to the eye doctor can help determine the cause.



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.

## What is a complete eye exam?

Your optometrist starts an eye exam with questions about medical history, family history, and how one uses eyesight at home, school, work or play. Besides seeing what the teacher writes on the board (distance visual acuity), visual skills includes eye tracking, eye focusing and eye teaming abilities. Reading or copying notes from the board can be difficult if a child cannot coordinate the eyes to use these visual skills. The health is examined on the eye surface and through the pupils inside the eyes. Eye diseases such as glaucoma or diabetes can be detected by a complete eye exam even when a person has no symptoms. Colour vision, peripheral vision, depth perception, and assessment for glasses are also included in an eye exam.

Fortunately, Alberta Health Care covers the cost of an annual eye exam from birth to age 18. So, whether your child is an infant, preschooler, or an 18 year old in college, your government will help you take care of your child's eyes.



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 Email: admin@northernhills.ab.ca

## ELECTED OFFICIALS



**MLA Jamie Kleinsteuber**  
**Calgary-Northern Hills**  
 104, 200 Country Hills Landing NW  
 Calgary, AB Canada T3K 5P3  
 Phone: (403) 274-1931  
 Fax: (403) 275-8421  
 Email: calgary.northernhills@assembly.ab.ca



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Alberta Health Care	403.31000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
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
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654



## Panorama Hills • Country Hills

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### Last 12 Months PANORAMA HILLS MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
July 2017	\$529,950	\$526,660
June 2017	\$572,400	\$559,000
May 2017	\$547,000	\$548,000
April 2017	\$515,950	\$521,000
March 2017	\$516,350	\$502,750
February 2017	\$514,200	\$495,000
January 2017	\$592,200	\$575,000
December 2016	\$494,900	\$483,500
November 2016	\$525,000	\$495,000
October 2016	\$509,900	\$493,250
September 2016	\$489,900	\$468,250
August 2016	\$519,900	\$512,000

### Last 12 Months COUNTRY HILLS MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
August 2017	\$359,900	\$350,000
July 2017	\$493,950	\$474,750
June 2017	\$394,450	\$375,500
May 2017	\$459,900	\$465,700
April 2017	\$420,000	\$403,000
March 2017	\$362,450	\$354,000
February 2017	\$359,900	\$360,000
January 2017	\$384,900	\$376,500
December 2016	\$0	\$0
November 2016	\$369,900	\$359,000
October 2016	\$379,900	\$365,000
September 2016	\$449,450	\$437,750

To view more detailed information that comprise the above MLS averages please visit [panorama\\_hills.great-news.ca](http://panorama_hills.great-news.ca) or [country\\_hills.great-news.ca](http://country_hills.great-news.ca)



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403.777.8254

**Canadian Mental Health Association Calgary**  
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403.297.1700

**Canadian Progress Club**  
Calgary, AB  
myraskerrett@shaw.ca  
<http://www.progressclub.ca/calgary-city-centre>

**Cerebral Palsy Association In Alberta**  
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403.543.1161

**CNIB Alberta and Northwest Territories**  
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T2E 4Z3  
403.261.7225

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403.476.7224

**CUPS. Health Education Housing**  
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Calgary, AB  
T2R 1M4  
403.221.8780

**Habitat For Humanity**  
210, 805 Manning Road NE  
Calgary, AB  
T2E 7M8  
403.253.9331

**Immigrant Services Calgary**  
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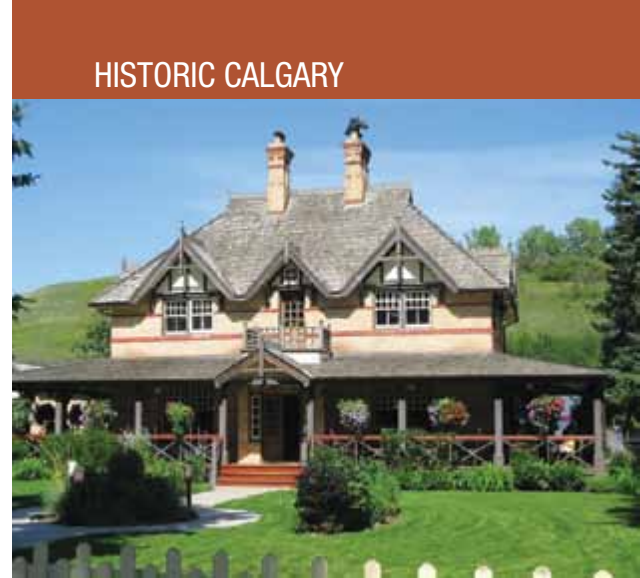
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## Bow Valley Ranch House est. 1896 – Fish Creek Park

The Bow Valley Ranch House and property serve as an excellent reminder of the wealth generated by Calgary's leading pioneer ranchers. The villa-like brick house was erected in 1896 by William Roper Hull, one of Calgary's most prominent citizens. It replaced an earlier log structure which has been built in the 1870s by homesteader John Glenn and which was the first permanent farm in the Bow Valley area. In 1902, Patrick Burns purchased the 4,000-acre ranch, by 1937 other family members operated the ranch and did so until the early 1970s. The house and 1,400 acres of the ranch now form part of the Fish Creek Provincial Park.

The house is a very good example of Queen Anne style. The symmetry of the facade around the central

entranceway creates a strong sense of formality. The highly-articulated hipped roof, with half timbering in its many gables, helps to relieve any bulkiness of the massing. The protruding verandah on the main facade has been enclosed to create two sunrooms. Bay windows protrude on the east and west sides. Architects Rule, Wynn and Rule took great pains to match a 1957 addition with the main building. The interior of the 1896 structure features 11-foot ceilings and original plank floors. The ranch house exhibits very good detail and stylistic features, and is notable for the early use of brick.

The Foreman's House was restored and rehabilitated as "Annie's Cafe" in 1998. The main house was restored and rehabilitated to accommodate a restaurant in 1998-99, including an addition with a kitchen and office.

### Heritage Significance

The site was originally settled in 1873 by John Glenn, a trapper and former gold prospector. Glenn was the first settler in the Calgary area. He built a log house and barns and lived here until 1879. The property was subsequently purchased by the government as an instructional farm for aboriginal peoples. In 1892, William Roper Hull, a successful rancher and businessman, purchased the property. When the original log ranch house burned down, he built the brick, two-storey house, now known as Bow Valley Ranch, at a cost of 12,000 dollars. The structure was finely detailed, with elegant furnishings chosen by Mrs. Hull. In 1902, Patrick Burns, a leading Calgary rancher and meat packer, purchased the property, complete with Mrs. Hull's furnishings. Few modifications were made to the house. Pat Burns was one of the major forces behind the growth of ranching in Alberta. This was an active ranch until 1973.

Article and photo provided by Discover Historic Calgary via [calgary.ca](http://calgary.ca).

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Shakespeare's plays are thought to be influenced by the works of playwright Christopher Marlowe. Though never confirmed, Marlowe is speculated to have worked in espionage for Queen Elizabeth I which led to his assassination, preventing him from ever achieving the same fame as Shakespeare. A playwright and a spy!



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## Eye Am Ready for School

I opened two gifts this morning...  
They were my eyes.



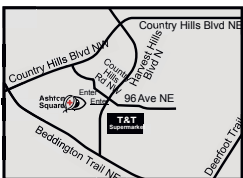
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## FOR ART'S SAKE



### 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 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.*

## BRAIN GAMES SUDOKU

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3	5				6			
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FIND SOLUTION ON PAGE 31

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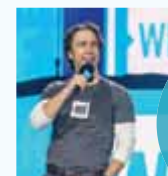
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Ali	14	587-229-3392	Yes
Aman	41	403-401-1060	Yes
Bushy	47	403-452-0383	Yes
Carol	23	403-472-9002	Yes
Donna	12	403-272-5478	Yes
Ejay	17	403-714-4538	No
Evan	14	403-879-6209	Yes
Evie	14	587-889-0110	Yes
Josephine	16	403-402-5752	Yes
Lily	16	403-730-1611	Yes
Luke	13	403-730-1611	Yes
Maya	26	403-830-0831	No
Maya	26	403-830-0831	No
Shanila	39	403-805-6904	Yes
Shazia	47	403-472-9001	Yes
Tobi	16	403-909-6908	Yes
Zoey	15	403-803-2052	Yes

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**Calling All PARENTS**  
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**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).

**TO-MAY-TO,  
 TO-MAH-TO:**

Tomatoes are originally from Central and South America. The name comes from the word *tomatl* in the Aztec Nahuatl language, which translates roughly as "fat thing". While technically a fruit, you don't want to put a tomato in a fruit salad!

**TAKE ON WELLNESS**



**Back to School Health Checklist**



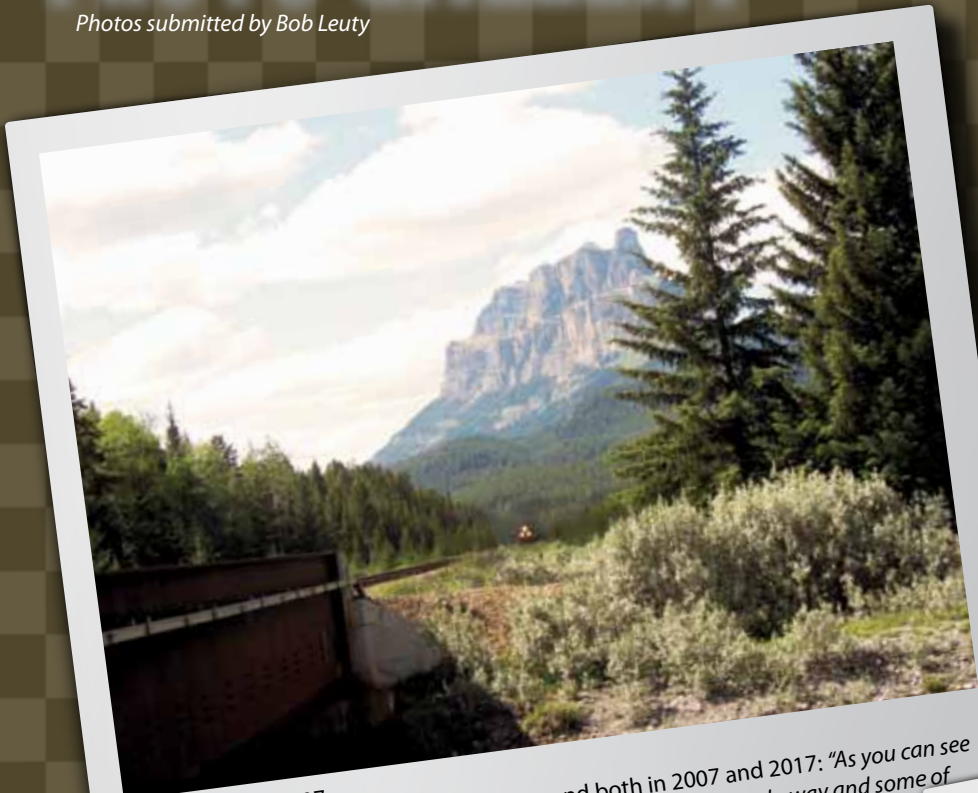
It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most 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>.

# PHOTO GALLERY

Photos submitted by Bob Leuty



Canada Day in 2007  
Canada Day in Johnston Canyon Campground both in 2007 and 2017: "As you can see little has changed with the exception that a lot of trees were cleared away and some of the bushes have grown."



Rowley Alberta, Present Day: "I feel that the black and white of the pictures really captures the time of when Rowley was a thriving little village and takes you back in time."



Rowley, Alberta



Rowley, Alberta



Rowley, Alberta



Canada Day in 2007

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If you have been a patient of Dr. Benita, at another office, and would like to continue to see her, please let us know when you book your appointment.

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## 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).

### HALLOWEENS – 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 definite 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).



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## COMMUNITY ANNOUNCEMENTS

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

**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, 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.vocalatitudes.org](http://www.vocalatitudes.org).



## City of Calgary adopts a River Access Strategy

With the growth in population and resulting increase in water sports and recreation, the unfettered access by humans and dogs to our rivers was and is having deleterious consequences on the fishery, riverbanks and water quality. Safety was also threatened as the Calgary Fire Department competed with the public to access emergency launch sites that were never intended for public use and are now gated. Communication has been scarce regarding appropriate access sites, regulations, health advisories (excessive E. Coli counts) and other safety concerns and, information for tourists difficult to find according to Parks.

Hopefully all this will change under a new River Access Strategy adopted by City Council. Upgrading of existing sites, development of new access points, signage, mapping and education were approved in February 2017 to promote safety, environmental protection and user experience. While the bulk of development and implementation is unfunded in the budget cycle ending 2018 the goal is to have 28 access points on the Bow River from West Baker Park, northwest of downtown, to Carlsland by 2022.

On the lower Elbow River, 4 hand-launch sites have been approved: upstream of Sandy Beach proper, accessed via the parking lot; north Sandy Beach at the Riverdale Avenue parking lot; Stanley Park; and Stampede Park. Outside of the River Access Strategy it is worth noting that there are 3 off-leash, dog access points identified on the east side of the Elbow River, downstream of the footbridge, where the slope is gradual and access is graveled. Dogs must be leashed upstream of the footbridge and are not allowed water access at Sandy Beach.

The Glenmore Reservoir has 3 approved hand-launch sites.

For a complete listing of existing and proposed new sites go to: <https://tinyurl.com/ycsw5s5h> or [www.calgary.ca](http://www.calgary.ca) and type in "river access".

By the end of 2017 all existing sites should be mapped and signed and priority 1 sites upgraded or constructed. Between 2019 and 2022 we can look forward to the completion of priority 2 sites on the Bow and other initiatives including the development of a river APP, a river ambassador program and continuation of public art.

So, when accessing the river, consult the City's website for current information at: <http://www.calgary.ca/CSPS/Parks/Pages/River-Access.aspx>, keep your heads up for signs and access and egress the rivers only where indicated. The sites have been chosen for your safety and to minimize damage to sensitive riverbanks and fish nesting sites.

Happy recreating!

*Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary.*



Ripe cranberries will bounce like little rubber balls.

## 2017 Election Ward Boundary Changes

In October, Calgaryans will vote to elect their Mayor, Councillors and School Board Trustees. During the 2017 Municipal Election, new ward boundaries will come into effect, which could change who the candidates are on your ballot and your voting station location. A total of 58 communities were impacted by the ward boundary changes. If you are in a community that has changed wards, you will be voting in a different ward than the last municipal election. It is important that you check your ward so that you know what candidates are running in your ward and where to find your designated voting station. To check your ward, visit [www.electionscalgary.ca](http://www.electionscalgary.ca), or call the Elections & Census Office at 403-476-4100 (Option 2).



## Back-to-School Safety Tips

For the youngest of Calgaryans, September means time for a brand-new school year. School zones in September often bring more congestion, distraction and more pedestrians than in the summer. Here are three tips to keep in mind when in school zones this September and all year around. Exercising caution and care, we can make our communities safer.

**Follow the speed limit:** First and foremost, follow the posted speed limit with is 30 km/h. School and playground time zones are between the hours of 7:30 a.m. – 9 p.m. A collision with a pedestrian at 30 km/h is more likely to end injury than a possible fatality going at residential speed of 50 km/h.

**Stay in between the lines:** We want to set good example for young pedestrians. Stop, look both ways, always good practice to look one more time to the left then walk across the street between the cross walk. Attempt to make yourself as visible as possible. These are all good habits to role model.

**Follow directions:** Listen and watch for directions from the school safety patrollers. Follow the direction of signals, signs and the specific rules that the school has implemented. These directions are for your safety, reducing congestion and reducing risks.

For more resources, check out our website at [calgarycommunities.com](http://calgarycommunities.com)



## Financial Tips for Newlyweds

By *Toddy Kam, CFP®, CFA*

A marriage is a new financial start. When couples get together there are adjustments to be made, goals to be set, and financial adventures to take. Share information. Both partners should be fully aware of each other's financial situations, from spending to debt to investments. With full financial disclosure, you'll be better equipped to plan together. Review and establish goals. The sooner you set financial goals, the better your chances of reaching them.

Do you want to buy a new home or move up in the housing market? What about a retirement savings strategy? How much will those goals cost and how long will it take to reach them?

**Budget.** Create a budget that will allow you to save and invest enough to reach your goals. A good budget will help identify how much you earn and spend, and how to divert more income to savings. Decide how finances will be managed. Will one spouse be responsible for a larger percentage of bills and expenses, or will they be shared equally? Will you have joint savings and investments? Who will physically handle financial transactions? Pay down debt. If you owe money, particularly high-interest debt such as credit card balances, formulate a

plan to pay it off. Consider ways to reduce borrowing costs-for example, setting up a home equity line of credit if you own a house and quickly paying off any amounts you borrow.

**Assess insurance needs.** Life insurance is a necessity when you're married. The last thing you want is for your spouse or family to be left in dire financial straits if something happens to you. Consider disability and critical care insurance as well. Make or update wills. Both partners should have up-to-date wills. This means jointly discussing estate planning needs and goals. You should also have powers of attorney for financial and personal care, in case one of you is unable to manage your financial or personal affairs because of illness or injury.

**Establish an emergency fund.** Keep six to nine months' combined living expenses in an emergency fund. If you run into financial difficulty-perhaps one of you could fall ill or lose your job-an emergency fund can help you get through.

**One final tip.** It's a good idea to get help from financial experts. At this stage of life couples can benefit from professional advice, including the services of a financial advisor. With the right advice, you can ensure your financial life together gets started on the right note.

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**Risks of Dehydration**

Dehydration can occur in anyone of any age, but it is most dangerous for babies, small children, and older adults.

Dehydration occurs when your body loses too much fluid. This can happen when you stop drinking water or lose large amounts of fluid through diarrhea, vomiting, sweating, or exercise. Not drinking enough fluids can cause muscle cramps. You may feel faint. Usually your body can reabsorb fluid from your blood and other body tissues. But by the time you become severely dehydrated, you no longer have enough fluid in your body to get blood to your organs, and you may go into shock, which is a life-threatening condition.

**Dehydration in babies and small children:**

Babies and small children have an increased chance of becoming dehydrated because:

- A greater portion of their bodies is made of water.
- Children have a high metabolic rate, so their bodies use more water.
- A child's kidneys do not conserve water as well as an adult's kidneys.
- A child's natural defence system that helps fight infection (immune system) is not fully developed, which

increases the chance of getting an illness that causes vomiting and diarrhea.

- Children often will not drink or eat when they are not feeling well.
- They depend on their caregivers to provide them with food and fluids.

**Dehydration in older adults:**

Older adults have an increased chance of becoming dehydrated because they may:

- Not drink because they do not feel as thirsty as younger people.
- Have kidneys that do not work well.
- Choose not to drink because of the inability to control their bladders (incontinence).
- Have physical problems or a disease which makes it:
  - Hard to drink or hold a glass.
  - Painful to get up from a chair.
  - Painful or exhausting to go to the bathroom.
  - Hard to talk or communicate to someone about their symptoms.
- Take medicines that increase urine output.
- Not have enough money to adequately feed themselves.

Watch babies, small children, and older adults closely for the early symptoms of dehydration anytime they have illnesses that cause high fever, vomiting, or diarrhea. These are the early symptoms of dehydration:

- The mouth and eyes may be drier than usual.
- The person may pass less urine than usual.
- The person may feel cranky, tired, or dizzy.

Check your symptoms to decide if and when you should see a doctor or call Health Link at 811.



*Mongolian Pony Express*

The Mongol Empire invented an efficient horse-back mailing system that they called the *Yam*. Six centuries later, the *Yam* system would emerge again to be implemented in America, where it was known as the Pony Express.

## Don't give your money the silent treatment

By Suzanne Smith-Demers – Consultant

Finances can be tough to talk about, but keeping your money issues a secret can be bad for your personal and financial health. A 2014 study\* asked people what their most difficult conversation would be and 44 percent said personal finances.

Silence around money encourages people to remain uninformed about financial options and strategies and to hide resulting financial errors. If we seldom know what our loved ones think about money, misunderstandings can fester.

Despite plenty of good reasons to open up, people often find that money is a difficult topic to discuss as it can come with an emotional attachment. The technical details of financial planning can be complex, but it also requires people to think about aging and their own mortality.

As with other hard-to-discuss topics, it's often easier to stay quiet than to admit that you're deep in debt or have another money-related problem. But studies show that talking about money can reduce feelings of financial stress and help you make better money decisions\*\*.

Of course, talking is easier said than done. When you're ready to open up, accept that the discussion will inevitably not just be about money, but also what it symbolizes. It helps to have a goal in mind about what you want the talk to accomplish, and to start conversations about money with professionals that you have no emotional connection with before sharing financial feelings with loved ones.

A great way to start your money conversation is by talking to your professional advisor. They can provide the financial knowledge and planning that will reduce stress and emotion making it easier to communicate your financial goals, dreams and concerns with others.

Sources:

\*<http://www.reuters.com/article/us-money-conversation-idUSBREA2Q1UN20140327>

\*\*<https://www.psychologytoday.com/blog/in-therapy/201606/talking-about-money>



**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/>



## 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?**

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.

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

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).



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I have had the opportunity to connect with many members of our community over the last few weeks and I have heard about issues that are important to you. I remain focused on advocating for policy that creates jobs and helps the individuals in our community that need it most. I will continue to work hard on your behalf when the fall session of Parliament begins later this month.

I also wanted to take the opportunity to update you on my efforts as the Critic for Immigration, Refugees and Citizenship. I have been closely following recent reports regarding the draft copy of the Liberal's new citizenship guide. Citizenship guides tell the story of Canada to people who want to help our country grow and prosper. I am particularly concerned that the draft copy tells newcomers that it is only "voluntary" to respect human rights in Canada. Human rights are enshrined in our laws and are something we should expect from every Canadian. This should be made clear in our citizenship guide. It was also very concerning to hear that the draft copy has removed mention of female genital mutilation (FGM) from the guide. Given the troubling reports in the media of Canadians impacted by FGM practices, I have called on the government to acknowledge the growing trend of FGM and inform Canadians of the steps they will take to protect victims from this practice.

I continue to work with the Yazidi community in Canada to push the government to act when intervention is necessary. On August 3rd, Yazidi communities in Canada commemorated the genocide of the Yazidi people in Northern Iraq. I hope that on this day, Canadians across the country took a moment to reflect on the atrocities committed and what more we can do to help. As you may know, I have been working with the Yazidi community since appointed to my Critic position, to help bring to light the plight of their people and ensure that Yazidi refugees could come to Canada after surviving genocide at the hands of ISIS. I look forward to continuing my work with the Yazidi community and pushing the government to act when persecuted groups are in need of our help.

As always please do not hesitate to contact me about any issue.

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## 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.

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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



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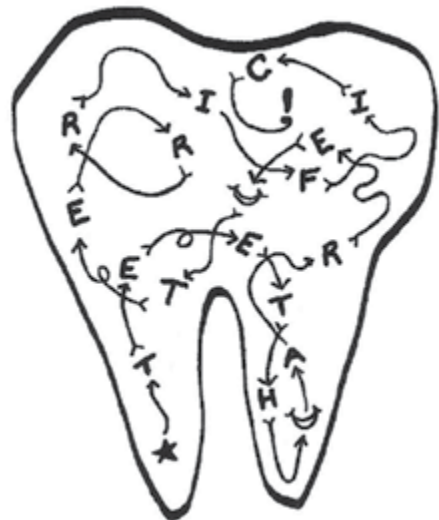
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Answers: Teeth are terrific!

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WARDS 3&4

# KIM TYERS

PUBLIC SCHOOL BOARD TRUSTEE



### Dear Community Member,

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

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

It's time for change.

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

### TRUST

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

### TRADITION

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

### TRANSPARENCY

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

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

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

Kind regards,

Kim Tyers  
CBE Trustee Candidate  
Municipal Election 2017

@kim\_tyers

@kimtyersyc



**MLA Calgary - Northern Hills**  
**Jamie Kleinsteuber**  
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 Calgary, AB, Canada T3K 5P3  
 ☎ 403.274.1931 📠 403.275.8421 ✉ calgary.northernhills@assembly.ab.ca

Happy fall! I hope everyone had a good summer and is now ready for a return to work and school routines.

This summer came with important announcements regarding Calgary's Green Line. Calgary City Council approved the construction of Phase 1 of the Green Line, with one-third of the project's total cost funded by the Province of Alberta. This funding is being made available through the carbon levy.

Alberta's Climate Leadership Plan, including the carbon levy, was designed to diversify our economy through green infrastructure projects, and this investment of \$1.53 billion over eight years to support the Green Line's Phase 1 will do just that.

In the ten years leading up to opening day, Green Line Phase 1 construction is estimated to create 12,000 direct jobs and over 8,000 supporting jobs in engineering, planning and administration. In addition to transporting

more than 60,000 Calgarians daily, this project will also support new, transit-oriented developments like Quarry Park in the south, where people can live, work and play while accessing jobs and services across Calgary.

In the words of Brian Mason, Alberta's Minister of Transportation and Minister of Infrastructure, "The Green Line is Calgary's highest public transit priority, a priority that our government is proud to support. The Green Line will help make life better for Calgarians by supporting an affordable accessible and environmentally sustainable transportation option in the city, connecting residents to essential services, education and jobs."

But how does Calgary's Green Line Phase 1 benefit the residents of Calgary-Northern Hills?

The good news is that with completion of the Green Line Phase 1, our access to Calgary's C-train will become shorter. The Green Line will also deal with tunneling through some of the most congested portions of the transit routes used by Northern Hills residents.

Meanwhile, I have been working with the City over the summer to determine what options exist to make improvements for this constituency within existing transit routes. It would benefit this community if small changes could be made to existing transit networks until such a time as the Green Line reaches our community in future phases.

I have attended almost all information sessions and meetings related to the northern portion of the Green Line, and conversations have been held with all relevant municipal and provincial decision makers. Rest assured that I will continue to advocate on behalf of constituents' needs regarding transit and other issues.

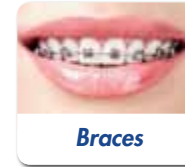
As part of a government that supports inclusive, low-carbon, well-planned communities, I believe it is crucial that all levels of government work together to provide communities with the public services needed in order to make life better for all Albertans.

Please know that you can reach me anytime at calgary.northernhills@assembly.ab.ca or at 403-274-1931.

All the best as you head into a busy fall season!

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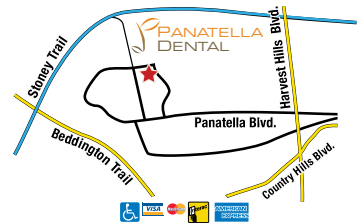
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