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Volunteer Links

For full descriptions go to the website
<http://calgaryarea.com/index.php?p=volunteer>

Alberta Cancer Foundations Events Office

Suite 120, 707 7th Ave SW
Calgary, AB
T2P3 H6
403.775.4676

Alberta Health Services

Calgary, AB
403.943.4702

Calgary Immigrant Educational Society (C.I.E.S.)

Calgary, AB
403.29102

Calgary Opera

1315 7 Street SW
Calgary, AB
T2R 1A5
403.262.7286

Calgary Public Library

616 Macleod Trail SE
Calgary, AB
T2G 2M2
403.260.2600

Calgary Reads

105, 105 12 Ave SE
Calgary, AB
T2G 1A1
403.777.8254

Canadian Mental Health Association Calgary

400, 105 12 Ave SE
Calgary, AB
T2G 1A1
403.297.1700

Canadian Progress Club

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

Cerebral Palsy Association In Alberta

12001 44 Street SE
Calgary, AB
T2Z 4G9
403.543.1161

CNIB Alberta and Northwest Territories

15 Colonel Baker Place NE
Calgary, AB
T2E 4Z3
403.261.7225

CNS volunteer opportunities. City of Calgary

800 Macleod Trail SE
Calgary, AB
T2P 2M5
403.476.7224

CUPS. Health Education Housing

1001 10 Ave SW
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

1200, 910 7th Avenue SW
Calgary, AB
T2P 3N8
403.261.1120

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PO Box 76144, Millrise RPO
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ELECTED OFFICIALS



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 Email: ward02@calgary.ca
 Web: www.calgary.ca/ward2



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 202, 400 Crowfoot Crescent NW
 Calgary, Alberta T3G 5H6
 Tel: 403-282-7980 Fax: 403-282-3587
 Email: pat.kelly@parl.gc.ca

IMPORTANT NUMBERS

| ALL EMERGENCY CALLS 911 | |
|---|----------------|
| Alberta Adolescent Recovery Centre | 403-253-5250 |
| Alberta Health Care | 403-310-0000 |
| 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 |

Royal Oak / Rocky Ridge



| Name | Age | Contact | Course |
|-----------|-----|--------------|--------|
| Abi | 14 | 587-834-1581 | Yes |
| Alicia | 14 | 403-470-2243 | Yes |
| Aliza | 18 | 403-926-7851 | No |
| Allysa | 15 | 403-614-1937 | Yes |
| Amber | 15 | 587-349-4855 | Yes |
| Caitlin | 13 | 403-827-9228 | Yes |
| Cecile | 49 | 402-827-2782 | No |
| Cheryl | 13 | 587-350-8716 | Yes |
| Chloe | 14 | 403-471-5899 | Yes |
| Deeti | 24 | 780-200-8083 | No |
| Erica | 13 | 587-349-2484 | Yes |
| Farnaz | 14 | 403-714-2075 | Yes |
| Gabriella | 17 | 403-208-1698 | Yes |
| Hayden | 12 | 587-435-3773 | Yes |
| Julia | 31 | 587-577-0825 | No |
| Kalyn | 15 | 403-473-7907 | No |
| Nana | 16 | 403-918-4652 | Yes |
| Opey | 22 | 403-975-2600 | Yes |
| Piper | 14 | 587-893-5299 | No |
| Teagan | 15 | 403-400-3438 | No |

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FOSTERING POTENTIAL AND WELL-BEING

Any number of social issues can leave children and youth unable to live at home. Enter Mark and Nancy, foster parents who have cared for more than 65 children in their home over the past 15 years. Children in their care have stayed for a few days, up to a few years, depending on the circumstances, with Nancy and Mark providing each child with support until they are able to return home, are adopted, go live with family, or an alternative permanency plan is in place.

These experiences have proved rewarding not just for Nancy and Mark but for their whole family. “Each of these children have become a member of our family,” says Nancy. To this day they have a number of their foster children come back to visit as adults.

Over the years, Nancy’s philosophy and reasons for wanting to help have remained the same: “Mark and I believe it takes a village to raise a child and we just want

to do our part.” Time and again, Nancy has seen that the more individuals who support a child and contribute healthy experiences, the more these children have thrived, preparing them to make a positive impact on the next generation. Even though the youth and children in her care have come and gone, Nancy feels that the connections formed last a lifetime. “I have often said that when a child leaves, they leave a bit of themselves with us, and take a bit of us with them.” Now that seems like a fair trade.

The third week of October each year is Foster Family Appreciation Week: a week dedicated to celebrating the commitment of individuals, like Mark and Nancy, who open their hearts and homes to children in need.

Tenchoe Dorjee works with community to share the positive impact of Foster Care in supporting vulnerable children and youth in Calgary and area.

YOUR CITY OF CALGARY

You Have Opinions, We Want to Hear Them, Join Calgary’s Online Panel, Citizens’ View



You’re invited to join more than 2,000 people that have signed up for Citizens’ View, Calgary’s online panel. Citizensview.ca makes it easier for Calgarians to share their input anytime, anywhere through online surveys and discussions.

As Citizens’ View continues to grow, The City is working to make sure that they hear from people of all ages and areas of Calgary.

“Creating an even better Calgary takes all of us—not just government,” said Mayor Nenshi. “Citizens are the key to improving our communities and creating the best programs and services for our city. Calgarians are the experts in their lives and I encourage them to share their thoughts about life in Calgary by signing-up at citizensview.ca.”

The City hopes to attract more than 4,000 people that reflect Calgary’s diverse population. Members can expect to receive surveys once or twice a month, join online discussions, and receive information on City events and service improvements.

Calgarians 18 years and older can sign-up for the Citizen’s View at citizensviewcalgary.ca .

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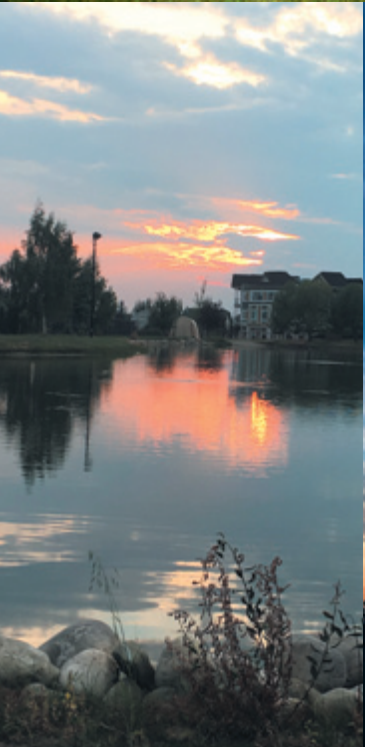
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87 Monthly Community Newsletters
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Photo GALLERY

Photos by Chelsea Marsolais
Top Left Photo by Pierre Bérubé





5 Simple Ways to Ease Migraine Pain

by Dr. Alma Nenshi, Family Chiropractor

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

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

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

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

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

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

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



Are You an “Efficient” Investor?

By Kevin O'Hagan, PFP, FMA, CIWM

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

Invest systematically

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

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

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

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

Reinvest dividends

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

Look for tax-efficient techniques

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

Consolidate investment accounts

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

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

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Last 12 Months ROYAL OAK MLS Real Estate Sale Price Stats

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| August 2017 | \$562,450 | \$551,500 |
| July 2017 | \$586,500 | \$572,500 |
| June 2017 | \$539,949 | \$529,000 |
| May 2017 | \$554,900 | \$547,800 |
| April 2017 | \$599,900 | \$595,500 |
| March 2017 | \$579,450 | \$560,000 |
| February 2017 | \$654,450 | \$627,500 |
| January 2017 | \$494,500 | \$483,500 |
| December 2016 | \$499,900 | \$495,000 |
| November 2016 | \$589,900 | \$584,950 |
| October 2016 | \$498,500 | \$487,500 |
| September 2016 | \$565,000 | \$548,000 |

Last 12 Months ROCKY RIDGE MLS Real Estate Sale Price Stats

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| August 2017 | \$487,450 | \$471,250 |
| July 2017 | \$549,900 | \$546,500 |
| June 2017 | \$544,894 | \$545,500 |
| May 2017 | \$589,900 | \$580,500 |
| April 2017 | \$544,940 | \$535,000 |
| March 2017 | \$564,450 | \$541,000 |
| February 2017 | \$564,900 | \$547,500 |
| January 2017 | \$522,500 | \$516,000 |
| December 2016 | \$515,950 | \$503,500 |
| November 2016 | \$566,412 | \$556,500 |
| October 2016 | \$529,900 | \$530,050 |
| September 2016 | \$599,900 | \$580,000 |

To view more detailed information that comprise the above
MLS averages please visit **royal_oak.great-news.ca**
or **rocky_ridge.great-news.ca**

**Peace by Piece Christmas Marketplace –
Cormack Hall, 903 75 Ave S.W., Nov. 4**

This Christmas market comes just in time to beat the crowds and find interesting gifts to cross off your list this year. Made-by-hand items, home décor, beauty products, tasty treats, paper and fiber arts, hand-made jewellery, and wearables will be on offer. Doors open at 10 am and admission is free. More info facebook.com/peacebypiecemarketplace.

**A Night of Chicago Jazz featuring Ramsey Lewis – Jack
Singer Concert Hall, Nov.17**

Ramsey Lewis is a jazz legend. The iconic jazz star is known for his light swinging jazz that never fails to set the mood, dabbling and shifting through genres and sound through his 50-year career. This prolific artist has recorded over 80 albums, and notably sat in on Earth, Wind & Fire's Sun Goddess. Joined by jazz singer Ann Hampton Callaway and trumpet player Marquis Hill, Lewis will take you on a night of jazz to remember. [More info artscommons.ca](http://Moreinfo.artscommons.ca).

Moscow Ballet's Great Russian Nutcracker – Jack Singer
Concert Hall, Nov. 18

Marking the 25th Anniversary tour, Moscow Ballet's Great Russian Nutcracker features over-the-top production and world class Russian artists. Larger than life puppets, nesting dolls and gloriously hand-crafted costumes bring the Christmas spirit to life. More info artscomons.ca.

Murder Mystery Dinner Theatre: Clue: Murder is NOT a Game! – Fort Calgary, Nov. 17

Murder mystery dinners are an interactive evening featuring fabulous food and entertainment. In the billiards room with the candlestick? In the dining room with the revolver? You are called to Fort Calgary Mansion as a potential witness to the murder of Mr. Boddy. Join Colonel Dijon, Ms. Starlet, Ms. Partridge and Dr. Peach for a full investigation. 18+, 1930s attire (or business casual) encouraged. More info fortcalgary.com.

Professional Bull Riders at the Agrium Western Event Centre, Stampede Park – Nov. 24 & 25

Now slated for an additional night, this event aims to thrill. Featuring Canada's elite cowboys, alongside riders from up to five other countries, squaring off against the rankest bucking bulls from both Canada and the States. Fans will witness exhilarating 8-second rides and wrecks throughout the action-packed event as the PBR's courageous cowboys face off against their 2,000-pound opponents. More info pbrcanada.com.

HIGHER STATES: GLENBOW MUSEUM,
OCT. 7, 2017 – JAN. 7, 2018

Over 60 works of art make up this exhibition that shows another side of one of Canada's greatest artists. From mountains to states of mind, Lawren Harris aimed to always go higher. After his soaring depictions of mountains and icebergs made him famous and became quintessential Canadiana, the iconic landscape painter and member of the Group of Seven turned to abstraction, seeking to find or create "the spiritual in art." More info glenbow.org.



**DOWNTON ABBEY ROAD – JUBILATIONS
DINNER THEATRE,**

NOV. 3, 2017 – FEB. 4, 2018

The Crawley family is all abuzz with anticipation for Lady Mary's birthday celebration, the problem with Downton is that everyone has a dark secret. With more drama than you can shake a 20th century riding stick at, this show will make your family look normal. And it's all set to the music of the most British rock band to ever cross the pond—The Beatles. More info jubilation.ca.



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REAL ESTATE COUNCIL OF ALBERTA



Ask Charles

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

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

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

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

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

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

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

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

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

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. 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.

COMMUNITY ANNOUNCEMENTS

Deadline – 1st 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

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SAFE & SOUND

Halloween Safety

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

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

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