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 All editorial content must be submitted by the 15th of the month for the following month's publication.

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IMPORTANT NUMBERS

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Alberta Health Care	403-310-0000	
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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	
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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	

CONTENTS

- 9 CRANSTON RESIDENTS ASSOCIATION PROGRAMS & EVENTS
- 12 DOLLARS & SENSE: RAISE YOUR "AWARENESS" OF THE BENEFITS OF LIFE INSURANCE
- 15 TAKE ON WELLNESS: THE THREE BIGGEST MISTAKES PEOPLE MAKE TRYING TO LOSE WEIGHT, INCREASE ENERGY, AND GET FIT – AND WHAT TO DO INSTEAD
- 16 CALGARY WILDLIFE: THE HOUSE SPARROW
- 18 AT A GLANCE
- 19 TAKE ON WELLNESS: IT'S NEVER TOO LATE FOR SELF CARE – INTRODUCING THE "POWER HOUR"
- 20 SOUTH HEALTH CAMPUS (SHC) WELLNESS CENTRE
- 26 BUSINESS CLASSIFIEDS
- 28 SAFE & SOUND: UNDERSTANDING MENTAL ILLNESS
- 30 MLA RICK FRASER'S REPORT





Because you value your Community, be sure to purchase your Cranston Community Association Annual Membership!

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Memberships are \$20.00 per family for Cranston residents and \$30 per family for non-residents. Memberships are valid for 1 year from date of purchase.

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Please fill out the above, enclose your cheque or money order, payable to the Cranston Community Association and mail to the following address:

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Cranston Community Memberships can also be purchased at the front desk at Trico Leisure Centre, 11150 Bonaventure Drive SE.



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Alcohol Ink Sampler	Sun, Nov 5 (1-4pm)	\$75
Intro to Drawing Manga	Wed, Nov 15 (6-9pm)	\$65
Watercolour Sampler	Sun, Nov 19 (1-4pm)	\$75

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CRANSTON RESIDENTS ASSOCIATION

CENTURY HALL RENTAL RATES
rentals@cranstonresidents.ca

			Hourly Rates		
	Dimensions	Capacity	Resident	Brookfield Community	Non-Resident
Heritage Hall ABC 2652 sq feet	34 ft by 78 ft	135 dinner	\$80.00	\$92.00	\$104.00
Heritage A 1037 sq feet	34 ft by 30.5 ft	50 dinner	\$50.00	\$57.50	\$65.00
Heritage B 850 sq feet	34 ft by 25 ft	40 dinner	\$40.00	\$46.00	\$52.00
Heritage C 765 sq feet	34 ft by 22.5 ft	35 dinner	\$40.00	\$46.00	\$52.00
Heritage A & B 1887 sq feet	34 ft by 55.5 ft	90 dinner	\$60.00	\$69.00	\$78.00
Heritage B & C 1615 sq feet	34 ft by 47.5 ft	80 dinner	\$55.00	\$63.25	\$71.50
Vista 639 sq feet	18 ft by 35.5 ft	30 dinner	\$45.00	\$51.75	\$58.50
Legacy 369 sq feet	18 ft by 20.5 ft	15 dinner	\$25.00	\$28.75	\$32.50
Seasons 180 sq feet	12 ft by 15 ft	10 seated	\$20.00	\$23.00	\$26.00
Riverside 534 sq feet	17.5 ft by 30.5 ft	25 dinner	\$45.00	\$51.75	\$58.50
Gym 5159 sq feet	57 ft by 90.5 ft	200	Party Package Only	Party Package Only	Party Package Only

Weekday rentals between 9:00am and 4:00pm (excluding holidays) receive 10% discount. Minimum two hour rental for Heritage Room(s)

Additional Charges

After Hours Security fee applies for rentals ending between 10pm and 1:00am.
After Hours Teardown fee applies for rentals ending between 9:30pm and 1:00am.
SOCAN and Re:Sound fees apply for bookings with music and/or dancing.
\$500.00 damage deposit cheque and proof of insurance is required for all rentals.

Revised April 2016 - prices subject to change



CRANSTON RESIDENTS ASSOCIATION

CONTACT INFORMATION

Telephone: 403.781.6614
Fax: 403.781.6655
Email: info@cranstonresidents.ca
11 Cranarch Road, S.E.
Calgary, AB T3M 0S8
Facebook: CenturyHallCranston
Twitter: Centuryhall
Instagram: Cranstoncenturyhall

Century Hall Administrative Office Hours

Monday to Friday
9 am to 5 pm

Century Hall Park Hours

Monday to Sunday
9 am to 10 pm

Administration

admin@cranstonresidents.ca

Programs & Events

programs@cranstonresidents.ca

Facility Rentals

rentals@cranstonresidents.ca

General Manager

gm@cranstonresidents.ca

Cranston Residents: Do you have your membership cards for Century Hall? All residents over the age of 12 are now required to have a membership card for entry to the new Cranston Century Hall Park and facility. Membership cards will also allow you to register for programs offered by the Cranston Residents Association (CRA). Pre-enter your membership card request form available at www.cranston-connect.com and then drop by Century Hall to pick up your card. ****IMPORTANT**** Please use the front entrance only to gain access to the facility.



OPERATION CHRISTMAS CHILD SHOEBOX PACKING

Sunday, November 12, 2017 – 2pm

Join us for a Community Packing Party for Operation Christmas Child! Sign up online for the items you can bring and help us make Christmas a special time for those receiving shoeboxes! Light refreshments will be provided!

More information can be found on our website www.cranstonra.ca

CRANSTON KIDS

Fridays until December 13, 12:30pm – 3:30pm

Grades 1-6

Join the City of Calgary at Cranston Kids for a FREE, fun and an engaging cultural experience. Each week participants will have the opportunity to explore the world through hands-on activities such as art, music and active games. Participants will learn new skills and get to make new friends. See our website for more details.

CRANSTON'S ANNUAL CHRISTMAS BAZAAR

Saturday, November 25, 2017 – 10am-3pm

What better way to find a unique gift for that special someone than by visiting Cranston's 7th Annual Christmas Bazaar? This event will feature a variety of vendors from homemade crafts, local artists, home-based businesses, and so much more! This year's event will feature live music, a coffee bar and small concession.

Make sure you bring some cash with you as many of our vendors are not able to accept credit or debit cards.

Please remember to bring a non-perishable food donation to contribute to our Annual Holiday Food Drive.

~continued next page~





CRANSTON RESIDENTS ASSOCIATION

ADULT CARD AND SOCIAL AFTERNOON

Wednesdays: 1 – 3PM Fee: \$2.00/visit

Are you at home during the day and looking for a way to meet new people in the community? If so, join us at Century Hall every Wednesday to enjoy coffee, tea, snacks, games and great company! We look forward to seeing you soon.

INDOOR PICKLEBALL

Tuesday & Wednesdays: 9am – 12pm & Saturdays: 8-9:45pm Fee: \$2.00/Residents, \$5/Non-Residents

Already a Pickleball lover or curious to find out more about this racquet sport? Come on by any Wednesday morning or Saturday afternoon to join the fun. No experience necessary. There are even some paddles available if you don't have your own.

DROP-IN STORY TIME & BOOK TRUCK - (0-5 YRS)

November 9 & 23

Hosted in partnership with Calgary Public Library you are invited to come and spend time with other parents and children while participating in a 30-minute story time. You can also use this opportunity to sign out and exchange books from the library.

The Book Truck will be available from 10:00AM – 12:00PM with story time at 10:30AM.

FAMILY MOVIE NIGHTS AT CENTURY HALL

November 17, 7-9pm

Enjoy a family movie night, at Century Hall every third Friday of the month from 7-9pm, for the low cost of \$5/ family! This price includes admission, drinks, and popcorn for your entire family! You can't beat that price for a family night out! Movie selections will be advertised every month on our website: www.cranston-connect.com. Everyone is welcome...we hope to see you here!

Big Thank You to Cedarglen Homes for their ongoing support of this monthly event!



Drop-in Rates
Non-Resident Drop in Fee: \$6.00 single visit
5x Pass: \$27.40
10x Pass: \$50.00



Department of Community Health Sciences

We want to learn more about parents' (18 years or older) thoughts and experiences with children's dental health in Calgary. We are also interested in parents' views on various policy choices to improve the dental health of children.

If you are interested in sharing your views and experience, please contact the researchers by email at: dentalhealth.ucalgary@gmail.com or via phone: 1-403-210-7194

If you participate in this study you will be asked to attend a focus group in person, at a central location in Calgary (e.g., community centre). The focus groups will last 2 hours, plus travel time. Reimbursement for your time will be provided (\$35.00 CAD). We will provide child care during the time of the focus group.

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (REB17-0800)

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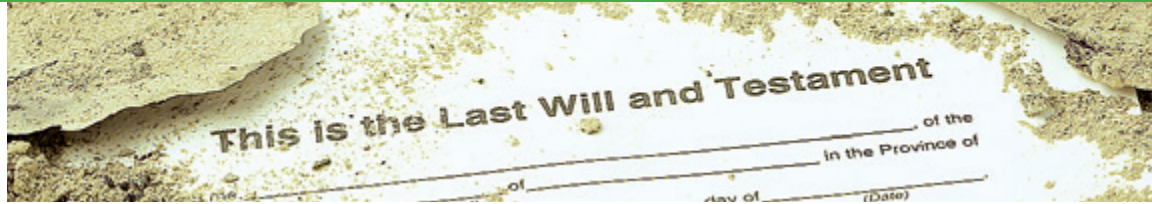
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Raise Your “Awareness” of the Benefits of Life Insurance

By Kevin O'Hagan, PFP, FMA, CIWM

September was Life Insurance Awareness Month in the U.S. When you consider the benefits you and your family may receive from life insurance, you might agree that Canada should also have a month focused on this important part of your overall financial picture.

According to the 2012 Insurance Barometer Study, published by the non-profit LIFE Foundation and LIMRA, a research and consulting organization that specializes globally in insurance and financial services, too many North Americans are uninsured or under-insured. In fact, nearly a third of all consumers think they need more life insurance. And it appears that one of the main reasons so many people lack sufficient life insurance is their perception that they can't afford it. Yet, the cost for basic term life insurance has fallen by about 50 percent over the past 10 years, according to the LIFE Foundation.

The cost — financial, emotional and psychological — of not having adequate life insurance certainly outweighs the expense of carrying the proper coverage. You'll hear about many things that are designed to “last a lifetime,” but in the case of life insurance, that expression is appropriate. Consider the various times in which you should look at the need for life insurance:

When you're married

Many married couples assume they won't need life insurance until they have children. But if you or your spouse died, would the surviving spouse's income be sufficient to pay off the mortgage, or even the rent? How about credit card balances, car loans, or student loans?

When you're married...with young kids

Now, in addition to having to pay off the mortgage if anything should happen to you, your surviving spouse will have to find the money to educate your children — and that's a big challenge, given the rapidly escalating expenses associated with post-secondary education. But with sufficient life insurance in place, your spouse can deal with the high costs of higher education. Furthermore, if you have permanent life insurance, such as whole life or universal life, you have the potential to build cash value, which you may be able to tap to help pay for school — while you're still alive. (Keep in mind, though, that using some of your cash value could lower your policy's death benefit.)

When your children are grown

Even with your children grown and gone, you can benefit from life insurance. For example, if your spouse outlives you by a decade or more, will he or she have enough money to enjoy a comfortable lifestyle?

When you're retired

Your need for life insurance doesn't retire when you do. For one thing, you may be able to access the cash value of your permanent insurance to help meet your retirement expenses. (Keep in mind this may affect your death benefit.) And your policy's death benefit could help your children or other heirs deal with estate taxes, if any exist. Furthermore, if you'd like to be able to pass on something to your children or grandchildren, life insurance may be an ideal vehicle, because the proceeds are typically income tax free and can avoid the time-consuming process of probate.

Life insurance can offer a lifetime of benefits. So, make sure you get the coverage you need.



Ask Charles

I just listed my home, and my real estate agent told me we had to hire someone to professionally measure my home. The measurement was done, and now my agent sent me the bill. What should I do?

The first thing you need to do is check your Seller Representation Agreement (listing agreement). That agreement outlines your responsibilities and the responsibilities of your real estate professional, including who is responsible for costs that may arise during the listing. If the agreement you signed states the seller is responsible for additional costs, or it states the seller is responsible for paying third-party services, such as measurement companies or photographers, you're going to have to pay that bill.

More and more residential real estate professionals are hiring professional measurement companies to measure their listings, but it's not a requirement. There is a requirement to measure residential properties before listing them, but real estate professionals are allowed to do the measuring themselves.

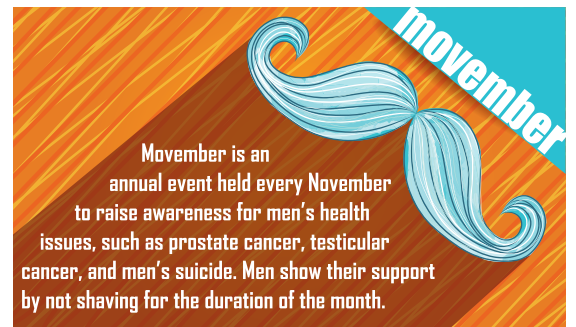
If, for whatever reason, your real estate professional doesn't want to do the measurement themselves, that's fine. There are services out there that will do property measuring according to the required standards, but those professional measurement services come with a cost. Some real estate professionals may pass the cost on to their seller clients and set that out in the listing agreement, while others will see it as a business ex-

pense, for which they will eventually be compensated through the commissions they earn on the sale.

If your agreement doesn't specifically indicate you, as the seller, will have to pay for or otherwise reimburse your real estate professional for third-party services, your real estate professional cannot require you to pay for such a service.

If your real estate professional continues to request payment or otherwise attempt to force you to pay, please discuss it with their broker.

“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.



Sundance Elementary School

Welcome back Sundance families! We are now two months into the new school year and want to welcome any new families and are happy to see so many smiling faces return for another school year.

Everyone at Sundance wants to extend a warm welcome to Micheline Huber, who is taking over as Principal. For anyone that has had the opportunity to meet her, you can feel Mme Micheline's excitement and enthusiasm at making Sundance School the best that it can be. If you have not yet had the opportunity to meet our principal, a great time is to come to a school council meeting and learn about all that is happening at our school.

All students will be participating in a gymnastics unit throughout November. Please ensure that your child is dressed appropriately to climb, balance and tumble.

Have you subscribed to receive messages from the Calgary Board of Education and our school? To do so please go to www.cbe.ab.ca/subscribe to enter your email address and click Subscribe.

Important Dates to remember:

- **Nov 2:** Sundog Fun Lunch- The Lunch Lady (Gr 1-6)
- **Nov 10:** Remembrance Day Assembly
- **Nov 14-30:** Gymnastics Unit in Gym
- **Nov 16-17:** Parent Teacher Interviews
- **Nov 17:** No school
- **Nov 23:** Gr 5 vaccinations
- **Nov 29:** School Council Meeting at 7pm

Accountant Stanley Doherty, CPA, CMA

#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd

dohertysb@shaw.ca

accountingservicescalgary.net

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Cranston mybabysitterlist

Name	Age	Contact	Course
Alex	15	403-719-0734	Yes
Alli	31	403-836-6380	Yes
Amélie	13	403-988-8568	Yes
Andrea	21	403-466-3664	No
Angie	20	587-896-4712	Yes
Ashley	13	403-698-2378	Yes
Christine	27	403-874-5006	No
Dakota	17	403-993-7525	Yes
Emily	16	403-257-5069	Yes
Faith	14	403-860-4670	Yes
Hassan	14	403-475-4662	No
Heather	31	403-966-5233	Yes
Jace	14	403-201-1177	Yes
Jayden	15	403-809-6034	Yes
Marissa	25	403-993-3054	Yes
Mia	15	403-922-6004	No
Mila	24	403-703-4076	No
Morgan	24	403-200-3068	No
Mykayla	13	403-305-7045	Yes
Myrian	19	403-680-0652	Yes
Natalie	14	403-477-0749	Yes
Olivia	13	403-703-4404	Yes
Paige	15	587-353-0366	Yes
Perrine	19	403-708-9311	No
Robyn	23	403-968-8106	No
Savannah	18	587-876-9169	Yes
Shayna	14	587-702-6921	Yes
Stephanie	15	403-726-1475	Yes
Sumel Kaur	19	587-707-2720	No
Sydney	14	403-257-5849	Yes

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.



The Three Biggest Mistakes

People Make Trying to Lose Weight, Increase Energy, and Get Fit – And What to Do Instead

By Kirei Yasunori

We have covered why burning fat, not sugar, for fuel is important. Last month we discussed how weight lifting is the keystone component of exercise. Have you tried moving the weights slowly up and down to a ten count to eliminate momentum and increase the effectiveness of your workout?

This month I will talk about goal setting and implementing new small daily behaviors that achieve the larger dream.

What is your health goal?

Ask yourself why this goal is important. Imagine yourself having achieved this goal. How do you feel and look? What is your energy level? Do you walk taller? Are you proud of your body? Do you feel attractive in your clothes? Can you do the things that are important to you?

Now consider how this person that you have imagined yourself being moves through his or her days. What are

the behaviors that created this person? What choices does this individual make around food, movement, stress? What support does this sort of person seek to achieve goals?

Start to act like this person. Be this healthy human that you are becoming!

Will Durant summarizes the ideas of Aristotle as: "We are what repeatedly do. Excellence is not an act but a HABIT." Commit to the process of becoming that healthy, fit person, not to the goal. Repeat small, healthy behaviors over and over to achieve your dream. Reward yourself for sticking to the process and have patience for your achievements to arrive. Google healthy habits and add one to your life every week. They may be as simple as drinking a glass of lemon water every morning or taking a deep breath and rolling your shoulders once a day. Just keep adding the behaviors that will create the person that you intend to become.

Good luck on your journey to be a healthy, fit person.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 30



The House Sparrow

Article by JG Turner; Photo by Andrea Hunt

The House Sparrow is a member of the Old World sparrow family native to most of Europe and Asia. This little bird has followed humans all over the world and has been introduced to every continent except Antarctica. In North America, the birds were intentionally introduced to the United States from Britain in the 1850s as they were thought to be able to help with insect control in agricultural crops. Being a hardy and adaptable little bird, the House Sparrow has spread across the continent to become one of North America's most common birds. However, in many places, the House Sparrow is considered to be an invasive species that competes with, and has contributed to the decline in, certain native bird species.

Fun Facts:

- The House Sparrow is part of the weaver finch family of birds which is not related to North America's native sparrows.
- The males have a grey crown and underparts, white cheeks, a black throat bib and black between the bill and eyes. Females are brown with a streaked back (buff, black and brown).
- These little birds have only been in Alberta for about 100 years made themselves at home here by taking advantage of urban human environments, where food and home sites are provided.
- In Alberta, House Sparrows can be found in backyards, parks, suburban and cultivated fields, and urban areas. They are rarely found in far northern areas.
- House Sparrow make untidy nests in boxes (sometimes taking over another bird's nest), under eaves, in crevasses in buildings or masonry or stone structures, in spruce trees, and, in cold climates, even in the heat vent outlets of commercial laundries. These birds may raise up to three broods a season.
- These birds usually travel, feed and roost in assertive, noisy, sociable groups, but always maintain wariness around humans.
- Although often disliked for their raucous and unsanitary manners, the House Sparrow provides great fodder for the study of bird behaviours in general because they are so commonly found in areas populated by humans.

If you find an injured or orphaned House Sparrow or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or visit our website at www.calgarywildlife.org for more information.



Reliance (Armour) Block, est. 1910 – 15 4th ST. N.E., Crescents Heights

The Reliance (Armour) Block, better know as Armour Block, is one of the oldest mixed-use buildings in the area, and serves to symbolize the historical, vibrant, high-street character and importance of Fourth Street NE.

Construction of the building began in 1909 for Thomas Wiggins, a previously established Riverside grocer. The building originated as a small two-storey structure to house his grocery business, with his residential quarters above. In 1910 it was extended south to form the two-storey Reliance Block, providing increased space for Wiggins, as well as two additional storefronts for a hardware store and meat market with apartments above. In 1911 a third storey was added, increasing its residential accommodations. The three-storey extension Armour Block was added in 1912 with early tenants being the Dominion Bank and a billiard hall. From 1915, until at least the Second World War, a basement space known as 'Wiggins Hall' was a community/dance hall.

Originally the main route to Edmonton, Fourth Street's commercial importance was solidified in 1911 when it became a streetcar route. The Armour Block contributed to the retail street wall, serving local residents' regular needs, while other small retailers, plus a substantial department store (Slingsbys) created a retail corridor. While the retail importance of the area gradually faded, the building continued to function as home of the Riverside Department Store (1950-77).

The upper floors of the building were developed as residential quarters for recent immigrants and other citizens in response to the acute housing shortage which occurred during the 1909-13 boom. Exemplifying the historical demographic character of the neigh-

bourhood, residents included working-class occupants with a wide variety of nationalities. Notably, there were a disproportionate number of Jewish residents that called the building home over its early decades (relative to Calgary's small Jewish population) and in 1915 the basement hall inaugurated the first 'House of Israel' congregation, service and celebration. The diversity of the building's residents was illustrative of the community's traditional multi-ethnic, working-class character.

The Armour Block is also significant for its Edwardian Commercial-style architecture, and is a rare example of a substantial, historic mixed-use building in the community. Defined by its multiple development phases, the red-brick façade displays compatible but discontinuous detailing. Uniting the building are storefronts with large display windows and recessed entries. Extant elements of the interior, such as the store's pressed-metal ceilings, the basement hall's finishes and the upper-storey staircases and layout offer hints to the typical but attractive, original appearance.

Article and photo provided by Discover Historic Calgary via calgary.ca.

YOUR CITY OF CALGARY

Nominations Open for Advisory Committee on Accessibility's Annual Awards

Do you know an individual, group or organization who is removing barriers for people with disabilities in Calgary? Nominate them for one of three annual accessibility awards sponsored by the Advisory Committee on Accessibility. Categories include:

- Advocacy Award
- Access Recognition Award
- The Ella Anderson Accessible Transportation Award

The nomination deadline is Friday, November 17. Visit calgary.ca/accessibility for more information.



The Whimsical Holidays of Thomas Roy

American actor Thomas Roy and his wife have created a number of "special" holidays. Among his November holidays are: "Cook Something Bold and Pungent Day", "Married To A Scorpio Support Day", "Have a Bad Day Day", "Name Your PC Day", "Blasé Day" and "Stay Home Because You're Well Day".

THE SANTALAND DIARIES – LUNCHBOX THEATRE, NOVEMBER 27 – DECEMBER 23

This is one elf that won't make the nice list. His name is Crumpey and he'll tell you the truth about Santaland. An out of work and broke actor in New York city takes a job as an elf in Macy's Santaland Village. The behind-the-scenes reality of holiday cheer is not the blissful peppermint dream that he had imagined. Based on David Sedaris' hilarious book chronicling his outlandish experience working as an elf in a Macy's Santaland, The Santaland Diaries is a one-man riff on one elf's truly odd encounters with his fellow man. More info: lunchboxtheatre.com/the-santaland-diaries/



TREES WITH TEA – YYC BEESWAX HQ, DECEMBER 5

Join us for a fun evening of candle making fun! We'll have hot tea for you to enjoy as you learn about bees and beeswax. After that, we'll celebrate the season by making some adorable beeswax tree candles. This is a perfect workshop for kids to make Christmas gifts! Instruction and all materials are included. More info: <https://www.eventbrite.ca/e/trees-with-tea-tickets-3625547811?aff=es2>.



A CHRISTMAS TALE CARRIAGE HOUSE INN, DECEMBER 17

An incredible event for the whole family in Calgary! Beautiful, full of fun and magic Christmas show with Santa will take you into the world of music and dance. Magic tricks and games with Santa and his friends will provide you and your family with an unforgettable experience of the Christmas spirit and fill your holidays with joy. Children under 2 years old are free. More info: artstarcreations.net/category/news/.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

International Christmas Market – Spruce Meadows, Dec 1 - 3

This final weekend of the International Christmas Market invites you to take in over 250 vendors in the indoor comfort of Spruce Meadows. Take in the lively, festive atmosphere while crossing those last few gifts off of your list. Live entertainment, dining, choirs, and much more. More info: sprucemeadows.com.

Boy film screening – Esker Foundation, Dec. 7

Boy is a dreamer who loves Michael Jackson. Boy's other hero, his father Alamein, is the subject of Boy's fantasies, and he imagines him as a hero and a close relation of Michael Jackson. In reality Alamein is an inept, wannabe gangster who has been in jail for robbery. When his father returns home, Boy is forced to Sidewalk Citizen will be providing complimentary treats for this screening. Dir. Taika Waititi, 2010, 87 mins. Event is free, registration essential. www.eventbrite.ca/e/boy-registration-37158757845?aff=es2.

A Cowtown Christmas by Cowtown Opera Company – Central United Church, Dec. 9

Do you hear what I hear? It's your annual get-together with your opera-singing relatives! This year dress in your pajamas and most festive onesie receives a prize. Baby, it's cold outside and Cowtown is the musical equivalent of a warm cup of cocoa. You'll laugh, sigh, and sing-along (of course!) to your favourite Christmas tunes. Hosted by Calgary's beloved Heebie-Jeebies, and featuring Calgary's top musical talent, come celebrate the most wonderful time of the year. More info: cowtownoperacompany.com.

The Brick Teddy Bear Toss – Scotiabank Saddledome, Dec. 10

The annual Teddy Bear Toss is hosted by the Calgary Hitmen in support of children in need in Calgary. Bring a teddy bear or plush toy of your choice and at the end of the first period all in attendance will toss their toys onto the ice. Last year almost 24,000 toys were collected to put under trees all over the city. This year the hitmen will square off against the Moose Jaw Warriors. Tickets and info: hitmenhockey.com/teddy-bear-toss.

TAKE ON WELLNESS

It's Never Too Late for Self Care – Introducing The “Power Hour”

By Kelly Newman



For those of you who missed the beginning of September to start, or stick with your self-care routine and rituals, you are not alone. So many women struggle to make time for themselves, and they put their needs at the bottom of their never-ending to do list. One of my biggest “A-ha’s” was the realization that I am always going to feel like I have too many balls in the air. The never-ending chore list is never going to be done. So why wait until everything else is done, before I start taking better care of myself? Life is not going to get easier. My responsibilities are not going to go away, so how can I learn to manage my life experience without constantly feeling like I am barely able to keep my head above the water?

The only way we make our experience of our lives better is by becoming curators of our own wellness. We make taking care of ourselves a priority within our lives and we practice self-care. I am not talking about “lavish” self-care. Manicures, pedicures, shopping...all of those things are fantastic and fun and but what I am really referring to when I speak of self-care is daily rituals and routines that promote the nourishment of our bodies, minds, and spirits. They are the practices that help us tune into and keep in touch with ourselves; our needs, our wants and our dreams and our desires. Most women are very in-tune with what the people they care for in their lives need, but at times they are so focused on everyone else that they lose touch with themselves. To reconnect internally, I recommend that women

invest one hour per day, on herself, by herself, with herself. And that she uses that time to listen to her own voice, to hear her own thoughts, to own her feelings and emotions and decide from a place of calm and clarity what she is going to do about all of it.

Self-care is about making time and space for yourself, amidst all of your other roles and responsibilities. For myself and my clients, one of my favourite exercises is what I refer to it as the “Power Hour.” 20 minutes of moving your body, 20 minutes relaxing or meditating and 20 minutes doing something you love. A daily practice like this restores your reserves and puts you back in touch with your own experience. When we are more connected to ourselves, we are less reactive. We have more clarity about our priorities and values. We are more focused on what really needs to get done and what can wait.

When we create a time and space to breathe, to be ourselves, to be with ourselves every single day, we learn to care for ourselves. And when women practice excellent self-care, they feel more centered and in touch with themselves and thriving becomes the life experience instead of surviving. The more we learn to fill our own buckets, the more our overflowing buckets fill others' buckets. For this next month, I challenge you to practice excellent self-care and start your own “Power Hour” rituals, and become a curator of your own wellness!

South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health education programs. Full program information can be viewed in the Fall Program Guide. See below for some of the programs happening in November 2017. Registration information and program guide can be found at www.ahs.ca/shcwellness or call 403-956-3939.

South Health Campus YMCA

Did you know YMCA Calgary operates fitness facilities here at South Health Campus?

For more information call the South Health Campus YMCA at 403-956-3900

EMOTIONAL WELL BEING:

Meditation Drop-in

Every Tuesday 5:00-5:45pm

Drumming Up Wellness

Every Friday 1:30-2:30pm

Mindfulness Practice Sessions

November 10 12:15-1:15pm

HeartMath®

November 1 6:00-8:30pm

Happiness Basics

4-Week Series starts November 8
5:30-7:30pm

Fight, Flight or Freeze and other Conflict Strategies

November 30 1:00-3:00pm

EMPLOYMENT &

MONEY MATTERS:

Registered Disability Savings

Plan Workshop

November 7 6:00-8:00pm

HEALTH MANAGEMENT

Let's Talk About Menopause

November 2 9:30-11:00am

Understanding Medications

Used in Management of Atrial Fibrillation

November 9 1:00-3:00pm

Stroke 101

November 20 9:00-11:00am

Sleep the Keystone to Health

November 21 6:30-7:45pm

Heart Healthy Cooking and Living

November 9 2:00-3:00pm

Living Well on Prednisone:

Nutrition & Side Effects

November 28 10:00am-12:00pm

CAREGIVER / FAMILY SUPPORT & SUPPORT GROUPS

Conversations and Decisions that Count (Advanced Care Planning)

November 23 1:00-2:30pm

Protecting Seniors from Cyber Scams and Online Fraud

November 29 10:00-11:30am

SupportWorks

Wednesdays 6:00-8:00pm

Alcoholics Anonymous

Wednesdays 8:00-9:00pm

Narcotics Anonymous

Thursdays: 8:15-9:15pm

Saturdays: 6:30-8:00pm

Sundays: 7:00-8:00pm

Smart Recovery:

Sundays: 3:00-4:30pm

PARENTS/PARENTS TO BE

Baby and You for Moms

4-week Series Begins November 1
10:00am-12:00pm

Cooking Your Way to Wellness in Pregnancy

4-Week Series Begins November 6
6:30-8:30pm

Feeding Your Baby

November 16 1:00-3:00pm

Nutrition for New Moms

November 2 1:00-3:00pm

Story Time & Play Date

November 17 &/or 24 10:00-11:30am

Healthy Eating for Pregnancy

November 22 6:30-8:30pm

Daddies and Babies

2-Week Series Begins November 18
10:00am-12:00pm

FOOD, NUTRITION & COOKING

The Top 5 Tips to Reduce Calories

November 1 6:00-8:30pm

Eating for Good Health

2-part series begins November 22
5:30-7:30pm

ATCO Blue Flame Kitchen (Demo or Hands-on): (Note: \$Fees apply)

Substantial Salads

November 2 7:00-8:00pm

Homemade Calzones

November 4 10:00-11:30am

Canadian Classics

November 16 7:00-8:00pm

EnergizeNutrition.ca: (Hands On) (Note: \$Fees apply)

Healthy Holiday Cooking – Delicious and Healthy Sides, Snacks and Desserts

November 23 5:30-7:30pm

PoppyInnovations.ca (Hands On): (Note: \$Fees apply)

Gate to Plate: Moroccan Tagine

November 15 6:00-8:00pm

Canning: Throwback to Summer

November 29 6:00-9:00pm

Krazy for Krauts

November 30 6:30-8:00pm



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Most programs require registration. Please see our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939.



Your Personal Home Library

By Barbara Sharrock, bshorrock@telus.net

When you have an interest in a topic or hobby, it is only natural to read about it, and serious readers all have their own libraries. While we are blessed with an excellent public library system in Calgary, you can't pop by at midnight or 6:00 am when you want to look something up; hence the personal library. I have been collecting books about plants and gardening for years, and have my favorites. Check them out, and add to your own collection those that sound appealing and appropriate for this time in your life. (I have several about vegetable gardening, for example, which no longer apply as my shady garden now grows only flowers.)

Lois Hole's Perennial Favorites – Although published in 1995, it is still the essential primer for perennials in Alberta. Contains descriptions of her 100 favorites, and most will be found in local Calgary gardens.

Lois Hole's Bedding Plant Favorites – 92 of her favorite annuals, as of 1994, and still applicable to our Alberta gardens. This is a must for the beginning gardener with perfect pictures and clear descriptions.

And other books by Lois and Jim Hole – many others on Trees and Shrubs, Vegetables, Roses, and Bulbs.

Great Canadian Plant Guide by Trevor Cole – Short descriptions and photos of 3000 plants sorted by their Latin names. You will be comfortable with botanical names by the time you have read through this one, guaranteed. A small and compact little volume that fits in a handbag.

The A-Z of Garden Flowers by Bay Books – This one is a bigger volume, with many tender varieties that are not hardy here, but a great resource to have on the library shelf when a name comes up that needs researching. I don't find their zone information to be very accurate – they think everything needs Zone 7 or better, even our hardy Cranesbill Geranium!

Encyclopedia of Container Gardening by Geoffrey Burnie – Absolutely anything that grows in a pot, outdoor or indoor.

Front Yard Gardens by Liz Primeau – Fabulous ideas for projects large and small – great photos of examples to copy.

Herbs, the Complete Gardeners Guide by Patrick Lima

Best Bulbs for the Prairies by Liz Leatherbarrow & Lesley Reynolds – These are Calgary Horticultural Society women who really know their stuff. They have written several books.

The Prairie Gardener's Book of Bugs by Nora Bryan & Ruth Stahl – You may not need this every month, but there are times it is real handy to have at your fingertips.

Alberta Yards & Gardens, What to Grow by the Alberta Agriculture Food & Rural Development. – A big book for under \$10.00 full of valuable information. Order online through the Alberta Government.

If you have a favorite gardening book, please email me and let me know so I can add it to the list!



One Redd, Two Redd, Three Redd, Brown Redd!

Calgary River Valleys announces the 2017 Lower Elbow River Redd Count on November 10, 2017.

No, we haven't spelled redd wrong! Redds are the nests that trout create in which to lay their eggs. In the fall, the female brown trout, when she finds just the right size and depth of clean gravel in a riverbed, wriggles her tail vigorously back and forth creating a small depression. The eggs are deposited, fertilized and then incubate in place overwinter until little fry (baby trout) emerge in the spring.

On November 10, 2017 Calgary River Valleys under the leadership of aquatic biologist, Chris Bjornson, will be guiding university students on the 21st Elbow River brown trout redd count from the base of the Glenmore Dam to the confluence with the Bow River.

Typically, redd counts might be done every 5 years. However, funding from a variety of sources including current funds from the Land Stewardship Centre has enabled Calgary River Valleys to conduct redd counts on an annual basis.

According to Chris Bjornson of Golder Associates, annual counts provide an early indication of trends over time. This was key when assessing the impacts of the 2013 flood. From a high of 427 redds in 2000 the number of redds dropped to 101 in 2014, post-flood. Counts in 2015 and 2016 are revealing a slow recovery. For more information see www.calgaryrivervalleys.org and YouTube at <https://tinyurl.com/y76nytuf>

What will be the story on November 10, 2017?

Calgary River Valleys is not sure but, on the day, we invite your participation to find out. New for this year Calgary River Valleys is offering observation spots on a third raft that will follow the two "count" rafts. Observers will be divided into two groups with one group in the morning and the other group jumping in at Stanley Park in the afternoon. If floating/walking down the Elbow River is not your cup of tea in November you can meet the redd counters at lunchtime at Stanley Park where there will be an informal talk, displays and the opportunity to indulge in the latest river fashion, chest waders, to view redds opposite Stanley Park.

Observation spots are limited. You must email calgaryrivervalleys3@outlook.com and reply to the skill-testing question, "Do you want to participate in the 21st lower Elbow River Redd Count?"

Calgary River Valleys thanks the Land Stewardship Centre, Chris Bjornson, The City of Calgary and of course the brown trout for giving us this opportunity

Calgary River Valleys champions and engages the public in the protection, appreciation and stewardship of Calgary's rivers, creeks, wetlands and water resources.

We are the voice of our rivers.

Remember, Remember the Fifth of November

G

uy Fawkes Night is celebrated annually in Great Britain every November 5th, celebrating that King James I survived an assassination attempt on his life on that day in 1605. The people celebrated by lighting bonfires, a tradition that continues to this day.



Do You or a Family Member Qualify for the RDSP?

By Toddy Kam, CFP®, CFA

The Registered Disability Savings Plan (RDSP) was introduced in 2008 to help individuals with severe and prolonged disabilities save for their long-term financial security. However, many Canadians have not yet taken advantage of its benefits, which can help disabled individuals provide a better future for themselves and their families.

A participant may hold only one RDSP account, which is limited to a lifetime total of \$200,000 in non-government contributions. Contributions are not tax-deductible, and the plan is not designed as a short-term savings vehicle or for regularly withdrawing money in the short term.

RDSP benefits include the following:

- Contributions accumulate tax-free until the money is withdrawn.
- Contributions do not impact federal benefits and have little, if any, impact on provincial benefits.

Government Grants and Bonds Available

If eligible, you can help build your RDSP with government grant and bond contributions.

Savings bonds – The government may pay into an RDSP a Canada disability savings bond of up to \$1,000 annually, up to a maximum lifetime limit of \$20,000, dependent only on family net income with no personal contributions required.

Savings grants – An RDSP beneficiary may receive a Canada disability savings grant of up to \$3,500 per year, up to a maximum lifetime limit of \$70,000. The amount is based on contributions and family net income.

Both bonds and grants are available until the year the participant reaches age 49. Generally, bonds and grants must remain in the account for at least 10 years before a withdrawal may be made, and withdrawals must begin by the end of the year in which the participant reaches age 60. Additionally, for any account established on or after January 2011, the RDSP may carry forward unused grant and bond entitlements up to 10 years preceding its opening.

Rollover Option

As of July 2011, a deceased individual's Registered Retirement Savings Plan (RRSP), Registered Retirement Income Fund (RRIF) or Registered Pension Plan (RPP) can be rolled on a tax-deferred basis into an RDSP for a financially dependent infirm child or grandchild. This option is often overlooked.

It's important to be informed about the steps you can take today for your financial future, including knowing if you or a family member may qualify for the RDSP.

REMEMBRANCE

Canada observes the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.



Know the Signs of Stroke and What to Do

A stroke is a sudden loss of brain function caused by the interruption of blood flow to the brain (ischemic stroke) or the rupture of blood vessels in the brain (hemorrhagic stroke). The interruption of blood flow or the rupture of blood vessels causes brain cells (neurons) in the affected area to die.

The effects of a stroke depend on where the brain was injured, as well as how much damage occurred. A stroke can impact mobility, sight, memory, speech, reason, and the ability to read and write.

Stroke is a medical emergency. It's crucial to call 911 or get to an emergency department immediately if experiencing signs of a stroke, even if the symptoms pass.

General symptoms of a stroke include:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

F-A-S-T is a simple way to spot the main symptoms of a stroke.

F = Face. Is it drooping?

A = Arms. Can you raise both?

S = Speech. Is it slurred or jumbled?

T = Time. Don't waste it. Call 911 right away.

Acting quickly can improve your survival and recovery.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.



November is Adopt-a-Senior-Pet Month

The City of Calgary's Animal Services is proud to feature their Seniors-for-Seniors adoption program during 'adopt-a-senior-pet' month. The program's focus is to connect mature dogs and cats with owners who are 60 and over. Through this, a 60% adoption fee discount is offered to seniors when adopting a senior animal (age 7 or older).

Senior cats and dogs, while mature and well-socialized, are often overlooked by adopters because of their age. However, when well cared for, senior animals can be a source of love and companionship for many years to come. Ideally, the owner and pet will complement the lifestyle and pace of each other.

The program's goal is to enrich the lives of both pets and people. The adopter can benefit from reduced loneliness, increased opportunities for exercise, socialization and companionship. Owning a pet also has added health benefits (such as lowering blood pressure and cholesterol).

To inquire about adopting a senior pet, please visit www.calgary.ca/adoptapet.



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

LAWYER/NOTARY: Professional client-centered legal services for wills, power of attorney, personal directives, family law, (divorce prenuptials etc.) Real estate, and contract review. Kimberly DesLandes 212, 20 Sunpark Plaza SE. Call 403-998-7872 or email kim@strathmorelaw.ca.

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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

FLC SENIORS CLUB 55+: (Based out of Trico Centre SE) Tai Chi, call Juliette 403-225-1593 or email taichi@flcseniors.ca. Line Dancing, call Ann 403-254-9181 or email linedancing@flcseniors.ca. Winter session starts January 2018. For more activities, visit www.flcseniors.ca.



Dear Great News Publishing,

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Understanding Mental Illness

Each year, more than 810,000 individuals in Alberta consult a physician for addiction and mental health services.

Mental health problems are health conditions that impair an individual's thinking, mood, and/or behaviour (or a combination of these). This impairment leads to distress and/or reduced functioning, such as trouble going to work, completing daily activities, and carrying on with usual relationships.

Although there are many types of mental health problems, the most common ones are depression and anxiety. Depression affects about 2 million Canadians 20 years of age and older at some point in their lives. Depression is often seen with other mental health problems and physical illnesses including heart disease,

stroke, and physical disabilities. About 2.5 million Canadians 20 years of age and older live with an anxiety disorder. Schizophrenia and bipolar disorder (also known as manic depression) are less common, but can have a huge effect on the quality of life of people living with these illnesses.

With support and treatment, people with mental illnesses can lead full, productive lives. Early intervention and support is vital. Research shows that half of all lifetime cases of mental illness begin by age 14.

AHS provides mental health services to all Albertans, including children and youth, adults and seniors, as well as indigenous people, new immigrants and refugees.

Providing support to a family member or friend with a mental illness can be rewarding as well as stressful. It's important to also take care of yourself. For more information about how to take care of a loved one with a mental illness, please contact the 24/7 Mental Health Helpline at: 1-877-303-2642 (toll free within Alberta).

Should a crisis occur, there are a number of crisis services offered throughout the province, these include the following:

- 24/7 mental health helpline and 24/7 addictions helpline
- Crisis/Distress Lines:
 - Edmonton 780-482-4357 / 780-342-7777 (Mobile Response Team)
 - Calgary 403-266-1605 / 403-266-HELP (4357)
 - For other locations: <http://suicideprevention.ca/alberta-crisis-centres/>
 - Text: Calgary Connect Teen
 - Online Chat Distress Centre: <http://www.distresscentre.com/>

Silver and Golden Girls

The girl's name Aurelia comes from the Latin word for golden (aurelius). If you wanted to name a girl after the Latin word for silver, the name would be Argentina (from argenteus).



Treating the Litterbox Blues

By Jennifer L. Scott, D.V.M.

A cat missing the litterbox or refusing to use the litterbox is easily the first, second, and third most common reason a cat owner will seek out veterinary advice. Unfortunately, if not successfully treated, it is also why an owner may elect to euthanize or rehome a pet cat. Effective treatment with a single simple solution is often difficult.

Seeking help for inappropriate urination early is critical. What started as a medical problem can become a habit the longer the cat continues to urinate outside the litterbox, then treatment becomes more complicated. Minimal medical workup should include physical examination, bloodwork and urinalysis, and radiographs of the bladder. Radiographs or x-rays will also allow evaluation of a cat's bones for arthritic changes. Back pain may make a cat avoid stepping into the box and being squeezed into uncomfortable shapes. Very old cats may have some cognitive problems.

Basic management to try and treat cats peeing and/or pooping outside the litterbox starts with keeping the litterbox clean. Use a litterbox that is one and one-half times the length of the cat from nose to base of the tail. Try uncovered and covered litter boxes, if possible. Try cutting a second hole at the other end of the litterbox cover. Keep the litterbox out of high traffic, noisy, drafty areas and provide a little light, especially for elderly cats. Older cats may also need a slightly lower entrance if it hurts to step into the box. Long-haired cats may need hair between the toes and around the rear end trimmed.

Get creative. Try different kinds of litter in boxes, and avoid perfumed litters. Try moving the litterbox to a

new location. If the cat had a painful infection or bladder stones, it may associate the current location with pain when he urinated. A litterbox by a furnace that turns on now and then with a loud roar is not the best location.

Rule of thumb in multiple cat households is to offer one more litterbox than the number of cats. If there is conflict between cats in the household it may need to be addressed. If the cat is marking around windows and doors because it's seeing cats outside the house, that may require action to prevent the cat seeing out of that window or door. Marking territory and anxiety are two of many underlying reasons a cat may eliminate outside the litterbox.

Appropriate medical treatment can be started if your veterinarian finds a medical reason. Behavioral causes are much more complicated. Veterinarians stock two products sold over the counter which can be plugged into the wall to release a pheromone into the air which may reduce anxiety and competition between cats. There is also a veterinary diet called Calm diet, which many of my clients have had success with. There are many effective anti-anxiety drugs on the market today to treat cats, as well as some alternative treatments. In most cases, more than one tool needs to be utilized and finding the combination of effective tools can be a journey before success is achieved.

Over the last few decades, the veterinary profession has become more successful at treating inappropriate elimination in cats, but still treating difficult cases demands a huge commitment and partnership between pet owner and veterinarian.



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The month of September was a busy one for me, speaking to concerned constituents about traffic in south Cranston, school playground funding and Bill One issues with bussing and bell times. I continue to work with parents and Ministers offices in this regard. Please continue to contact my office with feedback so I can be your voice in the legislature and do my best to resolve your issues.

The Cranston 212th interchange has begun construction. This project is an equal cost-share between the Government of Alberta, the City of Calgary and a consortium of developers led by Brookfield Residential. This project will allow for the development of land in Seton, Rangeview and Cranston. It will also greatly improve access to the South Health Campus and additional emergency services, the eventual terminus station for the Green Line LRT, and to commercial and office areas. The interchange will relieve the current morning traffic nightmare leaving south Cranston and allow constituents to exit the community in a timely manner.

Events and congratulations

- Parks Foundation Celebration of the Rotary/Mattamy/Greenway project (I visited the Mahogany location)
- Camp FYrefly brunch
- attended Pride Parade
- Congratulations to Outdoor Dental on their one-year anniversary party (Seton)
- Silverado Community Association Fun Run
- South Health Campus Fun Run
- Grandparents day at Auburn Heights Retirement Residence
- World Suicide Prevention Day Centre for Suicide Prevention event
- Toured the University of Calgary Students Union and met with Student Council
- Traffic Safety Day at Auburn Bay Elementary
- Ward 14 Community BBQ
- Second Cup Mahogany Grand Opening
- Seton Age Care Men's Breakfast
- ATB Financial Mahogany Grand Opening

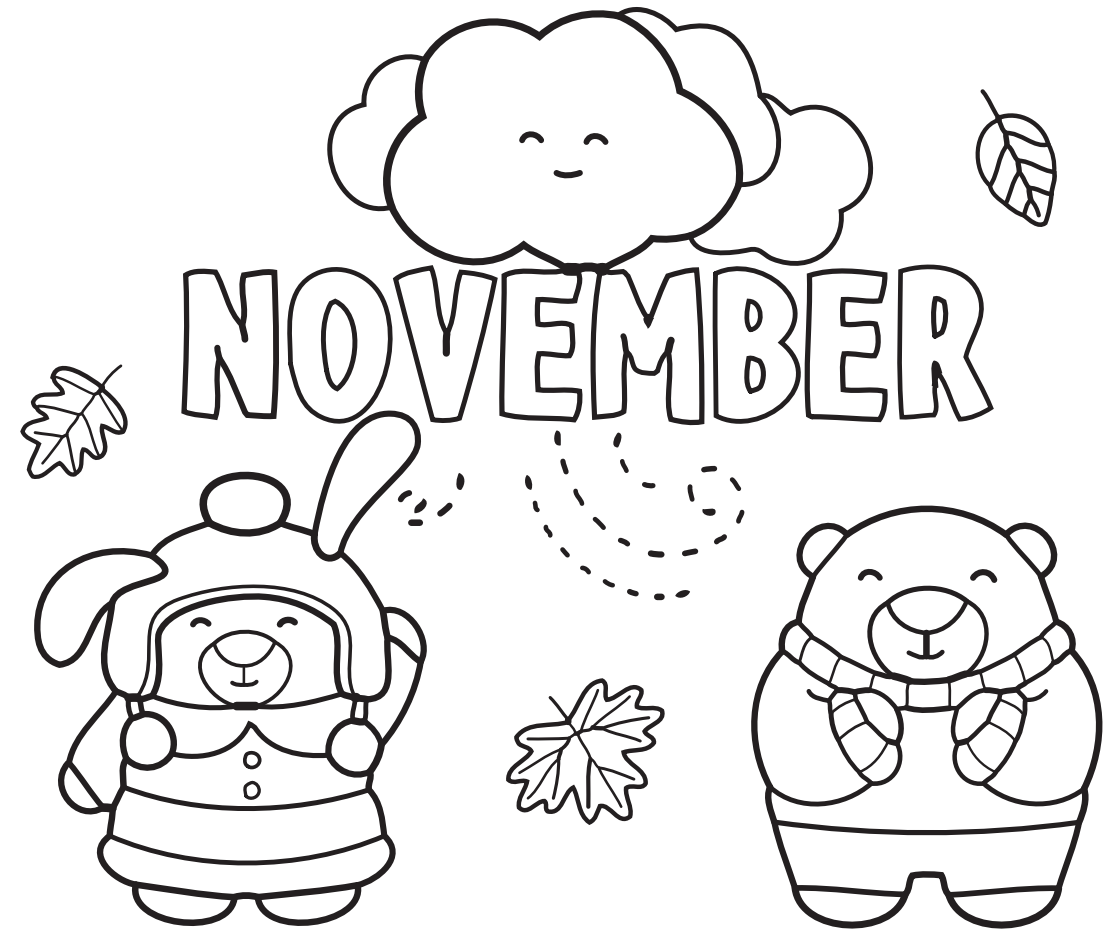
- Cranston Residents Association AGM
- Cranston Harvest Festival

Did you know?

- Our office presents congratulatory scrolls for anniversaries and birthdays. Birthday scrolls are available to constituents celebrating their 65+ birthday, in five-year intervals. Anniversary scrolls are available to constituents celebrating their 25+ anniversary, in five-year intervals.
- I will visit your child's school and speak about the role of an MLA, government, and answer students' questions.
- Our office provides free notary service to constituents. Please call to book an appointment.
- I am available to attend constituency events. Please contact my office to schedule.

BRAIN GAMES SUDOKU

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





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Cranston Real Estate Update

Last 12 Months Cranston
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2017	\$494,900	\$483,750
August 2017	\$459,900	\$450,000
July 2017	\$473,750	\$462,000
June 2017	\$499,450	\$487,000
May 2017	\$499,850	\$491,250
April 2017	\$499,700	\$480,150
March 2017	\$459,450	\$454,375
February 2017	\$519,900	\$508,000
January 2017	\$514,900	\$501,250
December 2016	\$434,900	\$425,000
November 2016	\$504,900	\$491,500
October 2016	\$422,450	\$410,000

Last 12 Months Cranston
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2017	59	30
August 2017	39	31
July 2017	32	26
June 2017	61	38
May 2017	47	42
April 2017	47	38
March 2017	41	30
February 2017	32	19
January 2017	17	10
December 2016	16	13
November 2016	18	18
October 2016	31	30

To view more detailed information that comprise the above MLS averages please visit cranston.great-news.ca

Family Matters

at St. Mary's University

For the Strother Family, Catholic Education and St. Mary's University run in the family! Ricky is currently in his second year while brother Joey recently graduated from St. Mary's and is currently working as a teacher in the Calgary Catholic School District. Their father Gary is Chief Superintendent of the CCSD and mother Kathie, an award-winning retired teacher for CCSD, and the family dog Cujo, volunteer regularly with the Pet Access League Society, and are frequently on campus helping St. Mary's students de-stress before exams.

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