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Editorial Submissions

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

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All advertisements must be submitted by the 1st of the month for the following month's publication.

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The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Cranston Community Association.

The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and Cranston Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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

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

Benefit from sports, activities and partner discounts. Gain preferred access to youth and community events and programs. Secure a vote at public meetings, or make a difference by joining the Board, and more.

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.

Name: _____ **Spouse Name:** _____

Address: _____ **Postal Code:** _____

Contact Phone: _____ **Email:** _____

Number of children: _____ **Age(s) of children:** _____

☐ **Yes, please contact me about volunteering**

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

Cranston Memberships
 11 Cranarch Road SE
 Calgary AB T3M 0S8

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



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SUN - SENIORS UNITED NOW

A Seniors United Now (SUN) Chapter Event

Keep your Independence

Guest Speaker: Shawna Rauquist-Smith

Finding Balance Campaign (dedicated to reducing senior's falls)

Thursday, October 12th, 2017

Meeting registration at 12:30pm

Presentation at 1pm

Nose Hill Library Program Room
 1530 Northmount Dr. N.W.

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SUN Administration Office: 780-449-1816

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Email: uniteknow@telus.net

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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

Facilities Manager

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.



RIVERSTONE FALL FESTIVAL

Saturday, October 14, 2017 – 10am – 12pm

Join us down in Cranston's Riverstone for a beautiful Fall Festival. We will roast hot dogs over a wood fire, explore the wonders of fall with a scavenger hunt, and make a special fall craft.

This event is free but for preparation purposes an RSVP is required. Please RSVP on the event page at www.cranston-connect.com.

HALLOWEEN SPOOKTACULAR

Saturday, October 28, 2017 – 1pm – 3pm

We are inviting all ghosts and goblins to our annual Halloween event! Families will enjoy a variety of activities here at Century Hall! With a haunted house for those who are brave and a fun activity and games area for those who are not quite ready for the bigger scares. What would Halloween be without some pumpkin carving too!

This event is free but for preparation purposes an RSVP is required. Please RSVP on the event page at www.cranston-connect.com.

CRANSTON'S ANNUAL CHRISTMAS BAZAAR

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

Vendor applications are currently being accepted for our 7th Annual Christmas Bazaar. With more than 700 shoppers last year it's a great way to connect with people looking for just the right gifts.

Vendor information and applications may be found in the events section of our website: www.cranston-connect.com

~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)

October 12 & 26

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

Despicable Me 3 -October 20, 7-9 pm

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



CCSD BOARD OF TRUSTEES

Website: www.ccsd.ab.ca/board-of-trustees • Email: trustees@ccsd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

Did you know that one of the primary roles of a school board trustee is to act as an advocate for students? An advocate is defined as someone who publicly supports or recommends a particular cause or policy. School board trustees act as advocates for students and education in some of the following ways.

Advocating for important education issues. There are core provincial educational standards and funding formulas common to all school boards, but our local school board decides how to best meet local education needs. It's also our board's responsibility to lobby the province and others who need to know about our community's educational interests and concerns. We don't have the power to tax local communities, but we do decide within certain parameters how the money gets spent. We also make decisions on the direction and quality of local education, independent of the provincial government.

Advocating for schools where students live. We also advocate for supports and funding to meet the needs of the students we serve. Capital funds are for building schools, modernizing schools and adding or relocating portable classrooms. School boards submit three-year capital plans. To qualify for capital funding, we must meet eligibility criteria.

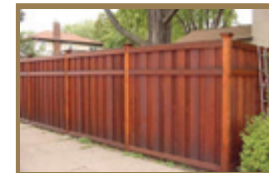
Advocating for open communication with the public. Trustees are responsible to voters in the communities they serve. This accountability includes ensuring that the public is aware of what the board does, the jurisdiction's accomplishments in education, and that good public education is crucial to the economic and social health of a community.

Advocating for students, in partnership with parents. It is essential that school boards partner with parents to ensure children are provided with the best possible educational opportunities. We believe in the importance of the parental voice and we involve our parents and school communities by informing them and working with them on important areas of advocacy, such as we did with the Municipal Government Act. We also encourage all parents/legal guardians to play an active role with their child's School Council.



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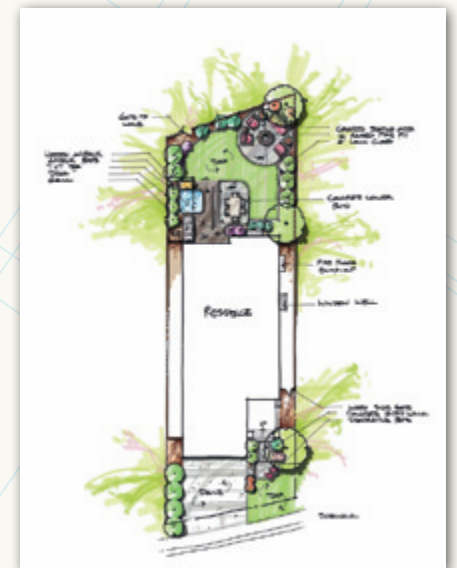
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Haultain School, est. 1894 – Beltline

Construction on the Haultain School began in 1893, ten years after the Canadian Pacific Railway line had reached Calgary. In the decade following the arrival of the railway, the population of Calgary had grown substantially and the need for new schools became increasingly pressing. Haultain School (originally the South Ward School) was completed in 1894. Students at the new school were an eclectic mix, including the children of railway workers, new immigrants, and some of Calgary's wealthier citizens. During the first ten years that it operated, the school's academic curriculum was complemented by a cadet program and industrial and manual training for boys. With continued population growth, more classroom space was deemed necessary. In 1907, a new ten-room school was built on the site of the South Ward School. Three years later, both schools'

names were changed to commemorate the memory of Sir Frederick Haultain, the President of the Executive Council (Premier) of the North-West Territories Legislative Assembly and a prominent voice for western Canadian concerns. Following the construction of the new school, the original ward school (now known as "the Annex") was used as a workshop, office space, classroom space, gymnasium, and auditorium. The school was eventually closed in 1962.

Haultain School is a remarkable architectural statement – an early and small-scale adaptation of the Richardson Romanesque style. This style, made popular in the United States in the late nineteenth century, was typically employed on large-scale civic and religious buildings. The appearance of this style in western Canada in 1894 – only four years after its embodiment in Toronto's City Hall – is surprising, as is its expression in a building of such modest scale. The Richardson Romanesque style derives from, but also expands, the Romanesque Revival architectural vision that was commonly used for western Canadian schools of this period. Elements of the Richardson Romanesque style include the rock-faced sandstone exterior and contrasting elements, the round arched windows, and the horizontal stringcourse at the base of the building. Combined, these features create a sense of weightiness and solidity that is reinforced by the low-pitched roof with wide eave overhangs that imparts the building with a robust horizontality. Calgary's first sandstone school, first school with electricity and running water, and first school embodying Richardson Romanesque architecture, the building was a pioneering construction in the late nineteenth century.

Article and photo provided by Discover Historic Calgary via calgary.ca. Source: Alberta Culture and Community Spirit, Historic Resources Management Branch (File: Des. 907)

A Word from the Wise

Author J.R.R. Tolkien favoured the use of proverbs in his writing and even created a few proverbs himself. The most famous of his proverbs come from *The Fellowship of the Ring*: "All that is gold does not glitter" and "Not all those who wander are lost". Both lines are from the same poem.



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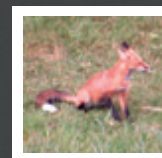
Who Am I?

I'm clever and cunning, I'm sleek and sly,
I watch for food with a focused eye;
Found to be quite shy, am I...
Can you guess my name?

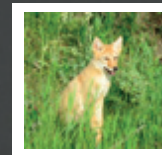
I've pointed ears upon my head,
A furry coat of flaming red;
A bushy tail, I've heard it said...
Can you guess my name?

My warning bark is sharp and high,
My paws are dark as midnight sky;
A legendary sneak am I...
Have you guessed my name?

Turn Page Upside-down for Answer



Red Fox



Coyote



Grey Wolf



Mink

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 20

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Sat, Oct 14 (1-4pm)

Sat-Sun, Oct 28-29

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info@kensingtonartsupply.com

Cranston

mybabysitterlist

Name

Age

Contact

Course

Alex

14

403-719-0734

Yes

Alli

31

403-836-6380

Yes

Allison

20

403-890-6057

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

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

23

403-703-4076

No

Morgan

24

403-200-3068

No

Mykayla

13

403-305-7045

Yes

Myrian

18

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

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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](#).

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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](#).

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 [artscommons.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](#).

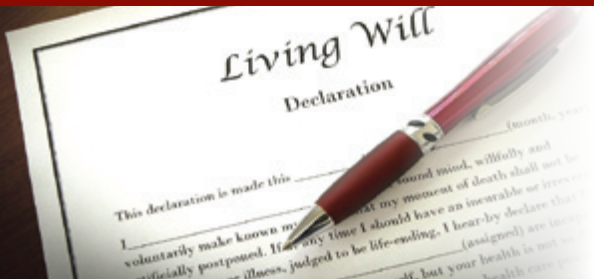
DOWNTON ABBEY ROAD – JUBILATIONS DINNER THEATRE, NOV. 3, 2017 – FEB. 4, 2018

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 [jubilations.ca](#).

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Become Familiar with Wealth Transfer Strategies

by Toddy Kam, CFP®, CFA

To retire comfortably, you need to save and invest regularly using an effective savings and investment strategy. Maximizing RRSPs or other retirement accounts will likely be essential to realizing your retirement goals. Once you retire, you'll need to "switch gears" somewhat and begin considering wealth transfer strategies.

An effective wealth transfer strategy can help you accomplish a variety of goals, such as distributing your assets the way you choose, avoiding probate fees and reducing estate taxes. You can explore a variety of wealth transfer tools, including the following:

- **Gifting** — Gifting your assets to your adult children can help minimize the size of your estate, reducing the tax burden at death. This could also potentially lower probate, executor and legal fees. Be careful when gifting property (including cash and securities) to a spouse or minor child, as income attribution rules may apply, causing income earned on the gifted property to be taxed in your hands.
- If you donate securities with a capital gain to a registered Canadian charity then there is no tax payable on the capital gain, and you get full credit for the donation, up to the standard charitable deduction limit.
- **Will** — A will is simply a plan for distributing your assets to family members and other beneficiaries. If you were to die

intestate (without a will), provincial laws would determine how your assets should be distributed — and there's no guarantee that the end result would be what you would have chosen.

- **Beneficiary designations** — Many of your financial assets — including life insurance policies, RRSPs and TFSAs — allow you to name a beneficiary. Upon your death, your beneficiary will automatically receive these assets, avoiding the sometimes time-consuming, expensive (and public) process of probate. It is essential that you periodically review these designations to make sure they reflect your current wishes and that they do not conflict with the terms of your will.
- **Trusts** — Different trusts can help you accomplish a variety of wealth transfer and estate planning goals. For example, an inter vivos trust can help you leave assets to your heirs without going through probate. You can also structure the trust to stagger payments over a number of years, rather than all at once, or include other restrictions or incentives. A testamentary trust, created in your will, can allow your heirs to effectively income split with the trust, potentially decreasing overall taxation.
- As you can see, trusts are versatile instruments — but they are also complex. Consequently, you'll need to consult with your tax and legal advisors regarding your particular situation.
- **Permanent Life Insurance** — When building an estate for your heirs, you have typically considered both registered and unregistered investment accounts as your principal sources of accumulating wealth. Permanent life insurance can be used to effectively accumulate wealth and pass it along to children or grandchildren, typically in a very tax-efficient manner.
- All the wealth transfer techniques we've looked at will require some careful thought and preparation on your part — so don't wait too long before getting started. Time has a way of sneaking up on all of us — but it's especially sneaky when we're unprepared.

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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American Kestrel: Small Acrobatic Gliders

Article by Katie Fisher

Photo by Andrea Hunt

Gliding to the left and right, the American Kestrel keeps a sharp eye on the earth below for flickering blades of grass or the rustling of bushes. A member of the raptor family, the American Kestrel is easy to identify because it is the smallest of the North American falcons and the most colourful. Male and female Kestrels are dressed in a rusty red but only the males are garnished with a brilliant slate blue on their head and wings. They are easily spotted in open grassland areas, such as meadows and farmer's fields. They also can be seen in city areas and suburbs.

Fun Facts:

- These raptors rely on abandoned Woodpecker holes, tree hollows and other empty cavities that are found in the environment to make their home.
- Your backyard could become a suitable home for the Kestrel but it won't be in a regular birdhouse. A nesting box, nailed to a tree, high above the yard and away from sources of noise could provide a suitable home for a feathered family.
- They may repay you by keeping pesky rodents out of your yard!
- Like many raptors, the American Kestrel hunts for insects such as grasshoppers, beetles and spiders as well as small vertebrate prey such as mice, voles, shrews, songbirds and occasionally, frogs, snakes and small lizards.

- Some brave Kestrels have been spotted preying on larger creatures, such as red squirrels.
- One characteristic that gives the American Kestrel the upper hand on small prey is their ability to see ultraviolet light. This feature gives them the power to see urine trails created by small rodents and other creatures, leading them to their next meal.
- This raptor can also be the hunted: as the smallest falcon, they become easy prey to other raptors, such as Barn Owls, Goshawks and Red-tailed Hawks. Large reptiles such as rat snakes and corn snakes will also take Kestrels as prey.

When you are out on your next walk, keep an eye to the sky, you may just see the Kestrel gliding through the air or perched on a light post or telephone post. If you come across an injured American Kestrel, or any other wildlife in distress, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.



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The Responsible Pet Ownership Bylaw

The Responsible Pet Ownership Bylaw 23M2006 enables Animal & Bylaw Services to work with Calgarians to ensure that cats, dogs, their owners and neighbours live together in safety and harmony.

Under the bylaw, both cat and dog owners are responsible for licensing their pets at three months of age and for ensuring the pets remain on the owner's property. Cats are not allowed to roam and must be restricted to their owner's property. When off their owner's property, dogs must be under their owner's control. All areas in Calgary are on-leash except for off-leash areas that are designated by signs.

What is a Responsible Pet Owner?

Animal & Bylaw Services does not advocate limiting the number of pets or breed specific legislation. This is because we believe that poor animal behaviour results from a failed relationship between pet and owner. Therefore, Animal & Bylaw Services advocates responsible pet ownership based on the following five principles:

- License and provide permanent identification for pets.
- Spay or neuter pets.
- Provide training, physical care, socialization and medical attention for companion pets.
- Do not allow pets to become a threat or nuisance in the community.
- Procure your pet ethically and from a credible source.

Adopting a cat or dog

Adopting a cat or dog from Animal Services helps reduce the number of homeless pets in Calgary and provides a loving animal with a forever home. When you adopt a cat or dog you are giving that animal a new start.

Why should I adopt from Animal Services? There are many reasons, including:

- Adoption provides a healthy, loving cat or dog with a home.

- You are reducing the number of homeless cats and dogs in Calgary.
- You get a lot of value for your money (see above).
- All animals are checked by a veterinarian for health and behavioural problems.
- Qualified Animal Health Technologists advise you throughout the adoption process.
- Volunteers work with the animals to keep them happy and socialized during their stay at the Animal Services Centre.

The Animal Services Centre is located at: 2201 Portland Street S.E. To contact us for general information, questions or to report a bylaw infraction by phone, please call 311.

From <http://www.calgary.ca/CS/PS/ABS/Pages/Animal-Services/Animal-Services-Centre.aspx>

BRAIN GAMES

SUDOKU

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



Improving Stormwater Drainage for SW Communities

The Community Drainage Improvements program was launched in 2010 to mitigate flooding in areas throughout the city. Drainage studies were undertaken to identify solutions for communities frequently hit by flooding due to extreme rainfall. Such solutions can include adding additional storm drainage pipes, increasing the size of pipes, and adding wet or dry storm ponds to help manage stormwater.

In recent years the communities of Woodlands, Woodbine, Cedarbrae and Braeside have experienced an unusually high number of high volume rainfall events.

These communities currently have a storm level service of a one-in-five year rainfall event or less. That means that there is a 20 percent chance (or greater) that the storm system will not handle rainfall events causing local flooding in any given year.

Drainage improvements being looked at for these communities target a 1-in-50 year level of service. Once upgrades are in place there will be a two percent chance in any given year that rain events would overwhelm the storm system.

Installation of a dry pond

The City of Calgary will be constructing a new dry pond in the fields located east of the John Ware and St. Benedict schools. This dry pond will greatly reduce flooding during extreme rain events, specifically the flooding that occurs at the intersection of Southland Drive and Braeside Drive. Construction is expected to begin in the fall of 2017 with completion by fall of 2018. The fields will remain inaccessible to the public for the entire duration of construction.

Construction impacts

Construction of the dry pond consists of earthworks (excavation and grading), underground piping and landscaping. Construction impacts will include:

- Increased traffic to site (construction crews, trucks hauling materials to and from site) on Southland Drive and on Palliser Drive
- Construction noise
- Fields will remain fenced off and closed to the public for the duration of construction
- Traffic and sidewalk detours

Community benefits

The dry pond will significantly reduce flooding that occurs at Southland Drive and Palliser Drive, and along Braeside Drive. During heavy rainfall, overall vehicle and pedestrian safety will be improved, traffic congestion reduced and emergency vehicle access unimpeded by flooding. John Ware and St. Benedict schools will each receive a new soccer field (two in total) and a new baseball diamond will be built allowing for more recreational opportunities for the community.

For ongoing updates visit Calgary.ca/WWCDI.

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DOLLARS & SENSE

Helping Canadians with Disabilities Save

By Suzanne Smith-Demers – Consultant

Thousands of Canadians have opened a Registered Disability Savings Plan (RDSP) since the program was introduced in 2008. Thousands more who qualify have not. Here's what you need to know.

- An RDSP is a federal government savings program that encourages savings for the long-term financial security of an individual who is eligible for the Disability Tax Credit (DTC).
- Contributions can be made by anyone authorized by the holder of the plan up to maximum lifetime contributions of \$200,000 per beneficiary. Any investment growth and income generated will accumulate on a tax-deferred basis.
- The Canada Disability Savings Grants (CDSG) provide matching grants of up to 300% of contributions, based on the amount contributed and the family income of the beneficiary. The maximum lifetime grants available are \$70,000.
- The Canada Disability Savings Bond (CDSB) is available to low and modest income Canadians irrespective of plan contributions. The maximum annual bond is \$1,000 per year, to a lifetime maximum of \$20,000.
- When money is paid from an RDSP to the beneficiary, it does not affect the eligibility for federal or provincial social assistance programs (in most provinces). Furthermore, savings within the RDSP will not affect Alberta asset tested benefit programs such as AISH (Assured Income for the Severely Handicapped).

RDSPs are intended for long term savings and certain penalties can occur if the funds are used early in the beneficiary's life. It is important to work with an adviser who is well versed in the program to ensure that you understand the implications to your unique situation.

SAFE & SOUND



Teen Driver Safety

Driving is a risky experience for all of us but it is most risky for teenagers in their first year of unsupervised driving. Car crashes are the leading cause of death among teens in Alberta. Not all risk is bad; risk is a necessary part of healthy teen development. It is important that teens take Smart Risks when driving. For more information on the smart risk approach visit: <http://www.albertahealthservices.ca/injprev/Page4880.aspx>

Encourage your teen to look first. This means being prepared to drive, every time, by checking road conditions and mapping routes before they get into their car. It is also important to check tires, adjust seats and rear-view mirrors before driving. Remind your teen to buckle up, no matter how short the drive. It is the law. Teens can get trained by taking a driver's education course from an unbiased expert who has years of experience teaching new drivers. Enforce with your teen that it is the law to drive sober. Set a rule against drinking and driving.

Aside from encouraging your teen to take smart risks when driving, there are many things you can do to help keep your teen safe:

- 1) Set a good example behind the wheel by modeling the smart risk behaviours above. Always wear your seatbelt, never speed and be respectful of other drivers and pedestrians on the road.
- 2) In addition to driver's education, teach your teen how to drive under your supervision in low risk conditions before moving up to more risky situations.
- 3) Stay informed about Alberta's Graduated Driver Licensing (GDL) laws and start a conversation with your teen about it.
- 4) Using the Parent/Teen Driving Agreement with your teen can help you with all of these things. This agreement will help you start and keep an open, honest dialogue with your teen about their driving behaviour. It will also help you work together to set boundaries and build trust.



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Who Is My Keeper?

By Robin McLeod

If you have been away over the summer months no doubt you may be surprised at the extent of construction occurring west of Calgary on both the Elbow River and Fish Creek. Construction close to town is not all that is happening, however. A trip down the Elbow River is revealing.

You may not agree with my thoughts or my analogy; that's OK. My intent is to provoke thought about the trickle running through the backyards of our City to the meandering blue ribbon travelling 120 km from its source in the mountains, through the foothills, across the prairies, under a dam, past homes, pathways and parks and on to Fort Calgary and the Bow River.

We begin in the headwaters where forest management agreements cover 29% of the Elbow source watershed. Oil and gas operations can be found while off-road vehicles take advantage of bush roads and seismic lines to penetrate deeper into the backcountry. These activities lead to linear fragmentation of the landscape contributing to erosion, increased rates of surface water runoff, sedimentation of rivers and creeks and easier prey access.

Moving further downstream farmland is interspersed with communities relying on groundwater-fed wells and septic fields to deal with the dirty stuff. The proliferation of ranchettes, the 2-to-5-acre homesteads, who bring their urban aesthetic to the country (manicured, herbicided, cut, irrigated green grass) plus a proposed shopping mall create a band around the western edge of Calgary – urban sprawl at its worst.

Overtop of this fragmented landscape are 2 major construction projects; the southwest ring road now underway and the likely-to-be approved Springbank Dry Dam. Both projects include filling in wetlands, channelizing and straightening the Elbow River and adding more riprap.

Once in the City, the flow of the river is managed and is but a trickle currently. Into this shallow, slow moving river 85 storm sewers unload untreated surface water runoff containing all sorts of nasty stuff into the Elbow River. Since August 2016 the Elbow River from below the Glenmore Dam to the confluence with the Bow River has been under an Alberta Health Services

advisory due to bacterial contamination i.e. excessive E. Coli counts. Within the City riverbanks are replaced by riprap, stonewalls and a myriad of bioengineering projects (a mixture of hard and soft river bank protection) while more and more larger developments proceed along the River's edge.

What is the impact of all these incursions on the Elbow River? I would like to imagine the same thing happening to my body. I go to the barber and without my permission and over time up to 29% of my hair is shaved off with a few deep nicks, here and there. The sunburnt, flaking skin, bug bites and winter cold are intolerable. Blood and raindrops dribble off my shiny pate, down my neck, into my eyes and off my nose. The intravenous I receive is contaminated which is particularly serious as my kidneys, the cleaners of my blood, are compromised. I am down to one. Thank goodness for dialysis. My broken bones are slightly offset but the offsets are so minimal that I have been assured that my athletic performance will not be affected. Oh, but my arteries are clogged. A stent and quadruple bypass appear to have solved the problem in the near term, at least. My stomach feels off and my skin so patchy I look like a Mesopotamian mosaic art piece, although not nearly as beautiful. My prognosis is not promising for a long and healthy life.

If we consider all of which is occurring in the Elbow River watershed would the prognosis be similar to the bleak outlook above? Of course, zero development, like youth-for-ever, is not realistic. But if we look at the cumulative impacts of all the completed, yet-to-be completed and proposed projects on the overall health of the Elbow watershed and its river ecosystem would our actions be different? Would our focus be broader and more long-term? Would we have more respect? I would like to think so. We should be honouring the watershed and the river that provides almost half of Calgary with its drinking water. After all, without water we all perish.

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. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus.

TAKE ON WELLNESS



Impacts of Blue Light and Screen Time

What is blue light?

Blue light is also known as high energy visible (HEV) light. Aside from sunlight, the most common sources of blue light today come from digital devices such as smart phones, tablets, computers and TVs. Other sources include fluorescent lamps, and LED lights. Blue light's high energy penetrates into deeper layers of the eye compared to other colours of lower energy.

How does blue light impact you?

1. Digital eye strain may develop gradually. Increased problems with blurred vision, dryness, slow focusing between near and far objects, headache, neck and shoulder pain are symptoms of computer vision syndrome. Research indicates that eye coordination disorders and increase in myopia (nearsightedness) are linked with prolonged digital eyestrain.

2. Studies suggest long term exposure to blue light and UV light from a young age may increase risk of cataracts and age related macular degeneration later in life.

3. The natural release of melatonin is suppressed by blue light, thus increasing alertness to the brain and disrupting sleep patterns. Limiting screen time before bed may help those who have problems sleeping.

Device advice

Since digital screens are unavoidable for many in the schools and workplace, eye doctors and Canadian pediatricians provide guidelines to parents and children:

- Limit screen time for children to 2 hours per day and follow the 20/20/20 rule.
- Infants and toddlers under 2 years of age should have zero screen time.
- Avoid "text neck." Children unknowingly bring the screen too close when concentrating.
- No digital devices in the bedrooms, to avoid affecting sleep patterns.
- Visit your optometrist to determine if glasses with blue blocker filters are needed to ease digital eyestrain.
- Develop ground rules with your family to keep digital device use at safe levels.

*Dr. Dianna Leong, Optometrist
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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

HOSPITAL VOLUNTEER OPPORTUNITY: The Foot-hills Medical Centre Gift Shop is looking for energetic adult volunteers, interested in providing compassionate retail service to patients, visitors and staff, in a beautifully merchandised, retail environment. Week-day, daytime opportunities available. Please contact: chris.paddock@ahs.ca.



first2000days
Early Childhood Development Network
North West Coalitions

Make Your Halloween Safe

Halloween is a fun-filled time for kids and parents alike, but it can pose dangers to children. To help make Halloween a trick-free treat, follow these simple safety tips:

- Choose a light-coloured costume because these are easily seen at night. Add reflective tape or glow-in-the-dark tape to the front and back of the costume and to the trick-or-treat bag.
- Only buy a costume or use materials that is/are “flame-retardant” (won’t burn).
- Make sure wigs and beards don’t cover your kids’ eyes, noses, or mouths.
- Kids shouldn’t wear masks — they can make it difficult for them to see and breathe. Instead, use nontoxic face

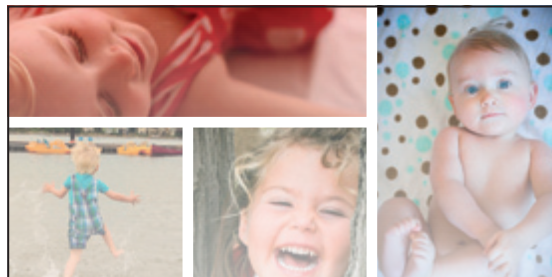
paint or makeup. Have younger kids draw pictures of what they want to look like. Older kids will have fun putting the makeup on themselves. Test the face paint or makeup on your child’s arm or hand before applying to make sure the paint doesn’t irritate the skin.

- Avoid coloured or decorative contact lenses.
- Put a nametag — with your phone number — on your children’s costumes.
- Avoid oversized and high-heeled shoes that could cause kids to trip. Make sure the rest of the costume fits well, too, which can help prevent trips and falls.
- Teach your child to use the sidewalks, look before crossing, go to house with porch lights on and walk!!
- Give kids flashlights with new batteries or glow sticks as bracelets or necklaces.
- Accompany young children (under age 12). For older kids (with phones) make sure they know how to call 911 in case they get lost and make sure they know their home phone number.
- When your kids get home, check all treats to make sure they’re sealed. Throw out candy with torn packages or holes in the packages, spoiled items, and any home-made treats that haven’t been made by someone you know.

Remember that November 20th 2017 is National Child Day. National Child Day is celebrated in Canada on November 20th in recognition of the UN Convention on the Rights of the Child. Wear blue to show your support on November 20th. The 2017 theme is The Right to Be Safe. You can find more information at nationalchildday.ca for events in Alberta.

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

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



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DOLLARS & SENSE



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.

Member – Canadian Investor Protection Fund

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 October 2017. Registration information and program guide can be found at www.ahs.ca/shcwellness or call 403-956-3939.

South Health Campus YMCA Sports Court is open for community use

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

October 6 12:15-1:15pm

Laugh until it Helps! Building Resilience Through Humor

October 3 6:00-8:00pm

Happiness Basics

4- Week Series starts October 4

5:30-7:30pm

EMPLOYMENT:

Assured Income for the Severely Handicapped (AISH) Workshop

October 5 1:00-2:30pm

Money Matters

7-Week Series starts October 5

6:00-8:00pm

Career Planning Workshop

3 – Week Series starts October 14

9:00am-4:00pm

HEALTH MANAGEMENT

COPD Breathing Matters

4-Week Series starts October 11

10:00-11:30am

Harm Reduction Saved My Life:

Overdose Prevention & Response

October 12 2:00-3:30pm

Heart Healthy Cooking and Living

October 12 2:00-3:00pm

Eating Well with Fatty Liver Disease

October 11 1:00-3:30pm

Living Well on Prednisone:

Nutrition & Side Effects

October 31 10:00am-12:00pm

CAREGIVER / FAMILY SUPPORT & SUPPORT GROUPS

Family Peer Support

October 10, 24 5:45-8:00pm

Understanding Dementia & How to Care for Those with it

October 19 1:00-2:30pm

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

Mealtime Struggles to Mealtime Success

October 2 6:00-8:00pm

Baby and You for Moms

4-week Series Begins October 4

1:30-3:30pm

HeartMath® for Parents

2-Week Series Begins October 5

6:00-7:30pm

Parent Effectiveness Training: A Neuro-development Approach

4-Week Series Begins October 17

6:00-9:00pm

Story Time & Play Date

October 20 10:00-11:30am

FOOD, NUTRITION & COOKING

I Know I Should Eat Healthy, but How?

October 16 1:00-3:30pm

Healthy Cooking: Basics and Techniques (hands on)

October 19 5:00-7:00pm

The Truth about What Works in Weight Management

October 23 1:00-3:30pm

Managing Emotional Eating

3-Week Series Begins October 31

1:00-3:30pm

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

Hand Pies Around the World

October 14 10:00-11:30am

Oktober Feast

October 26 7:00-8:00pm

EnergizeNutrition.ca (Demo): (Note: Fees apply.)

Today's Dinner, Tomorrow's Lunch: Meals for Busy People - October 25 5:30-7:00pm

PoppyInnovations.ca (Hands On):

(Note: Fees apply.)

Fermented Beverages - October 30

6:30-8:00pm


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.





Safe & Fun for the Whole Family!





Letter to the editor

Dear Great News Publishing,


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

Thanks for all your help,
Sincerely,
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Owner of Buds and Blooms

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Cranston Real Estate Update

Last 12 Months Cranston MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
September 2016	\$490,000	\$477,000

Last 12 Months Cranston MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2017	40	31
July 2017	37	26
June 2017	63	38
May 2017	47	42
April 2017	48	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
September 2016	38	23

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



MLA, Calgary-South East
Rick Fraser
Suite 202, Building D, 5126 126 Av SE Calgary, AB T2Z 0H2 ☎ 403-215-8930
✉ Calgary.southeast@assembly.ab.ca [RickFraserYYCSE](#) [rickfrasermla](#) [RickFraserYYC](#)

In August, I organized a meeting with concerned Copperfield residents regarding a wetland that seemed to have dried up. Vesta Properties, Councillor Keating's office, and Alberta Environment were also in attendance. Notes from that meeting can be found on my Facebook page: RickFraserYYCSE. You can also request a copy of the notes by emailing Calgary.southeast@assembly.ab.ca

I had a concerned constituent visit my office about the Alberta Animal Protection Act. I put a call out to constituents for feedback and the message is clear, you'd like me to look at pursuing changes to the act. I have created a group attached to my Facebook page where I will be posting frequent updates: Alberta Animal Protection Act. I welcome constituents to join and follow my progress.

I empathize with parents upset about the Calgary Board of Education's new bus routes and scheduling. I ask that concerned constituents contact their school Trustee with feedback. You can also contact my office, so I can provide comments to the Government's Minister of Education.

Events and congratulations

- Silverado Block Party Fundraiser sponsored by Multiply Church to raise funds for the outdoor skating rink (<http://silveradoca.ca/>)
- Toured Wellspring Calgary's temporary south location. (<http://wellspringcalgary.ca/>)
- Toured Calgary Wildlife Rehabilitation Society's facility. (<http://calgarywildlife.org/>)
- Burgers to Beat MS at Glenmore and 130th Avenue locations (<https://burgersbeatms.ca/>)

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.

If you have any questions, concerns or are in need of assistance, please contact my office at 403-215-8930 or calgary.southeast@assembly.ab.ca.



Hills, Hills, Hills!

In Alberta, there are several towns that include the word "hill" in their name, including Two Hills, Three Hills, Round Hill, Rolling Hill, and Hairy Hill. That's a lot of hills for the prairie!

LOSE WEIGHT AND GAIN ENERGY SAY WHAAAAT?

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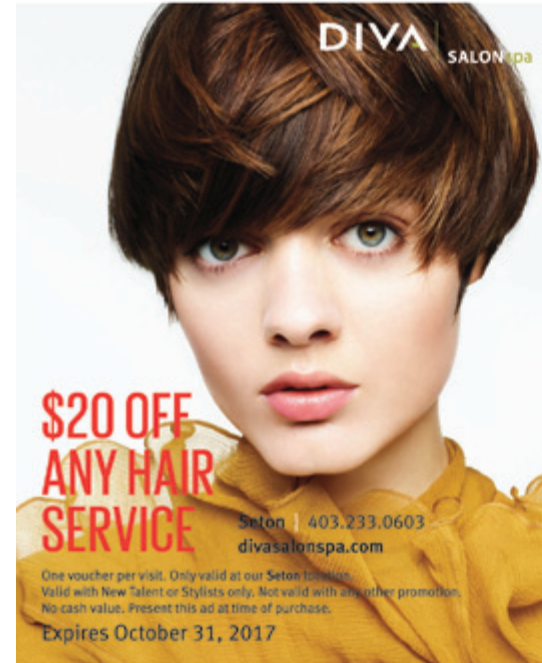
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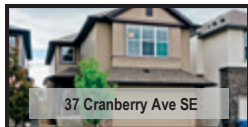


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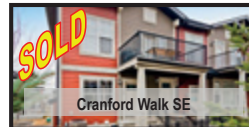

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