

SEPTEMBER 2017

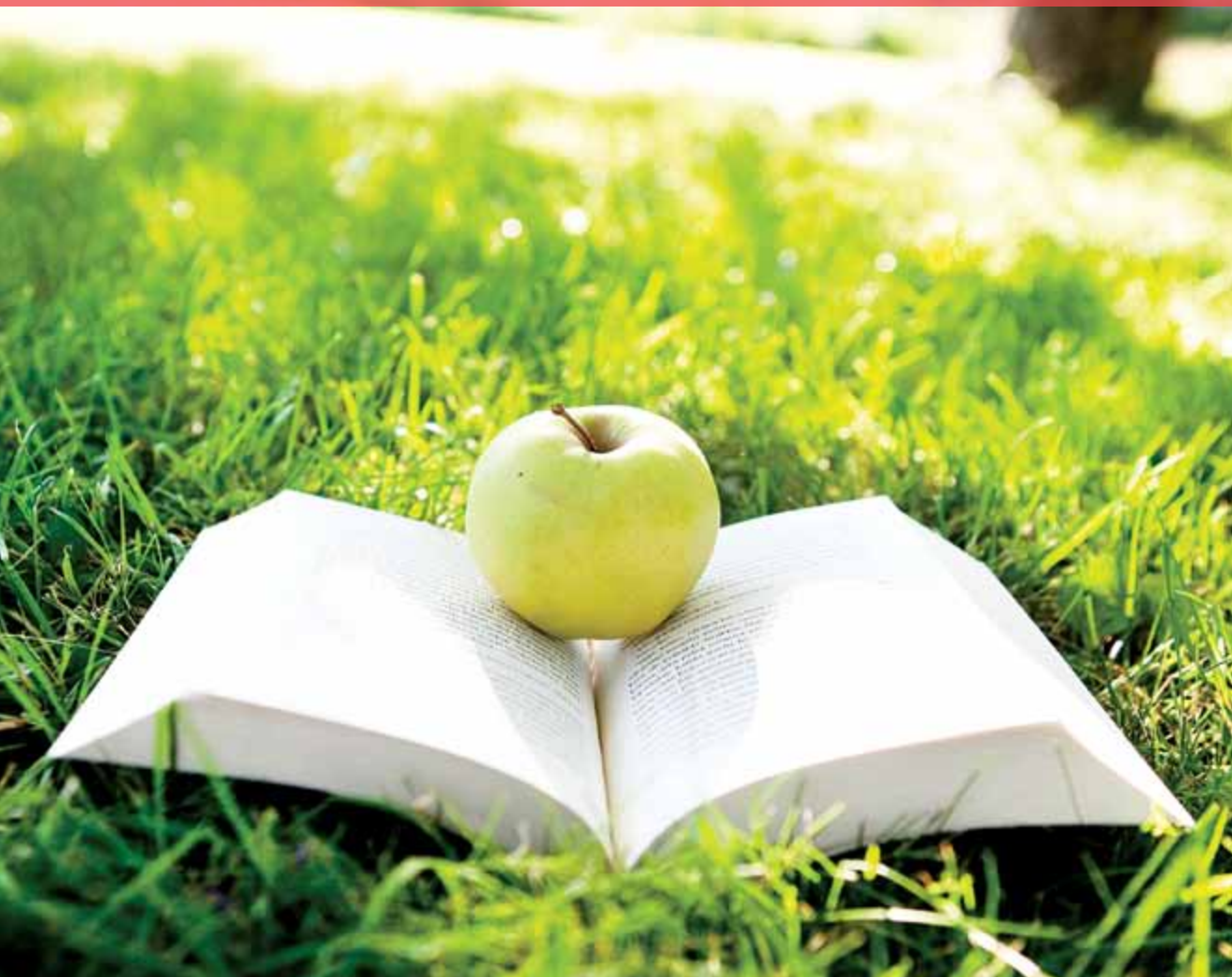
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CRANVERSATIONS



CRANSTON
COMMUNITY ASSOCIATION

THE OFFICIAL CRANSTON COMMUNITY NEWSLETTER



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PROPERTIES

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STATION**

**GRAND
OPENING**

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**Saturday,
September 16th 2017
11am - 2pm**

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FALL 2017

12 week programs

Tiny Toes Princess Ballet
Jazz/Tap/Ballet
Ballet/Jazz - Jazz/Tap
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**CLASSES BEGIN
SEPTEMBER 18, 2017**

Registration Open House:
Friday Sept 8 & 15, 3:00-6:00pm
@ Lake Chaparral Recreation Centre

403.828.9675

www.devotiondanceworks.com
elizabeth@devotiondanceworks.com
225 Chaparral Drive SE

**Erinara
studio**

PRESENTS...

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STARTING SEPTEMBER 11TH 2017**

Individual, semi-private, and group drama lessons for children ages 5 and up	Speech Arts training, verse speaking, storytelling and fun with Shakespeare
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www.erinaradramaschool.com
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CRANSTON COMMUNITY ASSOCIATION

11 Cranarch Rd. SE
Calgary, AB T3M 0S8
cranstonca@gmail.com | www.cranstonca.com

Delivered monthly to 6,500 households and businesses for 11 years!

Editorial Submissions

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

Advertising Opportunities

403-263-3044 | sales@great-news.ca
All advertisements must be submitted by the 1st of the month for the following month's publication.

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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	
Weather Information	511
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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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.



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

September 14, 28

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.

CRANSTON BIKE PARADE

Saturday, September 9, 2017 - 10:30AM - 11:30AM

Join us as we wrap up our summer with a parade featuring our very own Cranston residents! We invite children of all ages to decorate their bikes, strollers or wagons as best they can to take part in the fun-for-all event. We will meet at the Windmill at 10:30 with the parade to begin at 10:45. There will be refreshments and visiting with neighbours galore! This event is free but RSVP is requested. Please RSVP on the event page at www.cranston-connect.com.

FAMILY MOVIE NIGHTS AT CENTURY HALL

September Movie Night – Cars 3 – September 15, 7:00PM – 9:00PM

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!

~continued next page~



CRANSTON RESIDENTS ASSOCIATION

CRANSTON'S FAMILY HARVEST FESTIVAL

Saturday, September 20, 2017 – 4-6pm

Fall is here and its time to enjoy the colours, tastes and textures of this beautiful season. Bring the whole family to enjoy food, games and activities based on the fruits and vegetables of fall. The highlight of course will be the Watermelon eating contest. For more details check out our website.

This event is free but space is limited. Please RSVP on the event page of www.cranston-connect.com

CRANSTON ANNUAL GENERAL MEETING

September 26, 2017 at 7:00PM - Century Hall

Cranston Residents Association will be holding our Annual General Meeting (AGM) on Tuesday September 26, 2017 at 7:00pm at Century Hall, 11 Cranarch Road SE. All residents in good standing as of August 28, 2017 (our record date) are invited to attend. Each home owner in Cranston should have received a complete AGM package in the mail.

If you own a home in Cranston and have not yet received an AGM package, please call Century Hall at 403-781-6614 ext 0 to request one.

FALL PROGRAM REGISTRATION

Fall programs begin September 18. The full program guide is available online and registration is on now. Ball Hockey, Tennis, Taekwondo, Art, Yoga, Sportball, Circus Aerials and so much more. Find all the info at www.cranston-connect.com



Drop-in Rates

Non-Resident Drop in Fee: \$6.00 single visit

5x Pass: \$27.40

10x Pass: \$50.00



CBE BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

September brings new faces to our schools, eager to start the year. Our hallways are once again full of excitement with friends seeing each other after summer break. Our teachers are brimming with new ideas and fun opportunities for learning. The beginning of a school year brings endless opportunities for parents and students alike. While students are joining clubs, activities and sports, families also have the chance to connect with schools and their child's learning.

Whether this is your first September with the CBE, your child's last "Back-to-School" season, or you simply are reminded of your own experiences, September is an exciting time. As this Board completes our term and our city looks forward to a Municipal Election in October, it is a wonderful time to reflect on what we have achieved and plan for a fresh start.

It's also a natural time of year to think about the role we each play in public education. The CBE Board of Trustees, CBE administration, school staff, families, community members and the Government share a common goal – creating a strong school system that supports student success.

Public education plays a critical role in our society. Our students are truly one of the best investments that tax payers make – as successful students become successful citizens who contribute their ideas, passion and economic energy to society in ways that benefit us all.

We believe that learning is a partnership and that the success of our students relies on the energy, thoughts and commitment of everyone in our community. When you share your perspectives and expectations, we are able to learn and improve.

As an elected Board of Trustees, we have had the privilege of meeting with many parents, families, community members and partners over the past four years. We value your voice, and we would like to thank each one of you who contribute to the success of our students and the CBE.

The CBE Board of Trustees



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FIND SOLUTION ON PAGE 32



CALGARY



Blue-winged Teal – a Little Dabbler

Article by J.G. Turner, image courtesy of www.naturespicsonline.com

The Blue-winged Teal is a small, dabbling duck that is only about 16 inches (40 cm) long, with a wingspan of 23 inches (58 cm) and weighing in at only 13 ounces (370 g). The adult male has a rounded slate blue head with a crescent shaped band of feathers behind its black bill and in front of its black eyes. The male has a light brown body with a white patch near the rear and a black tail, and shows a blue patch with a white border on its fore wings, especially when in flight. The adult female is a mottled or scalloped grey-brown with a whitish patch at the base of the tail and bill, and a dark line through its black eye.

Fun Facts:

- A dabbling duck feeds on the surface on vegetation or water insects just ducking its head under water, or by tipping right up, pointing its tail end upwards while feeding on submerged vegetation
- The Blue-winged Teal's formal name (*Anis discors*) comes from the Latin words for "a duck" (*Anis*) and *discors* or "disc about the mouth" which may refer to the face pattern of the male.
- This is the most common teal in Alberta's grassland and parkland areas. Although it is found in the right habitat throughout the province, the Blue-winged Teal is most common in central and southern Alberta.
- This dabbler is most often found in the calmer waters of marshes, sloughs, ponds and the weedy edges of

small lakes. Nests are built in concealing grasses or vegetation on dry land, but near to water.

- This little duck hangs out in pairs or small groups spending most of their time foraging in shallow waters.
- In the late summer, the Blue-winged Teal undergoes a moult (during which they shed their old feathers and grow new ones), which prevents them from flying so they will spend this time in prairie sloughs or large marshes with good food supplies.
- These dabblers are the first ducks to go south in the fall and the last ones to arrive north for the breeding season in the spring. It is likely that they leave early and arrive back late because they are long distance migrators, some going as far as South America – a Blue-winged Teal banded in Alberta was found in Venezuela a month later!

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

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The Sundance Clinic

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South Calgary Health Centre Building
31 Sunpark Plaza SE Calgary T2X 3W5

ST. PAUL'S END OF SUMMER COMMUNITY BBQ

Who: EVERYONE!!!!

When: Saturday, September 9

Time: Beginning at 5:00 pm

Where: St Paul's Anglican Church

7 Sunmills Green SE

Cost: FREE

Great Food, Bouncy Castle, Face Painting

COME FOR AN AFTERNOON OF FAMILY FUN!!!

BACK TO CHURCH SUNDAY:

You're invited Sunday, September 24 Come and Join Us!

Sunday Services: 8:30 & 10:00 am Holy Eucharist

403 256-1428 www.stpaulscalgary.ca

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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
Robyn	23	403-968-8106	No
Savannah	17	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.



CALGARY PUBLIC LIBRARY

Free Homework Help

If your kids are heading back to school this fall, we've got them covered. Free homework help, available through a variety of in-person and online programs, is available at the Library. Here's a sampling:

School Support is for students aged 10 to 14. Drop in with your English Language Arts or math assignments to get help from trained volunteers. Visit calgarylibrary.ca, click programs, and search 'School Support' to find out where and when the program is offered.

Students in Grade 2 to Grade 12 can access free online tutoring at calgarylibrary.ca/resource/brainfuse. Students in Grade 3 to 12 can prepare for tests and final exams, take lessons, and review coursework at calgarylibrary.ca/resource/solaro. Both resources are aligned with the Alberta curriculum.

2017 Author in Residence

Calgary Public Library's 2017 Author in Residence is Bruce Hunter, an award-winning writer and poet. Hunter will offer public programs, readings, and individual manuscript consultations, from September 11 to November 24. Whether you're a beginner or established writer, you can meet with Hunter at Central Library. Email air@calgarylibrary.ca starting August 28 to book an appointment.

Saddletowne Early Learning Centre

There's a new place to play in Calgary! Step inside the transformed space at the Saddletowne Library and discover the five stages of early learning. Play is a priority at the Library, because it's central to how kids learn and grow. The Saddletowne Early Learning Centre opens mid-September.

Looking for more places to play? Check out the Early Learning Centres at Fish Creek, Shawnessy, Quarry Park, and Village Square Libraries. Central Library hosts *The New Adventures of Engine 23* interactive fire-truck exhibit, and the Forest Lawn Library Nature Play-ground opened in August. Come play!

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!

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SAFE & SOUND

Back to school safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

FOR ART'S SAKE



Volunteering in the Arts

By Alex Bonyun

Want to be involved in the arts, but don't know where to start? A great way to dip your toe in without spending money is to volunteer. It may seem like a daunting proposition if you've never volunteered before, but non-profit cultural organizations are always looking for helpful volunteers, whether it's for ushering at a theatre performance, helping out at a festival booth, or lending a hand with administrative work at the office. The rewards of volunteering go beyond gaining access to tickets or other perks. It allows you to gain experience in a particular field or with a particular organization which can later lead to other opportunities such as serving as a Board Member for an organization that aligns with your values or joining committees in your community to boost the presence of arts in a particular discipline.

This year, Canada 150 is challenging everyone to lend a hand and give 150 hours of time volunteering before the end of 2017. The gift of your volunteer hours goes above and beyond the organization you benefit with your time. It can create a lasting impact throughout your community. You can register for the challenge and learn more at <https://volunteer150for150.ca>. It's not too late to complete the challenge as many organizations start their seasons full force in the fall, and are always in need of volunteers.

In our community approximately 50,000 Albertans volunteer for not-for-profit arts organizations every year, creating opportunities for community engagement, service, and belonging. Additionally, volunteers can help an organization build capacity, which can result in more economic stability and growth.

For a comprehensive list of all of Calgary's non-profit organizations in need of volunteers, please visit <http://public.propellus.org/NonProfitMemberList.aspx>.

This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues.



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DOLLARS & SENSE

Don't give your money the silent treatment

By Suzanne Smith-Demers – Consultant

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

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

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

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

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

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

Sources:

*<http://www.reuters.com/article/us-money-conversation-idUS-BREA2Q1UN20140327>

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

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CAIS AP



The Three Biggest Mistakes People Make Trying to Lose Weight, Increase Energy, and Get Fit—And What To Do Instead

By Kirei Yasunori

This is the first of a three article health series outlining how people are missing the mark on creating healthy fit bodies and how to get on track to sustain ideal weight, high energy and a strong fit body.

The mistakes are:

1. Burning exclusively sugar (or refined grain carbohydrates) for fuel
2. Losing muscle with aging
3. Setting unrealistic goals

The three remedies are:

1. Burn fat for fuel for at least half of the time
2. Build muscle for stamina, joint stability and strength
3. Set small behavioral goals that are easy to achieve and support the larger goal.

The body uses either fat or glucose for fuel.

For the past 30 years we have been told to cut fat from

our diets. Consequently, sugar and sweetener has been added to low fat foods to make them taste better. This is taking a terrible toll on our health and makes weight loss very difficult. When we regularly consume sugar or refined carbohydrates (that act like sugar in the bloodstream) three meals a day—or worse, adding an additional snacks—our blood sugar and insulin levels are on a roller coaster all day long. This means our energy bounces up and down throughout the day and worse, the frequent presence of insulin in the blood stream makes it impossible for us to burn fat for fuel. *Insulin is a fat storage hormone.* It causes us to instantly store the fat instead of using it for fuel.

What happens when you burn fat? You will feel a sustained energy and mental focus. Your appetite is reduced. Your cravings for carbs will drop.

To optimize our health and weight we must re-teach our bodies to burn fat. This is possible through diet alone by severely restricting carbs and eating 75% of daily consumption in fat. This approach is very challenging to maintain.

There are products available that supplement ketones (fat molecules) and safely assist the body to shift into ketosis. (fat burning)

Intermittent fasting (only eating over a reduced number of hours everyday) will also help the body reduce carb cravings and shift into fat burning. This is especially powerful when combined with a “fat” coffee (blending butter and coconut oil into morning coffee).



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Ask Charles

My elderly mother passed away at home. We are now selling her home; do we have to disclose that she died in the property?

Simply put, you are not required to disclose her death to potential buyers.

Sellers are required to disclose certain defects to potential buyers, but a death occurring in a home is not a defect.

When a death occurs in a home, the property may be considered a “stigmatized property.” A stigmatized property is one that has an unfavourable quality that *may* make it less attractive to some buyers. That quality, though, is unrelated to the physical condition or features of the property.

As a seller, you are not required to disclose stigma to potential buyers. Stigmas are different from material latent defects, such as un-remediated hidden flood damage or mould, which sellers *are* required to disclose.

Some stigmas include:

- a suicide or death occurred in the property
- the property was the scene of a major crime
- the address of the property has the wrong numerals
- reports that the property is haunted

Potential buyers’ different values, perceptions, and backgrounds will affect the significance of a potential “stigma”. Some buyers won’t care about a death occurring in the property, while others may be completely put off by it.

Although you are not required to disclose stigma to potential buyers, because some buyers may have concerns about stigmas, those buyers can ask their real estate representative to ask your representative about possible stigmas. You don’t have to answer their questions, but if you choose to, you must do so honestly.

If you decide not to answer, a buyer has to decide if they are comfortable proceeding without an answer. Remem-

ber that not answering may turn the buyer off of your property more than simply responding honestly; it will depend on the specific buyer, their particular concerns, background, and perceptions.

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

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City of Calgary adopts a River Access Strategy

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

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



Back to Cruel

Didaskaleinophobia is the fear of going to school, which 2.4 per cent of children world-wide suffer from.

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

The Glenmore Reservoir has 3 approved hand-launch sites.

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

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

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

Happy recreating!

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

DOLLARS & SENSE



"Scary" Investment Moves to Avoid

By Kevin O'Hagan, PFP, FMA, CIWM

If you have young children or grandchildren, you know what's really important. Yes, it's Halloween time again, which means you'll see plenty of witches and vampires scurrying around. You'll no doubt find these characters more amusing than frightening, but you don't have to look far to find things that are a bit more alarming — such as these scary investment moves:

Paying too much attention to the headlines — Some headlines may seem unnerving, but don't abandon your investment strategy just because the news of the day appears grim.

Chasing "hot" investments — You can get "hot" investment tips from the talking heads on television, your next-door neighbour or just about anybody. But even if the tip was accurate at one point, by the time you get to a "hot" investment, it may already be cooling down. And, even more importantly, it simply may not be appropriate for your individual risk tolerance and goals.

Ignoring different types of investment risk — Most investors are aware of the risk of losing principal when investing in stocks. But if you shun stocks totally in favour of perceived "risk-free" investments, you'd be making a mistake because all investments carry some type of risk. For example, with fixed-income investments, including GICs and bonds, one risk you may encounter is inflation risk — the risk that your investment will provide you with returns that won't even keep up with inflation and will, therefore, result in a loss of purchasing power over time. Another risk you can incur is interest-rate risk — the risk that new bonds will be issued at higher rates, driving down the price of your bonds. Bonds also carry the risk of default, though you can re-

duce this risk by sticking with bonds that receive the highest ratings from independent rating agencies.

Failing to diversify — If you only own one type of investment, and a market downturn affects that particular asset class, your portfolio could take a big hit. But by spreading your dollars among an array of vehicles, such as stocks, bonds and government securities, you can reduce the effects of volatility on your holdings. (Keep in mind, though, that diversification cannot guarantee profits or protect against loss.)

Focusing on the short term — If you concentrate too much on short-term results, you may react to a piece of bad news, or to a period of extreme price volatility, by making investment moves that are counterproductive to your goals. Furthermore, if you're constantly seeking to instantaneously turn around losses, you'll likely rack up fees, commissions and possibly taxes. Avoid all these hassles by keeping your eyes on the future and sticking to a long-term, personalized strategy.

You can't always make the perfect investment choices. But by steering clear of the "scary" moves described above, you can work toward your long-term goals and hopefully avoid some of the more fearsome results.



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**Councillor, Ward 12
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Ward 12 Newsletter Update – September 2017

As we enter September, we get ready to say goodbye to summer. Now is a great time to reflect on some of the exciting things that happened during the summer and look forward to what should be an exciting autumn.

Provincial Government Announces Funding for Green Line Stage 1

Stage 1 of the Green Line is now fully funded – how exciting! On July 6, Premier Notley announced that the Government of Alberta would be funding \$1.53 billion over 8 years for the project. This funding, coupled with funding from the Government of Canada and The City of Calgary, allows the project to move forward and get ready for the procurement and construction processes.

Construction is expected to begin in 2019/2020 with operations beginning on Stage 1 in 2026. This is historic for southeast Calgary. Finally, we can point to a firm date on the calendar and know that LRT is coming to our corner of the city. For more information on the Green Line please contact www.calgary.ca/greenline

Green Cart Food and Yard Waste Program

In my August update, I had indicated that the program would be coming to southeast Calgary between August 29 and September 30. The City has unveiled when specific communities will receive their carts. To view the delivery schedule and get more information about the program please visit www.calgary.ca/greencart.



**MLA, Calgary-South East
Rick Fraser**

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I hope everyone had a nice summer. It's been a busy time in our constituency. I have spoken to many concerned parents from Prince of Peace, New Brighton and Copperfield schools about playground funding. I will continue to advocate on your behalf.

We have also been inundated with complaints of odour in the vicinity of Copperfield. Alberta Transportation district staff have since investigated and confirmed that it is not originating from the storm ponds constructed as part of the Southeast Stoney Trail project. The smell is originating from the natural wetlands near Copperfield. As all wetlands in Alberta are under the jurisdiction of Alberta Environment and Parks (AEP), we have reached out to AEP to discuss the issue and were informed that they had received similar complaints and had sent a compliance inspector to the site to investigate. They determined that the odour is a result of decreased water level in the wetlands due to recent dry weather and that since the odour does not pose any health concerns, they will not be taking any actions to eliminate it. If residents in the area have further concerns related to these wetlands they can contact Alberta Environment and Parks at 1-800-222-6514.

Events and congratulations:

- Walden Bottle Depot: Congratulations to you for earning Applaud a Depot award!
- 17th Annual Wing Kei Walkathon
- Nepal Consulate Opening
- New Brighton Gardens, Cranford Green, Auburn Sound Close, Chaparral Valley Square Neighbour Day events
- Community Iftar Dinner
- Treaty 7 Opening at Fort Calgary
- Copperfield School BBQ
- Chaparral Stampede Breakfast
- DIY Studio (Mahogany) Grand Opening
- Land of Lemurs Grand Opening at the Calgary Zoo
- Lunch and congratulations to Florence S. at Auburn Heights Retirement Residence
- Copperfield and Mahogany Annual Picnic in the Park
- Southwinds Church Cranston Summer Kickoff Party
- Auburn Bay Stampede Breakfast
- Cranston Stampede Breakfast
- Mustard Seed and Inn from the Cold Stampede event
- Hull Services Stampede event
- McKenzie Towne Stampede Breakfast
- Calgary Turkish Festival

- Fresh Start Recovery Centre Stampede event
- Silverado Community BBQ
- Seton Professional Health Clinic Grand Opening

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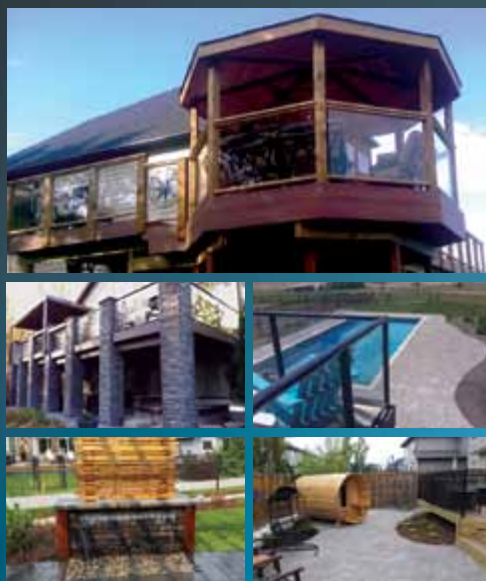
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NEED LEGAL HELP? FREE LEGAL CLINIC: Wednesday October 18 9:30 am to 3:30 pm. Calgary Public Library, 616 Macleod Trail SE. Book an appointment: call 403-541-4804 between 8 am and 5 pm, Sept 27 to Oct 11. Space is limited.

BRAIN GAMES SUDOKU

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

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Walden: 155 Walden Gate SE | 403-384-9734
Heritage: 100-8855 Macleod Tr SW | 403-640-7617



Cranston Real Estate Update

Last 12 Months Cranston
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
August 2016	\$459,900	\$445,000

Last 12 Months Cranston
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2017	40	26
June 2017	65	38
May 2017	48	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
August 2016	30	23

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



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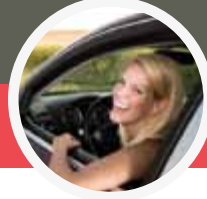
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