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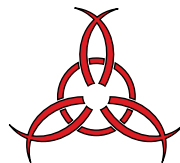
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There are three ways to get involved with Movember and support men's health:

	WHAT	HOW	WHEN
01 GROW	Grow a Mo, save a Bro	The moustache is our ribbon for men's health	For the 30 days in the month formerly known as 'November'
02 MOVE	Get active for men's health	Raise funds for men's health while you do something good for your own health	Anytime, anywhere, during the month of November
03 HOST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men's health	Anytime, anywhere, during the month of November



Douglasdale Glen Community Association

P.O. Box 87031
#160, 11520-24th St. SE
info@dgca.ca | www.dgca.ca

Elected Officials



Councillor Shane Keating
Ward 12 Office
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2478
Fax: 403-268-8091
Email: ward12@calgary.ca
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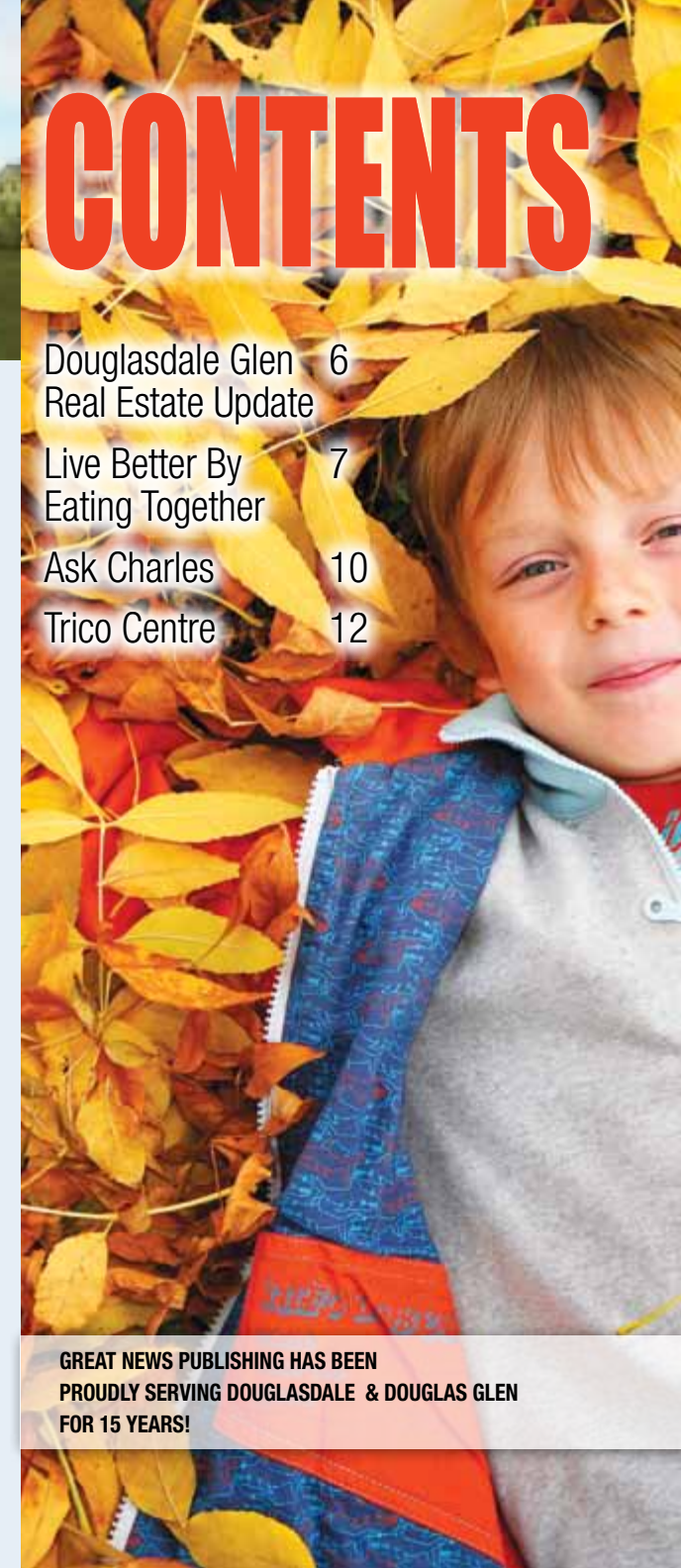
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Douglasdale Glen

Real Estate Stats

Last 12 Months Douglasdale Glen
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
October 2016	\$469,350.00	\$465,000.00
September 2016	\$467,400.00	\$460,000.00
August 2016	\$499,900.00	\$479,500.00
July 2016	\$507,081.50	\$489,000.00
June 2016	\$509,900.00	\$497,500.00
May 2016	\$540,000.00	\$525,000.00
April 2016	\$479,900.00	\$469,000.00
March 2016	\$520,000.00	\$510,000.00
February 2016	\$500,950.00	\$494,500.00
January 2016	\$482,000.00	\$471,000.00
December 2015	\$434,900.00	\$428,500.00
November 2015	\$502,250.00	\$492,500.00

Last 12 Months Douglasdale Glen
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
October 2016	13	14
September 2016	21	12
August 2016	11	14
July 2016	17	16
June 2016	18	13
May 2016	25	11
April 2016	14	11
March 2016	19	15
February 2016	14	12
January 2016	16	6
December 2015	7	6
November 2015	12	8

To view the specific SOLD Listings that comprise the above MLS averages please visit douglasdale_glen.great-news.ca



Live Better by Eating Together

The National Center on Addiction and Substance Abuse reported that children who have family dinners three or more times per week are;

- Less likely to be overweight
- More likely to eat healthy food
- Less likely to do drugs
- More likely to excel academically
- More likely to have healthy relationships with their parents

Sadly, the frequency of family dinners is shrinking in Canada. Approximately 1/3 of our families seldom or never eat together, and a whopping 14% never eat a family meal!

Sixty years ago the average evening meal began at 5:30 pm and lasted 90 minutes. Today the evening meal is as late as 7:30pm and is completed in 12 minutes.

To further complicate matters only 36% sit at a table, 29% watch television, and only 21% use this time to converse with other family members.

Not only are families eating less together, Stats Canada points out the number of meals that people are eating alone has increased dramatically in the last decade. There are varying reasons that are given for the disappearance of the family meal, but everyone agrees it is detrimental to our emotional and physical health.

We are designed to live in community and enjoying a meal together is a big part of having a healthy one. Make your mealtime an occasion to come together, to

connect, to reflect on our day, to laugh, to encourage, to instruct, to listen, and to do life together.

Maximize the time you have by eliminating distractions; no phones, or TV's or competing devices.

Set a goal to have at least three family dinners together each week. Come prepared to do more than to satisfy your hunger but to build connection and have fun! There are many websites that provide great conversation starters. Rather than asking the same old questions, 'How was your day?' 'Who did you play with?' or 'How was school/work?' try asking questions that require an engaged response. For example here are some questions to prime the conversation:

If you could time travel, where and when would you go first? Why?

Name one time when someone has shown you a lot of love.

If you could only keep 3 items from your room, which ones would you pick?

What are the qualities that make you a good friend?

Remember hands can build a house, but only a heart can build a home!

Set some time apart this week and enrich the lives of those you love.

Anthony Greco BBS, Dr (Hon.)
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IN & AROUND CALGARY

Programs and Events in Fish Creek

Winter Birding Course

12 Week Winter Birding Course starts Monday, January 9, 2017

Learn about the variety of bird species in Fish Creek Provincial Park and other natural areas within Calgary through the Friends of Fish Creek Provincial Park Society's Winter Birding Course. In the winter months, birds are much easier to see since the deciduous trees have shed their leaves, there are fewer species present and they often occur in flocks. "In fact, there may well be more individual birds within Calgary during the winter than in the summer months," said lifelong naturalist Gus Yaki, who, along with other experienced birding instructors, conduct these outings as a fundraiser for the Friends of Fish Creek.

Registration Required and Space is Limited. For more info, including fees and course times, and to register visit www.friendsoffishcreek.org/programs/birding-course

Alberta Parks - White Goat and Siffleur Wilderness Areas of the Central Rockies

Thursday, November 24, 2016 7:00 pm - 8:00 pm

Presented by Graham Thursfield Visitor Services Coordinator - Rocky Mountain House

Wilderness areas along the Central Rockies are home to incredible wildlife and spectacular scenery that many of us in the Calgary area may not think of visiting. This is your chance to see and learn about some magnificent spots in our Parks network. Join our presenter Graham Thursfield for this virtual grand tour of some magnificent places. For more info stay tuned to www.friendsoffishcreek.org/programs/speaker-series

Push To Open Nature Speaker Series

The Place for Parks and Nature at End of Life

Thursday November 3, 2016 7:00pm—8:30pm Fish Creek Environmental Learning Centre

We all feel it, whether looking outside, at a beach, in a field, or on a mountain - nature gives us perspective about life and death. Join us to hear the discoveries and practical applications of lead researchers Sonya Jakubec, RN, PhD (Associate Professor, School of Nursing and

Midwifery, MRU), and Don Carruthers Den Hoed, PhD candidate (East Kananaskis Area Manager— Alberta Environment and Parks, and Adjunct Professor, School of Nursing and Midwifery, MRU). Together this team bridges their work in nursing care and parks management in order to understand the role of parks in community health.

To register please contact Jill Jennings: Jill.Jennings@gov.ab.ca or 403-297-7850.

Show Your Support for Fish Creek - Renew Your Membership or Become a Member

Members are the foundation of our Society and share our vision of a sustainable Fish Creek Provincial Park that improves the quality of life for present and future generations. We encourage you to renew your commitment to Fish Creek Provincial Park for the October 1, 2016 – September 30, 2017 season. Friends' membership benefits include discounts on courses like the popular autumn, winter, and spring birding courses, a subscription to our newsletter Voice of the Friends, regular notifications about programs and events happening year-round in Fish Creek Provincial Park and admission to educational Fish Creek Speaker Series presentations. We hope that you and your family have enjoyed some of the community-focused activities we help organize here in Fish Creek Provincial Park. All of our volunteer programs and community engagement activities are made possible by our modest membership fees. Please visit www.friendsoffishcreek.org/friends-of-fish-creek-membership-signup to renew your membership. We thank you for your continued support and look forward to seeing you in the park.

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To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to DG@great-news.ca

Ask Charles

My real estate professional told me there is a standard rate of commission in Alberta, is that true?

It depends what they mean by "standard". There is no legislative requirement or governing body that specifies the commission rate an authorized industry professional can or will charge.

The fact is, commission is something you can negotiate with your real estate professional. Some real estate professionals aren't willing to negotiate their commission while others are. That's their right. As a buyer or seller, you have the right to work with someone who charges a commission that you're comfortable with.

Before choosing a real estate professional, you'll likely want to compare the services and fees of a few real estate professionals. These interviews can help you understand the range of commission rates available, and the services provided at the various rates.

Typically, professionals calculate commissions by:

- a percentage of the sale price
- a flat fee or schedule of flat fees
- a fee for service
- a combination including any of these

Goods and Services Tax (GST) applies to real estate fees, as they are a "service."

When you're signing an agreement to work with a real estate professional, make sure you understand the commission arrangements. The service agreement you sign is a legal document and it's binding. If you don't understand something in it or you don't agree with something, don't sign. Seek legal advice or find a different real estate professional to work with.

While some businesses or companies may have specific commission structures, extensive changes within the Canadian real estate industry in recent years means there isn't a standard commission rate.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

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Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Wellness Access Program

Trico Centre offers **fee assistance** for memberships and 10-Visit passes. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport, and the City of Calgary.) See www.tricocentre.ca for details.

Adults

- Adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEPI3Y.
- More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- November Wellness Workshops include Fat Burning Workshop, and Straighten Up (free info session followed by a 4-week workshop – for youth and adults.)

Older Adults

- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in November.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children & Youth

All children's programs – from tots to teens – start in



November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options. Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.

Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, youth shinny, and stick & puck.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.



COUNCILLOR, WARD 12 SHANE KEATING

Phone: 403-268-1698 • Email: Ward12@calgary.ca
Twitter: @CouncillorKeats Facebook: <http://www.facebook.com/CouncillorKeating>
Web: <http://shanekeating.blogspot.com/>

2016 has been a huge year for Ward 12. Over the last number of years I have heard from many of you that southeast Calgary seems to be lagging behind when it comes to recreation centres, transportation options and many other amenities that help build more complete communities. Over the last few years we have done some remarkable work to secure funding to get much needed investments in our communities. In 2016 we have seen the products of some of this hard work with the opening of a number of new recreation facilities and more significant progress on the Green Line. It is certainly an exciting time to live in southeast Calgary!

Green Line Rolls Along

At the beginning of October, Council approved the centre city alignment for the Green Line. The overwhelming recommendation from a public stakeholder and technical standpoint was the tunnel option under the downtown. The tunnel will begin at the edge of the Beltline and extend north of 16th Ave N. With an estimated price tag of \$1.95B, the tunnel option is the most expensive option to get through the inner city.

Most expensive option does not always mean best option, especially when it comes to public projects. But in the case of the centre city Green Line alignment, I believe the tunnel is far and away the best option. By tunneling through the downtown, we will avoid traffic disruptions and negative impacts to much of the existing infrastructure and businesses along the alignment. The Green Line is an ambitious forward looking project, and I believe this decision is not just right for Calgary today, but for generations to come.

You can keep up to date on Green Line progress at Calgary.ca/GreenLine

Coffee With the Councillor

This year my office has hosted a number of coffee meetings to discuss the municipal issues that matter to our communities. We have one more event in 2016, and this time we'll be in Cranston.

When: Thursday, November 29 – 7:00pm-8:30pm

Where: Cranston Century Hall, 11 Cranarch Road SE

I'm looking to hear from you!

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NOVEMBER MOON CALENDAR

	First Quarter Nov 7		Full Moon Nov 14		Last Quarter Nov 21		New Moon Nov 29
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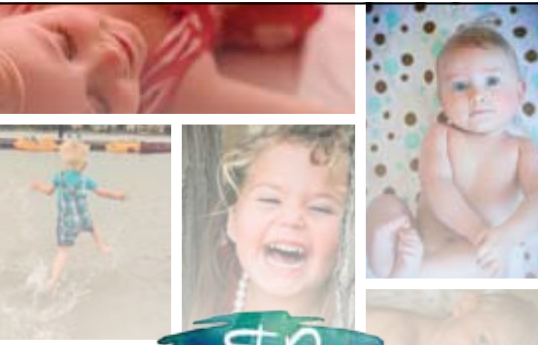
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MLA CALGARY-HAYS RIC MCIIVER

Interim Leader of PC Caucus

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I hope everyone has enjoyed the colorful, crispy mornings having a wonderful Fall!

Schools

I have had the pleasure of visiting St. Albert the Great School and Blessed Cardinal Newman Schools. Students were well prepared to pepper me with questions and thoughtful insights. I must confess visiting classrooms is my favorite part of my job. Thank you to the students and teachers for allowing me to visit your school.

Return to the Legislature

The government has the legislature scheduled to return on Halloween Day. Insert wise remark here. The NDP government is promising to revamp election financing rules for their own benefit. They have also expressed a desire to meddle in other political party's business with new laws and regulations. I am not sure if they can actually do that but in committee they expressed a strong interest in doing so.

Also, the Municipal Government act is scheduled to be changed this session. The NDP plans to add new offsite levy taxes to new developments making housing more expensive.

It is also expected they will decide on the regulations to Bill 6 which is the farm and ranch bill which has most of rural Alberta up in arms. Look for a committee to change electoral boundaries for the next election to be established.

Alberta's minimum wage increases

The NDP has doubled down on their job killing rapid acceleration of the minimum wage by passing orders in council to take it to \$15.00 per hour by 2018. The Canadian Federation of Independent Business and the Alberta Chamber of Commerce agree this will eliminate a large number of jobs and will drive many small businesses out of business further taking jobs away from Alberta. We will continue to oppose this and other damaging policies.

Vehicle Registration

We have had several questions and complaints on the government discontinuing mail reminders of license renewals. So far we are waiting for info from the minister on this problem.

Deerfoot Maintenance

Ministerial Assistant to Honourable Brian Mason, Minister of Alberta Transportation provided the following information:

In these challenging economic times, prudent cost-saving

measures are important for our government. However, maintaining safety on our province's highways is a top priority. Minister Mason has heard Albertans' concerns about the adverse impact of reduced chemical weed control along the provincial highway network. Recognizing the season, Alberta Transportation is expanding the amount of mowing done along highways wherever possible. We will also be working with other ministries, municipalities, provincial agricultural service boards, and field personnel over the next month to investigate ways to work together with local communities to resolve this situation in the future.

Should you have any further questions regarding mowing along Deerfoot Trail, please contact us at the Calgary-Hays Constituency Office. Calgary.hays@assembly.ab.ca or 403-215-4380 AND

Our highway maintenance contractor is mowing the entire Deerfoot Trail highway right-of-way with the aim of having this work complete before winter.

Alberta Transportation allows community associations to perform mowing within the Deerfoot Trail highway right-of-way more frequently than the level of service we provide. The community associations of McKenzie Towne and Douglasdale Estates regularly perform additional mowing within Alberta Transportation's jurisdiction along McKenzie Towne Boulevard and Douglasdale Boulevard.

Noise Levels in McKenzie Lake Adjacent to Deerfoot and Stoney Trail

Thank you for contacting my office regarding noise levels in the community of McKenzie Lake, adjacent to Stoney Trail and Deerfoot Trail. I have contacted Alberta Transportation to discuss noise testing and noise mitigation measures in your community, and I am able to provide the following information.

The operations and maintenance of Deerfoot Trail and Stoney Trail in the vicinity of southern McKenzie Lake is the responsibility of Chinook Highway Operations Inc. (CHOI) as part of the contract that was awarded to them for design, construction, and operation of the Calgary Southeast Stoney Trail project.

CHOI is required to implement noise mitigation measures if a 24 hour equivalent weighted average noise level of 65dBA is exceeded at an adjacent residential community, as measured 2

~continued next page~

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metres inside the property line, 1.2 metres above the ground. Noise mitigation could include constructing noise walls or berms, and must be broadly supported by affected residents. Based on noise level modelling conducted before construction of the SE Stoney Trail, it was determined that noise mitigation would be required adjacent to McKenzie Lake to maintain sound levels below 65dBA. A noise wall was installed along the east boundary of the community, and a noise berm was installed along the south boundary.

CHOI is responsible for periodic testing in affected communities to determine if noise levels have exceeded the 65dBA threshold. A noise monitoring study was also completed by a consultant for Alberta Transportation in 2014 to determine if the 65dBA threshold had been exceeded in affected communities after the SE Stoney Trail project was opened to full traffic operation. The results show noise levels were not exceeded in McKenzie Lake. The Noise Modelling Report can be viewed online at www.transportation.alberta.ca/Content/docType490/Production/SEST_Noise_Modelling_Report.pdf

Between September 14 and 16, 2016, CHOI's consultant conducted additional noise testing, including at a property on McKerrell Crescent SE in McKenzie Lake, which is situated directly adjacent to the highway corridor. If specified noise levels are exceeded, CHOI will be required to install improved noise mitigation measures.

Alberta Transportation advised that results of the 2016 noise monitoring will be made available to my constituency office after the noise monitoring report is completed. At that time, I will be able to share it with McKenzie Lake residents.

Thank you again for contacting my office. I hope this information is helpful.

McKenzie Frenzie

The annual event was a huge success. I put up a tent and met many residents with questions suggestions and just general good conversation. I worked with the community association and Sunwest church to put together a job fair at the frenzie. Several employers showed up with jobs to offer and several people were hired. We all need to help each other find opportunities during these challenging financial times.

As your MLA, I am here to help you. My newsletters are written a few weeks ahead of publications so if you are looking for updated information, have a question for me, concerns that you want to share or just want to talk to your MLA, please, I would like to hear from you. I can be reached at ric.mciver@assembly.ab.ca or you can contact my assistant Donna Elms at Calgary.hays@assembly.ab.ca or you can call the office at 403-215-4380.


COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

FLC SENIORS CLUB – TAI CHI 55+: Study of Cai's Tai Chi, based on the Traditional Yang Style. Our Winter Session starts January 5th, with Thursday classes at the Trico Centre and the Lake Bonavista Community Association. Please call Juliette at 403-225-1593 or Christel at 403-271-1289. www.flcseniors.ca.



Douglasdale Glen

Name	Age	Contact	Course
Melissa	12	403-973-7353	Yes
Kyla	13	403-697-9764	Yes
Jordan	14	403-288-0220	Yes
Elena	14	403-263-3809	Yes
Melissa	15	403-455-4402	Yes
Brooklyn	16	403-236-1440	Yes
Elizabeth	16	403-771-8215	Yes
Lauren	16	403-203-4480	Yes
Kaitlin	16	403-258-3153	Yes
Caitlyn	18	403-203-4480	Yes
Michelle	18	403-455-4402	Yes
Taylor	19	403-236-2836	Yes
Kyra	20	250-938-5951	Yes
Cheyanne	20	250-938-1090	No
Cheyanne	20	250-938-1090	No
Deidra	29	403-471-3089	Yes
Jane	51	403-467-3607	Yes

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