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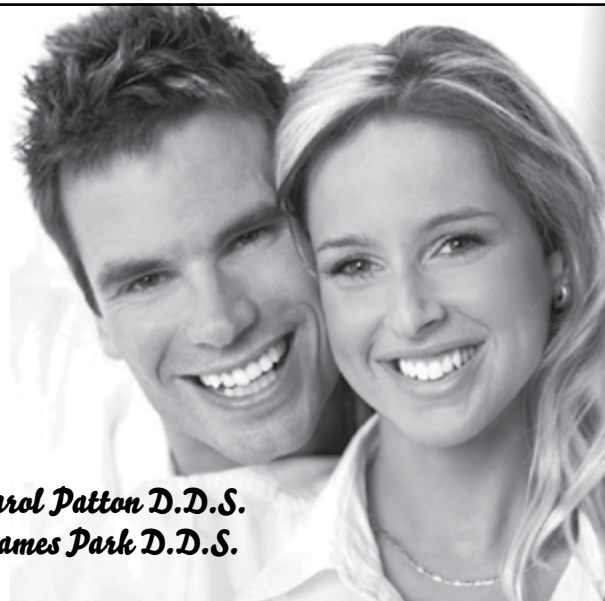


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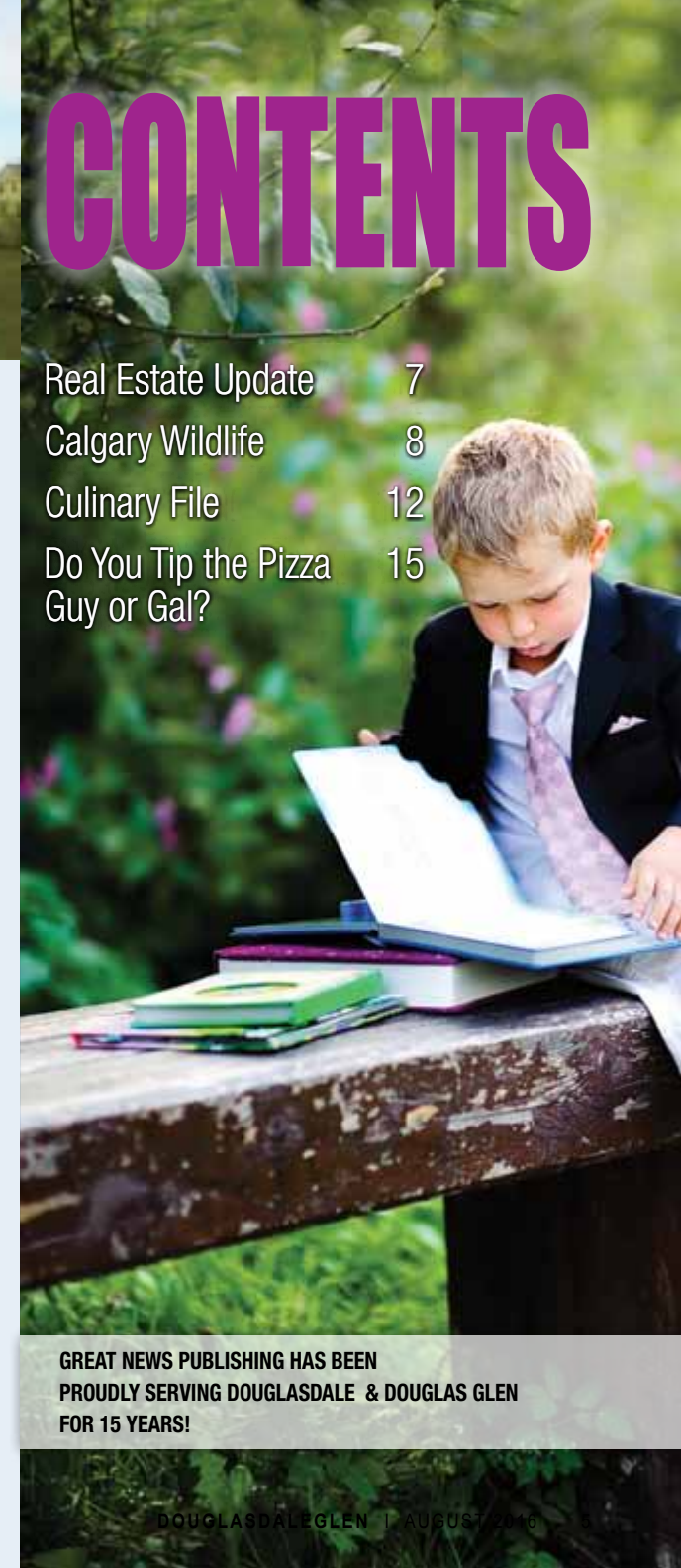
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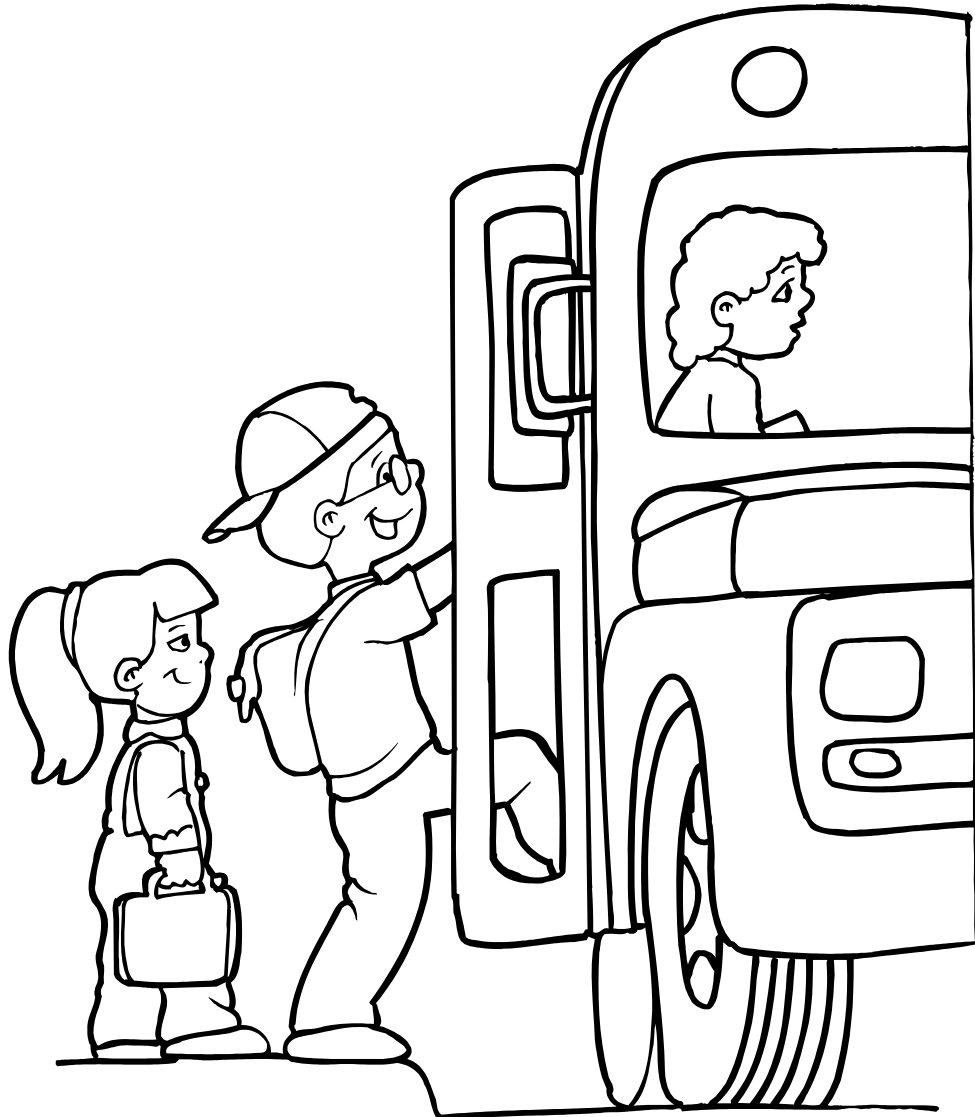
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# Douglasdale Glen



## Real Estate Stats

Last 12 Months Douglasdale Glen  
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
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
October 2015	\$449,500.00	\$439,500.00
September 2015	\$487,400.00	\$474,500.00

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

	No. New Properties	No. Properties Sold
August 2016	13	14
July 2016	20	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
October 2015	11	10
September 2015	18	16

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [douglasdale\\_glen.great-news.ca](http://douglasdale_glen.great-news.ca)

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## STEP INTO FALL



**Are you thinking of becoming more active?**  
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

**To participate you must be:**

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

**By completing the 3 questionnaires you will receive:**

- A pedometer (\$25 value)
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Ethics ID: REB15-2944  
This study has been approved by the University of Calgary  
Conjoint Health Research Ethics Board.





# The Tiny but Mighty Bufflehead

Article by J.G. Turner

Photo by Mdf

This very small, compact, buoyant diving duck can be identified by its large, dark, puffy looking head with short, wide, greyish bill. The Bufflehead has an average length of just 36 cm or 14.5 inches, wingspan of about 53 cm or 21 inches, and weight of approximately 411 g or 15 ounces. The best places to spot a Bufflehead are small lakes with marshy edges and open centres, and areas where there are lots of poplar trees and aspen woodlands in central Alberta from the Spring through to late Autumn.

**Fun Facts:**

- The Bufflehead migrates from Mexico or the Gulf Coast of the United States to breed in Canada, and even as far north as Alaska.
- Buffleheads are one of the last ducks to leave Alberta before winter arrives.

- Where open water remains over the winter, this little duck sometimes stays year round.
- When mature, a female Bufflehead will return each year to the area where she was born to search for a nest cavity in which to lay her eggs.
- She will often choose an abandoned woodpecker's nest and absolutely loves the nest holes carved out by the Northern Flicker.
- As a diving duck, its legs are near the back of its body, so they must 'run' across the surface of the water to gain the momentum needed to take off and fly.
- The Bufflehead is Canada's smallest duck and they can squeeze through holes only eight centimeters wide!
- Buffleheads are territorial: males will defend a female by diving under water and popping up underneath a rival male. Females will defend the water where they rear their young.

The Bufflehead is one of the scarcest ducks in North America and its numbers continue to suffer from logging and agricultural clearing of poplar stands and aspen woodlands, decreased numbers of Northern Flickers in an area, and human hunting activities.

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.calgary-wildlife.org](http://www.calgary-wildlife.org) for more information.

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## Writings about Reading

**Parents as Partners**

It's 'back to school' and the perfect time to revisit how you can be the best partner in your child's education. You, as parent, grandparent or caregiver have been helping your child to learn since they were a tiny baby . . . and your role continues. Here are ways to help your child build their language and reading skills:

**Get to know your child's teacher**

You'll build a connection and be able to ask questions. The teacher will suggest ways you can help your child at home.

**Read aloud with your child every day**

In order to read fluently, your child needs lots of practice with hearing how good reading sounds. Take turns reading aloud a story; the more familiar the words become the easier it will be for your child to read.

**Incorporate literacy activities anywhere**

Literacy skills are used in all kinds of situations. Encourage your child when reading food labels, talking with other children, discussing a movie with the family, or when writing lists to be posted on the refrigerator.

**Teach phonemic awareness and phonics (letter names and their sounds)**

Young children hear "dog," but not the "duh"- "aw"- "guh." To become readers, they have to learn to hear these sounds (or phonemes). And, a child can't sound out words or write them without knowing the letter sounds. There are lots of websites and ABC books to help.

**Keep the fun and encouragement flowing!**

Write notes to your child in their lunch kit so they feel supported during the first days of school. Ask specific questions at the end of their day: what games did you play today? Who is in your class? Did you teacher read a great book today, what was it about?

**For resources to help your child develop critical literacy skills and the joy of reading, visit [calgaryreads.com](http://calgaryreads.com).**

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# Calgary Humane Society Dental Care

Happy August! We hope you are enjoying a great summer with your two and four-legged family! At Calgary Humane Society we are enjoying a busy season of summer camps. Our annual August adoption event is also just around the corner and we hope you will all come out to celebrate with us!

For many families, summer includes a trip to the dentist to take care of everyone's pearly whites. Dental care is vital for humans, but did you know that pets need dental care too? Each and every year we see dozens of animals at the shelter suffering from dental problems, problems that can result in health issues for the pet and legal problems for the people! Failing to provide dental care to your pet is considered a form of neglect under the Alberta Animal Protection Act and bad teeth can cause unnecessary pain for Fido. Interested in learning more about dental care for your pet? Read on!

## Do all pets need dental care?

If your pet has teeth then dental care is an important contributor to overall health! Dogs, cats, rabbits, guinea pigs and even small critters like hamsters and gerbils should have their pearly white inspected regularly as a part of an overall health check-up by their veterinarian.

## What are some of the common pet dental procedures?

For dogs and cats the most common dental need is tartar removal and tooth cleaning, much like what you would have done at your own dentist. Extractions are another common dental procedure in pets. Just like humans, cats and dogs can suffer from cavities and gingivitis and if these problems continue unchecked the teeth will need to be removed.

Rabbits and rodents have more complex dental needs. These critters have teeth that grow continuously for their entire lives. Most of the time your rabbit or rodent will do a great job of wearing down their teeth by chewing and eating

rough foods, but sometimes they need a bit of help. An exotics veterinarian will regularly check your pets teeth and can trim or file the teeth if necessary.

## What is the cost of dental care for pets?

Just as with humans, the cost for dental care for your pet will depend on the condition of your pet's teeth and the pricing your vet sets for each procedure. We recommend booking a consultation with your vet to discuss your pet's specific dental needs.

## What can I do at home to keep my pet's teeth healthy?

Providing an appropriate diet and opportunities for chewing is an important part of maintaining dental health in all animals. Choose toys that are the right size for your pet and made specifically for chewing as some items (like tennis balls) can damage your pet's teeth if chewed.

For additional suggestions we recommend speaking with your pet's vet. Your vet is familiar with your pet's specific needs and will be able to help you develop an oral care plan.

## Can I use human toothpaste for my pets?

Human toothpaste should never be used for pets as it contains some ingredients that can be harmful if swallowed by your pet. If your vet has recommended brushing your pet's teeth, you should invest in a good quality pet toothpaste.

## What are the main benefits of dental care?

Providing good quality dental care is an important part of health and wellness for pets. Investing in routine dental care sets your pet up for a long and healthy life, and it will also keep Fido's breath smelling great on those long summer car trips!

From all of us at Calgary Humane Society, Happy Summer!

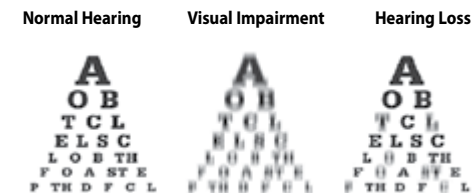


# Hearing Loss differs from Vision loss

Dr. Diane Fennell

As with the eye, the ear's performance is affected by aging. However, bad vision gradually makes reading harder as the letters get smaller as in the chart below but hearing loss is different. In hearing impairment some sounds in a word may be heard clearly but other sounds particularly consonants may not, causing overall speech to sound 'muffled' or unclear. Hearing loss can make certain syllables and sounds harder to hear. For example, high-pitched consonants like **f**, **s**, **th**, **c**, **st** and **t** are easily drowned out by louder, low-pitched vowels like **a**, **o** and **u**. This results in a person with hearing loss complaining that they can hear others are talking, but not what they are saying. They can hear but do not always understand particularly in noise. Listening with an untreated hearing loss can be compared to Swiss cheese; there are 'holes' in the conversation.

## Hearing Loss vs. Visual Impairment



Hearing loss usually begins unnoticed. On average, people with hearing loss wait almost 10 years before they do something about it. Too few people make a timely decision to take active steps to recover their hearing and increase their quality of life.

Studies show that as people lose their hearing, they are more prone to depression; they withdraw socially and communicate less with family and friends. This comes as no surprise – after all, you can't participate in conversation if you can't hear or understand what's being said!

Sources: [www.cubex.co.uk/your-hearing](http://www.cubex.co.uk/your-hearing); [www.oticon.global/hearing](http://www.oticon.global/hearing)

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## CULINARY FILE:

# Feta Turkey Burgers with Sautéed Red Pepper and Onions

Written by Rae-Ann Hagen, Registered Dietitian

Turkey Burgers have become a family staple over the past couple of years. This recipe was originally my husband's creation that has since evolved into this quick and easy meal. Not only is this super quick but they always make for a delicious healthy meal which makes this recipe perfect for both a weeknight family meal or a weekend BBQ with friends. To make these burgers I recommend you start with your favourite fresh whole wheat bun. Follow the recipes for the feta turkey burger patties and sautéed red pepper and onion topping listed below. I find that fresh arugula adds a nice peppery flavour but any green will compliment these turkey burgers well. I love to serve these with a yummy summer salad on the side to keep it light and fresh.

### Feta Turkey Burger Patties

Ingredients:

- 1 package of ground turkey
- 1/4 cup of feta cheese
- 1 tsp dried oregano
- freshly ground pepper to taste

Directions:

1. In a medium bowl, combine all ingredients. Divide into 4 equal parts and form into patties. If time allows

let the patties rest in the fridge for an hour prior to cooking.

2. Cook the patties on a medium grill. Cooking time can vary but is typically around 20 minutes. Check the internal temperature is at least 165 °F to ensure the patties are fully cooked.
3. Serve on a fresh bun, top with the red pepper onion topping and fresh arugula.

### Sautéed Red Pepper & Onion Topping

Ingredients:

- 1/2 red pepper thinly sliced
- 1/4 white onion thinly sliced
- 1 tbsp. canola oil
- sprinkle of Montreal Steak spice

Directions:

1. Put red peppers, onions, canola oil and Montreal steak spice together in a pan. Cook on a medium heat until soft, around 5 minutes.
2. Place on top of your grilled feta turkey burger.

Enjoy these with family and friends during this fabulous barbeque season!



# Living In A Man's World

by Elisabeth Fayt

One thing I look forward to each year is the annual Book Fair in a little lake town where I spend my summer vacations. They cram the local town hall with used books at bargain prices, so I always manage to fill two boxes or more. I figure, if I get at least one good life-changing quote, I've gotten my money's worth. And there it was, a self-help book for women on "How to Thrive in a Man's Environment" filled with pointed advice on how men would like women to communicate with them, such as this nugget: "Spare me the pain, just give me the baby."

What a message, loud and clear. Men just want the facts, Jack. The problem is, as women, we love to do this seductive pole dance around the punch-line, keeping our listener captive with every detail before we get to the point, if we ever get there. Shocker, ladies, this drives our men crazy!

Let's face it, men and women are different. The good news is, we weren't designed to drive each other crazy. What I've learned spiritually is that our goal is to find a balance between our two natures. For men, it means loosening the grip on *reason* long enough to *feel*, and for women it means getting off the emotional train ride long enough to *reason things out*. It's a delicate juggle between heart and head.

It can be done, and we grow spiritually the more we're able to combine the two. It happens with practice, with our bosses, partners and friends, so bring on those relationships that push your buttons and take you to the next level.

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# Do you tip the pizza delivery guy or gal?

If so, how much? Below are some facts and figures to help you out.

Tom Allum

If you get food delivered, whether it is Chinese, pizza or your standard fare, there normally is a delivery charge. The amount of the delivery charge varies from each establishment but is normally between three and four dollars per trip. This amount usually goes to the driver at the end of each shift. The driver supplies their car, fuel and insurance and maintenance. 99% of drivers are on contract basis only. They average 12 trips per shift. This equals \$42.00 for a five to 10 hour shift. Not including tips if any.

Most pizza places have a defined area of delivery which is about eight kilometres to the furthest delivery point. With an average of five kilometres one way per trip, and round trip equals of 10 kilometres. The government (CRA) allows independent contractors a 0.54 cent per kilometre allowance. At 120 kilometres per shift this equates to the driver going into the red for about \$20. So why do it? Most do not make enough to pay rent or even claim the 0.54 cent allowance. Most drivers pay out approximately \$15 for gas per shift which to them equals a positive cash flow of \$27 per shift. (Not including tips, if any.)

Which brings us to the question of do you tip or not and, if you do, how much? There are of course no set guidelines, established rules or common practices such as in sit down restaurants. (Restaurant staffs expect 10 to 20% of your total bill as a tip which they normally share.)

So what should you tip? But, before we get to that, let's explore some of the demographics regarding pizza deliveries and how different groups tip.

Office staffs ordering during the day often tip a minimum of 15% or \$10. I am sure they do not want to look cheap in front of their coworkers and most can expense this. Senior citizens always tip (there are a few exceptions) normally \$5 and sometimes as little as \$2. Low income do not tip well at all although some do make an effort. People who live in million dollar homes are normally not good tipppers. Working class people normally



are the best tipppers. College and high school students are very poor tipppers (unless ordering from a party). **And the big one - women are better tipppers than men (although there are exceptions).**

A decent tip would be minimum of \$5 - \$10 for orders up to \$50, \$10 to \$15 for orders up to \$100, anything over a \$100 a minimum of \$20 would be nice.

So they do it for the cash and the tips. Some are retired and cannot live on the amount they receive; others cannot find a steady job or are limited due to personal circumstances that prevent full time employment.

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## IN & AROUND CALGARY

### The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains round-worm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit [calgary.ca/puppy](http://calgary.ca/puppy) for details.



Canadian Cancer Society / Société canadienne du cancer

# Harvest summer's fresh bounty

By Paula Trotter  
 The Canadian Cancer Society,  
 Alberta/NWT Division



There's no better time of the year than now to eat more fruit and vegetables.

Alberta summers offer a bounty of fresh produce. You name it; this season's got it – cucumber, carrots, summer squash, sweet corn, strawberries, blackberries, cherries and more.

It should come as no surprise that eating plenty of vegetables and fruit is good for your health. But did you know a diet that includes a variety of produce helps to reduce your risk of developing cancer?

Research has shown that vegetables and fruit may help protect against certain types of cancer, such as head and neck, esophageal, stomach and cervical cancers. And, because produce is low in calories and high in fibre, eating a variety of fruits and vegetables can help you reach and maintain a healthy body weight, which in turn helps to reduce your risk of developing cancer (being overweight or obese puts you at a higher risk of cancer).

You can't go wrong with eating more fruit and vegetables. They're good for you, and delicious too.

Here are some Canadian Cancer Society tips to help you add more fruit and vegetables to your diet:

- Prepare a weekly meal plan and shopping list that includes plenty of fruits and vegetables. This way you know how you'll use all that produce so it won't go to waste.
- Make a veggie version of your favourite pasta, pizza, curry or chili. You could even try having meat-free meals for an entire day once a week.
- Fire up the barbecue and grill fresh fruit slices such as peaches and pineapple for a healthy, sweet dessert.
- Go for a rainbow of colour. Different coloured veggies and fruit provide different nutrients.
- Think of vegetables and fruit as natural convenience foods. Bananas, apples and oranges all come in their own packaging and can be eaten on the go. So can most raw veggies.
- Liven up the food you eat with crunch and colour. Put tomatoes, cucumber, peppers and radishes in sandwiches, berries in yogurt or cereal, and extra vegetables in pasta, rice, stir-fries and soups.
- If time is an issue, buy packages of pre-cut carrots, peppers, leafy greens or mixed fruit to make life and cooking a little easier.

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## IN & AROUND CALGARY

### Urban Planning Made Fun and Easy!

Are you curious about the urban planning process in Calgary? Do urban planning terms make your head spin? Do you want to know what a development permit is? If you've answered "yes" to any one of these questions, we have the right tool to help you!

The Federation of Calgary Communities is pleased to introduce our newest resource: Planning Cue Cards. Planning Cue Cards are the absolute beginners guide to the urban planning system in Calgary in fun and easy way! The cue cards will help you understand planning acronyms, the hierarchy of planning policies, implementation tools, and more.

These versatile cue cards are great for both the beginner to jump right into, or for the mature planning representative who needs a brush up on their knowledge. They are available for purchase at the extremely affordable price of only \$5 a set, and can be purchased in sets of one, five or ten in our online store at [calgarycommunities.com/online-store](http://calgarycommunities.com/online-store).

Need a bit more convincing? Read a testimony from Bryan Ellert of the Downtown West Community Association:

*Thank you for developing the Planning Cue Cards! I think you did a great job of making the planning hierarchies more understandable. In my view, the cards help make it a lot easier for members of communities to understand the "big picture" planning policies and where their work needs to "fit in" to help them achieve their goals.*



### Graffiti Vandalism

*A message from the Federation of Calgary Communities Building Safe Communities Program*

Graffiti vandalism is figures, letters, drawings or stickers applied, scribbled, scratched, etched, sprayed or attached on or to the surface of any premises, structure, or other property. It can be done by a variety of methods including spray paint, markers, etching and pens to name a few. Graffiti done without the owner's permission is vandalism and is a crime carrying serious consequences. Most graffiti vandalism IS not gang related, but if graffiti vandalism is left unchecked, other criminal activities may begin to start in the area as the perception of the community is that no one cares or is taking care of the area. **Graffiti vandalism needs to be reported to 311.** If graffiti vandalism is not removed quickly, this inaction may be interpreted as a sign of low neighbourhood pride, and graffiti vandalism will spread to other buildings, streets and properties.

What to do:

1. Record the graffiti vandalism by taking a photograph (if possible) of the damage
2. Note the location
3. Report the graffiti by calling 311
4. Remove the graffiti if it is on your property or with permission of the property owner. The longer it is left for viewing the more likely other graffiti will appear in the area.

Please visit [www.graffitifreecalgary.ca](http://www.graffitifreecalgary.ca) for more information on graffiti vandalism and how you can make a difference in your community to address graffiti vandalism. Special thanks to the Calgary Police Service Graffiti Coordinator Constable Dave Ladic for input in this article.

## IN & AROUND CALGARY

### When your smoke detectors do go off, now what?

September greetings from your Calgary Fire Department!

#### GET OUT...STAY OUT...CALL 911!

Making and rehearsing a home escape plan is essential for your family's safety in the event that there is an emergency in your home

Draw a floor plan of your home making note of all windows and doors.

- Every room in your home requires two ways out. The first way out would likely be the door, the second way out could be a window... IF it can be done safely.
- Make sure all windows can be opened easily by the occupant.
- Windows in basement bedrooms NEED to be a minimum of 3.76 Square feet, AND any security bars that may be on the window need to allow opening without keys or special tools. When planning, consideration needs to be giving on how the occupant of that bedroom will get up to and safely out of the window
- If you live in a multi-level building, when alarms are going off and you are evacuating, use the stairs, never the elevator,
- It is important that you familiarize yourself with the fire safety plan for your building.
- Once you do get out, determine a meeting place such as a tree in a neighbour's yard. When the first arriving fire truck pulls up, you'll be able to tell firefighters that everyone is either out safely or still in the building. This is **important** information for the fire crews.
- Practice your home escape plan at least twice a year, perhaps once during the day, and once at night.
- Once you get out, STAY OUT!
- For further information visit [Calgary.ca](http://Calgary.ca) and watch this fire safety video with your family



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# WHEN A CHILD FALLS BEHIND:

## TIPS FROM A PSYCHOLOGIST & FORMER TEACHER

By Joyce Achtnig BEd, MC, CCC, Provisional Psychologist & Canadian Certified Counsellor

### What Can You do if Your Child is Struggling in School?

Is your child underachieving academically? Or do you think your child may be gifted and is underachieving due to boredom and lack of challenge? Parents and teachers are often the first to voice concerns regarding a child's struggles and need for help. When teachers suspect that issues like Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), or a learning disability may be at the root of a child's challenges at school, they will often recommend a psycho-educational evaluation. Current research demonstrates that early identification, understanding, and appropriate intervention is the key to a child's success.

### What are School Psycho-educational Assessments and What Benefits do They Offer?

It is understandable that many parents are unclear about exactly what a psycho-educational assessment is when school staff or a physician recommend it. A psycho-educational assessment will evaluate your child's thinking/reasoning abilities and underlying psychological processes (e.g., attention, processing, fluid reasoning, memory). It also assesses academic achievement (e.g., expressive and receptive language, reading, writing composition, math), social development, emotional functioning, and behaviour. This is generally accomplished through standardized testing, informal assessments, interviews, questionnaires, observations, and review of previous records or reports.

The end result is a rich and comprehensive assessment that helps parents and educators by making sense of a child's struggles and uncovering his or her strengths. A psycho-educational assessment is a powerful tool because it creates a more accurate and complete picture of your child that can change the way your child is perceived and ensure that appropriate resources, educational programming, and accommodations necessary for success are recommended. In addition, information in the assessment may also be used to qualify the child for disability services, or to guide physicians in choosing appropriate medication, etc.

### How Can Parents Obtain a Psycho-educational Assessment?

Parents may ask the school to complete a psycho-educational assessment; this is done by school board psychologists, at no cost to parents. Unfortunately, there are waitlists and only the most severe or in need students will qualify for the few assessment opportunities that have been allocated to each school for that year. The fastest way to obtain an assessment for your child is to use a psychologist in private practice; we can usually book an appointment in less than a month, and have the report completed between four to six weeks after testing. In Calgary, the cost for a psycho-educational assessment ranges from approximately \$1,400 to \$2,800, depending on the psychologist you choose and the assessment tools and time required. In many cases, a parent's insurance plan through work can pay for at least some of this expense.

## IN & AROUND CALGARY

### Alberta Health Services EMS

#### Back to School safety

Alberta Health Services EMS would like to remind parents and children about a few 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 a cell phone, texting, or any other behaviour 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, 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;
- When activating overhead crossing lights, pause and make eye contact with all drivers before stepping off the curb. This is to ensure that motorists in both directions have seen you and 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 vehicles 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;



## Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit [calgary.ca/fairentry](http://calgary.ca/fairentry).

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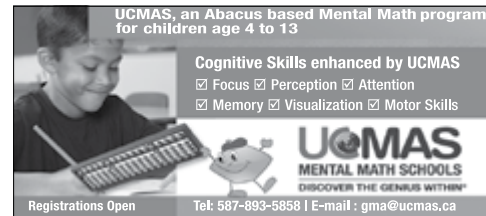
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## Calling All Neighbours!



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](mailto:DG@great-news.ca)

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## COUNCILLOR, WARD 12 SHANE KEATING

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Twitter: @CouncillorKeats Facebook: <http://www.facebook.com/CouncillorKeating>  
Web: <http://shanekeating.blogspot.com/>

### September Newsletter Content

Another summer has flown by here in Calgary and Council is getting ready to return to session. I'm looking forward to continuing discussions with the Provincial Government about funding the Green Line LRT and getting a look at some of the early feedback from Phase 1 of the Deerfoot Trail Study. Check out my website at [www.ShaneKeating.ca](http://www.ShaneKeating.ca) for more updates.

### "Quick Wins" Coming for Ward 12 Transit Users

As many of you are aware the Green Line project was originally planned as a BRT (formerly known as the SETWAY). Administration previously outlined some "Quick Win" projects that could improve the timing and reliability of the 302 bus service as we worked towards the BRT dedicated lanes.

Thankfully last year Council made the decision to move the Green Line straight to LRT. With this move, many of the "Quick Wins" projects were put on the shelf.

Over the last number of months I have sat down with administration and asked that we revisit some of these "Quick Win" projects. Residents in SE Calgary need reliable transit service right now, and I'm not prepared to ask them to wait until 2024 for that to happen. I am very pleased to see that a few of the original "Quick Win" projects will be moving forward. These are projects that will improve the reliability of the 302 service and act as much needed building blocks towards the opening of the Green Line LRT.

The first of these projects is an improvement at the intersection of Barlow Trail and 114<sup>th</sup> Avenue SE. The City will install queue jump lanes for buses travelling eastbound and westbound. Buses will enter their own dedicated lane and get an advanced green light before other vehicles at the intersection. This will allow buses to get ahead of traffic and around delays from traffic congestion. Construction on this project will begin in the fall and be concluded by the end of 2016.

### Coffee With Your Councillor

It has been my sincere pleasure to be your elected voice on Council since 2010. I believe an important part of my job is checking in with residents to see what their priorities are. On September 27 I will be hosting my second "Coffee With Your Councillor" event to hear your concerns and discuss the municipal issues facing Ward 12. The details for this event are below:

**When: Tuesday, September 27, 2016 7:00 pm – 8:30 pm**

**Where: Auburn House – 200 Auburn Bay Blvd SE**

I hope to see you on September 27.

## IMPORTANT NUMBERS

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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
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Child Safe Canada	403.202.5900
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Poison Centre - Alberta	1-800-332-1414
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Foothills Hospital	403.944.1110
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Sheldon M. Chumir Health Centre	403.955.6200
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<b>OTHER</b>	
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Calgary Parking Authority	403.537.7000
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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
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