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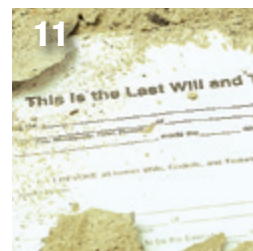
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Resources in your Neighbourhood

Canada Post – 160 11520 24 ST SE – inside the Rexall

Schools in your Neighbourhood

Douglasdale School - 400 Douglas Park Blvd SE

Monsignor J. S. Smith School - 2919 Douglasdale Blvd SE

Religious Centres in Your Neighbourhood

First Alliance Church - 12345 40 St SE

Calgary Life Church - 11400 27 St SE

Parks in your Community

Douglasbank Park - 2191 Douglasbank Crescent SE

SCHOOL SHOUT-OUTS

Mapleridge Cooperative Preschool

Another school year is underway and we are excited to see so many new and returning students. September was a busy month as students got acquainted with each other, rekindled friendships and learned about pre-school routines. In October, our morning and afternoon classes enjoyed learning about the season of Autumn, Harvest and Thanksgiving traditions as well as celebrated Halloween. Highlights of the month included field trips to Kayben Farms and the Calgary Corn Maze where the children learned about pumpkins, visited with farm animals and enjoyed a fun-filled autumn adventure. In November, our classes look forward to immersing themselves in fairy tales and nursery rhymes in the classroom as well as exploring the world of Dinosaurs.

If you are looking for more information about Mapleridge Preschool, please contact us at 403-278-9594 or visit our web site at www.mapleridgepreschool.com.

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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 |
| Senior Connect | 403-266-6200 |
| Calgary Kerby Elder Abuse Line | 403-705-3250 |
| Alberta One-Call Corporation | 1-800-242-3447 |
| City of Calgary | 311 |
| Social Service Info & Referral | 211 |
| Community Mediation Calgary Society | 403-269-2707 |
| RNR Lockworks Ltd. | 403-479-6161 |
| Road Conditions – Calgary | 511 |
| Weather Information | 511 |
| Gamblers Anonymous | 403-237-0654 |

TAKE ON WELLNESS



The Three Biggest Mistakes

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

By Kirei Yasunori

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

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

What is your health goal?

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

Now consider how this person that you have imagined

yourself being moves through his or her days. What are the behaviors that created this person? What choices does this individual make around food, movement, stress? What support does this sort of person seek to achieve goals?

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

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

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

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Ask Charles

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

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

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

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

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

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

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

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



Caburn Park by Marni Cain



Carburn Park Pond by Marni Cain



Fish Creek by Marni Cain



Fall in Douglasdale by Marni Cain



Photo by Carissa Madar

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Douglasdale Glen Real Estate Update

Last 12 Months Douglasdale Glen
MLS Real Estate Sale Price Stats

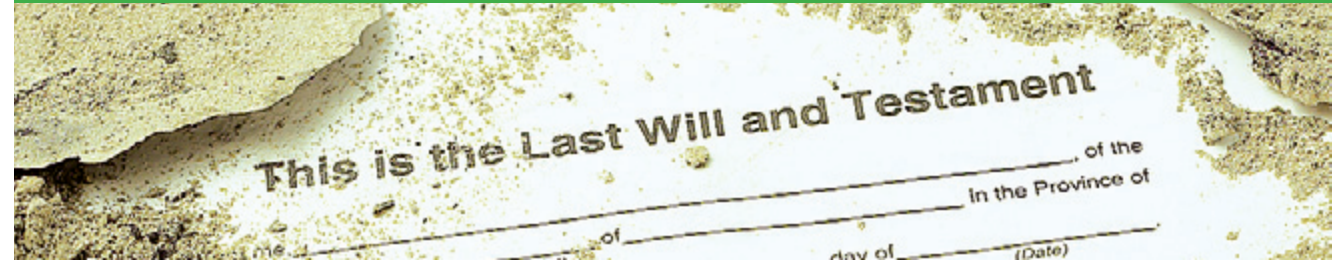
| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| September 2017 | \$544,900 | \$533,500 |
| August 2017 | \$529,000 | \$521,000 |
| July 2017 | \$529,900 | \$514,000 |
| June 2017 | \$484,900 | \$475,000 |
| May 2017 | \$543,975 | \$543,975 |
| April 2017 | \$449,900 | \$438,750 |
| March 2017 | \$481,450 | \$480,750 |
| February 2017 | \$465,000 | \$459,280 |
| January 2017 | \$439,888 | \$425,000 |
| December 2016 | \$490,944 | \$479,000 |
| November 2016 | \$535,000 | \$516,000 |
| October 2016 | \$469,350 | \$465,000 |

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

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| September 2017 | 28 | 11 |
| August 2017 | 16 | 9 |
| July 2017 | 11 | 9 |
| June 2017 | 18 | 17 |
| May 2017 | 23 | 13 |
| April 2017 | 19 | 16 |
| March 2017 | 12 | 14 |
| February 2017 | 15 | 9 |
| January 2017 | 10 | 9 |
| December 2016 | 4 | 8 |
| November 2016 | 11 | 9 |
| October 2016 | 13 | 14 |

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

DOLLARS & SENSE



Raise Your “Awareness” of the Benefits of Life Insurance

By Kevin O’Hagan, PFP, FMA, CIWM

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

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

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

When you’re married

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

When you’re married...with young kids

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

When your children are grown

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

When you’re retired

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

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



Explore expanded access to TumbleBookLibrary

Calgary Public Library has partnered with the Calgary Board of Education and Calgary Catholic School District to expand our access to TumbleBookLibrary. This free online resource for kids offers more than 1,100 titles, including talking picture books, narrated chapter books, ebooks, and graphic novels, all available at calgarylibrary.ca/tumblebooklibrary.

\$1M grant transforms early learning at the Library

The Calgary Foundation Early Learning Centre at Saddle Towne Library opened September 16. This new space for children ages zero to five to play and learn in is the first of four Calgary Foundation Early Learning Centres set to open this year, thanks to a transformational \$1 million investment from the Calgary Foundation and an anonymous donor. Discover the new space today!

What does Calgary Public Library mean to you?

In celebration of Canadian Library Month this October, Calgary Public Library is part of a nation-wide initiative sparking conversation about the importance of libraries. Share your most vivid memory or meaningful library moment on social media using #LibraryMoments and tag us @calgarylibrary.

Math is No. 1 at this free after-school program

Students ages 6 to 12 are invited on a Math Quest! Explore the library while completing numeracy challenges at this one-hour drop-in program, offered at 18 Library locations. Quests are connected to Alberta's curriculum, have real-world applications, and demonstrate math can be fun. For more details, visit calgarylibrary.ca, click programs, and search Math Quest.

Glenmore Dam Upgrades

The Glenmore Dam has been key part of Calgary's water infrastructure system since the early 1930s. The wear and tear the dam has experienced over 85 years of service, and the ever-increasing demands of a growing city, mean the time has come for an extensive upgrade. These improvements will not only extend the life of the dam, but will help manage our drinking water supply and give us the ability to better control low and high river flows.

The first phase of the Glenmore Dam Infrastructure Improvements Program was the Utilities Relocation Project. This project involved moving the water and gas utility lines currently running across the top of the dam to a new tunnel excavated underneath the Elbow River. This is needed to allow access to the dam while upgrades are being made, which include a new bridge deck with better access for maintenance and pathway users, concrete work on the face of the dam, and a new steel gate and hoist system.

While the normal maximum operating levels of the reservoir remains the same, the new gate system will provide greater flexibility to manage reservoir storage during low flows in the winter and high flows in the spring.

The pathway across the dam was closed to the public on September 30, 2017, and then until the work is complete in 2020. Pathway detours will be implemented during this time and signage will be available to assist pathway users. (Up to date information on pathway closures, including maps, is available at calgary.ca/pathwayclosures.)

For more information and ongoing updates, please visit Calgary.ca/glenmoreupgrades.



November in Fish Creek

12-Week Winter Birding Course Starts Monday, January 8, 2018

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, conducts these outings as a fundraiser for the Friends of Fish Creek. Registration required. \$60 for Friends members and \$100 for non-members. \$5 for a youth 16 or younger with a registered adult. www.friendsoffishcreek.org/programs/birding-course

November Fish Creek Speaker Series: Snakes of Alberta - Why Everyone Should Love Snakes Thursday, November 23, 2017 7:00 – 8:00 pm

Presented by Sandi Robertson, Wildlife Biologist Alberta Environment and Parks

You may have seen red-sided or wandering garter snakes here in Fish Creek Provincial Park, sun bathing on the pathway, or heard them rustling through the underbrush, but did you know that four other snake species live in this province? Alberta's other snake species include the bullsnake, the western hog-nosed snake, the plains garter snake and the iconic prairie rattlesnake. Although many people dislike snakes and are scared of them, only one species in Alberta has venom that is poisonous to humans, the prairie rattler. Join Sandi Robertson, wildlife Biologist Alberta Environment and Parks, on November 23 to learn about this province's fascinating snakes, where in the province these snakes live, which ones are at risk and why everyone should love snakes. www.friendsoffishcreek.org/programs/speaker-series

Giving Tuesday and ReWilding Through Restoration

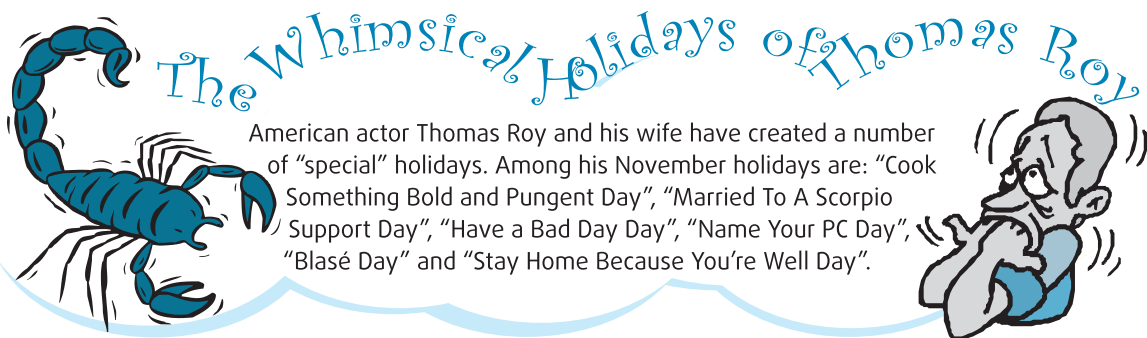
Giving Tuesday is a global movement designed to foster a spirit of charity and encourage us to give back to the community by donating or volunteering. The Friends of Fish Creek Provincial Park Society has partnered with Canada Helps once again this year to make donating easier than ever. We encourage you to donate on or before Giving Tuesday, Nov 28, to help support the ReWilding Through Restoration program in Fish Creek. ReWilding Through Restoration is a program that encourages the regeneration of natural ecosystems within Fish Creek Provincial Park, allowing current and future generations of Albertans to reconnect with, and wonder at, Alberta's natural beauty. ReWilding Through Restoration involves the planting of poplars and other native vegetation along the banks of Fish Creek in areas that have become degraded by human activity. ReWilding Through Restoration is only possible with the hands-on support of volunteers and through donations that allow us to purchase the necessary supplies and equipment to make it happen. **Together, ReWilding is possible! It costs only \$15 to ReWild 1m² of Fish Creek Provincial Park.** www.friendsoffishcreek.org/rewild

Renew Your Commitment to Fish Creek Provincial Park! Membership Shows You Care

The Friends would like to thank you for your role in helping us reach our 25th year of bringing the park and community together! As we celebrate this milestone, we invite you to renew your commitment to Fish Creek for the 2017 -2018 year. Membership fees provide essential funding for us to develop programs, courses, events and activities to engage community members, strengthen our message of environmental stewardship and work to conserve Fish Creek Provincial Park. Members receive admission to educational talks, a discount on the popular birding courses, discounts at local businesses and *the Voice of the Friends* newsletter. We invite you to renew online at www.friendsoffishcreek.org/membership.

Autumn Colour, Fish Creek Provincial Park

The Friends of Fish Creek Limited Edition 25th Anniversary signature painting by Jim Pescott is on sale now! As a part of our 25th Anniversary celebrations, local artist, Master Pointillist, and long-time Friends supporter, Jim Pescott created this beautiful original painting. There are only 25 limited edition prints available, and each one is numbered and signed by Jim, and come with a certificate of authenticity, making each print truly one of a kind! We also have smaller "open edition" prints for sale. For more information or to purchase Autumn Colour, please drop by the office or visit www.friendsoffishcreek.org/store



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



Treating the Litterbox Blues

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

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

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

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

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

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

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

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

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



The House Sparrow

Article by JG Turner; Photo by Andrea Hunt

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

Fun Facts:

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

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

Remember, Remember the Fifth of November

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



November is Adopt-a-Senior-Pet Month

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

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

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

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

REMEMBRANCE

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



Sometimes Cheaper is More Expensive

By Suzanne Smith-Demers – Financial Consultant

It can pay to pay more. Being thrifty isn't always about saving money, it means spending your money wisely. Many cost-conscious shoppers tend to gravitate toward the cheapest items, but less expensive is not always better.

Let's say you're buying a new car. There can be very good reasons for choosing a more expensive vehicle. If you've done your due diligence, checking out ratings and analyses to see which model is getting top marks. Or if you know you're getting a good deal – it's at the end of the model year so the price has been reduced and the interest rate is extra low. Also, if you intend to keep your new vehicle for a long time, paying more up front often means shelling out less for maintenance, repairs and other costs over the years of your ownership. So, in this case, you've made the right, although more expensive, choice.

Sure, it's tempting to walk away from a premium item and look for something similar at a lower price, but paying less almost always means you'll end up with a product of lesser quality, and quality often dictates lifespan.

Take that new mattress you want: consumer rating organizations have found that a \$1,200 mattress could last for 20 years or more, while you'll likely need to replace a \$200 mattress in four or five years.

The same reasoning can be applied to food, clothes, electronics and almost anything else you buy: choosing quality over quantity will almost always save you money in the long run. Of course, you shouldn't always go for the most expensive product. The best strategy is to do your research before you buy and save up your money to get the best-quality product you can afford.



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

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

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

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

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

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

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

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

Nominations Open for Advisory Committee on Accessibility's Annual Awards

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

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

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



Douglasdale Glen mybabysitterlist

| Name | Age | Contact | Course |
|-----------|-----|--------------|--------|
| Brooklyn | 17 | 403-236-1440 | Yes |
| Caitlyn | 19 | 403-203-4480 | Yes |
| Charlotte | 15 | 403-523-0759 | Yes |
| Cheyenne | 21 | 250-938-1090 | No |
| Cheyenne | 21 | 250-938-1090 | No |
| Deidra | 30 | 403-471-3089 | Yes |
| Elena | 15 | 403-263-3809 | Yes |
| Elizabeth | 17 | 403-771-8215 | Yes |
| Emma | 12 | 403-922-3693 | Yes |
| Jane | 52 | 403-467-3607 | Yes |
| Jordan | 15 | 403-288-0220 | Yes |
| Kaitlin | 17 | 403-258-3153 | Yes |
| Kyla | 14 | 403-697-9764 | Yes |
| Kyla | 13 | 403-257-0417 | Yes |
| Lauren | 17 | 403-203-4480 | Yes |
| Maria | 15 | 403-305-3348 | Yes |
| Megan | 24 | 403-903-0205 | No |
| Melissa | 13 | 403-973-7353 | Yes |
| Michelle | 19 | 403-455-4402 | Yes |
| Sidney | 19 | 403-819-7951 | Yes |
| Taylor | 20 | 403-236-2836 | Yes |

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Accountant

Stanley Doherty, CPA, CMA

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

dohertysb@shaw.ca

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Understanding Mental Illness

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

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

Although there are many types of mental health problems, the most common ones are depression and anxiety. Depression affects about 2 million Canadians 20 years of age and older at some point in their lives. Depression is often seen with other mental health problems and physical illnesses including heart disease, stroke, and physical disabilities. About 2.5 million Canadians 20 years of age and older live with an anxiety disorder. Schizophrenia and bipolar disorder (also known as manic depression) are less common, but can have a huge effect on the quality of life of people living with these illnesses.

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

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

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

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

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

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

By Kelly Newman



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

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

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

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

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



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

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

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

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



TREES WITH TEA – YYC BEESWAX HQ, DECEMBER 5

Join us for a fun evening of candle making fun! We'll have hot tea for you to enjoy as you learn about bees and beeswax. After that, we'll celebrate the season by making some adorable beeswax tree candles. This is a perfect workshop for kids to make Christmas gifts! Instruction and all materials are included. More info: <https://www.eventbrite.ca/e/trees-with-tea-tickets-36255478111?aff=es2>.



A CHRISTMAS TALE CARRIAGE HOUSE INN, DECEMBER 17

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



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

International Christmas Market – Spruce Meadows, Dec 1 - 3

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

Boy film screening – Esker Foundation, Dec. 7

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

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

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

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

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



MLA Calgary-Hays

Ric McIver

Interim Leader of PC Caucus 255, 11488 24

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I hope everyone has enjoyed the colourful, crispy mornings and are having a wonderful Fall season!



McKenzie Frenzie

Once again, this annual event was a huge success. I met many residents with questions, suggestions, and just general good conversation. Thank you to all the volunteers who put forth their time and energy into making this year's Frenzie one to remember. It's always great to see our community come together and enjoy a day of fun and family.

Hockey

As the air grows colder and the lakes start to freeze, that can only mean one thing: hockey! I had the privilege of participating in the ceremonial puck drop for the local Calgary Jr. A Mustangs last month to kick off the start of their year. I'd like to wish all the boys and girls in our community the very best of luck this season as they head back to rinks across the city.

Daylight Savings Time

As you may have heard, Bill 203, the act to repeal Daylight Savings Time, was unanimously rejected by the legislative committee due to concerns of the negative impact on Alberta businesses, especially in the current economic climate. I would like to thank all the constituents who took the time to share their thoughts, beliefs, and concerns on this proposed change - and remember to set your clocks back an hour at 2:00 AM on November 5th!

Return to the Legislature

The Legislative Assembly is set to resume on October 30th. I look forward to sitting with the new United Conservative Party Caucus and continuing to hold the government to account as part of *Her Majesty's Loyal Opposition*.

Scrolls:

Birthday Scrolls are available to constituents celebrating their 65+ birthday, in five-year intervals.

Anniversary scrolls are available to constituents celebrating their 25+ Anniversary, in five-year intervals.

Keeping Contact:

Please stay in touch on issues affecting you and your family. As your MLA, I am your voice in Alberta Legislature and am here to help. My newsletter is written ahead of publication, so if you want updated information, have questions, or any concerns, I would like to hear them. I also look forward to attending events in the Calgary-Hays area. Feel free to contact me or my assistants Tyler van Vliet and Jeff Watson at the Calgary-Hays Constituency Office any time.

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