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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

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YOUR CITY OF CALGARY

Farewell to the Leaf & Pumpkin program



The City of Calgary will no longer be offering the community Leaf & Pumpkin drop off sites this fall. With the roll out of the Green Cart program, residents will now have a convenient option to compost their yard waste right at their door.

For residents that would like to remove their yard waste quicker, a Fall Yard Waste program will be available from September 29 to October 29, 2017. If you choose to, you can bring yard waste to a City landfill for free composting at that time. More details can be found at calgary.ca/yardwaste. Please do not bring yard waste to former Leaf & Pumpkin depot sites.

Thank you to Calgarians for helping to support the Leaf & Pumpkin program for over 20 years!

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Letter to the editor



Dear Great News Publishing,

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

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Sincerely,
Laura
Owner of Buds and Blooms

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

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

FOUND – LOST LETTERS: I found 4 envelopes with letters dating of 1941 addressed to a Mr. J. Ross Clare at Knox College, St. George Street, Toronto, Ontario outside the Rexall pharmacy in Douglas Glen. If these are yours, please contact Cheryl Callicutt: Two4him1@hotmail.com or 403-650-2818.

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

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 23

Deer Park WINTER CLOTHING EVENT

Need winter clothes for you and your family? The Annual FREE Clothing Give-A-Way is happening again this year, for one day only! Clothing is donated and is gently used.

When: Saturday, Sept. 23 from 10am-1pm
Where: Deer Park United Church, 77 Deerpoint Road SE
Who: Anyone!

Do you have WINTER clothing to give away? We will be accepting clean, gently used winter clothing on the following days only:

Day Time Drop-offs:
Sept. 18th, Sept. 19th, Sept. 20th, and Sept. 21st from 9 a.m. -noon and 1 p.m. -4p.m.

Evening Drop-off:
Wednesday, Sept. 20th from 6 p.m.-8 p.m.

Winter Clothing can be dropped off at Deer Park United Church (77 Deerpoint Road SE). If you have any questions or would like to volunteer, please call Deer Park United Church at 403-278-8263. We are always looking for volunteers to help organize and sort clothing for the event!





Free Homework Help

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

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

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

2017 Author in Residence

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

Saddletowne Early Learning Centre

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

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



Douglasdale Glen Real Estate Update

Last 12 Months Douglasdale Glen MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
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
September 2016	\$467,400	\$460,000
August 2016	\$499,900	\$479,500

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

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

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



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.

September at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, 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. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

Registration for Fall Programs

• Registration for Fall programs is ongoing. Check the new program guide – online and in our stands.

Canada 150 Play List Event at Trico Centre

• Saturday, September 2 from 10am to 2pm – come to Trico Centre and complete 20+ events from the Canada 150 Play List including dodgeball, boxing, rowing, skating, karate, Pilates, cycling, tag, kinball, stick pull, and more. Check www.tricocentre.ca for details.

Children & Youth

- Skating lessons for all ages (2yrs to teen/adult) and private lessons too. Intro to Figure Skating, Powerskating & Hockey, Recreational Hockey, and Intro to Hockey for Adults and Children.
- Swimming lessons for all ages (parent and tot to swim patrol to adult.)
- Registered programs for children and youth: dance, sports, gymnastics, creative, and more. See Fall 2017/ Winter 2018 Program Guide for all the details. Lots of new options for all ages.
- New for children and youth: Circus Arts, Rhythmic Gymnastics, YogArt for Teens, Youth Yoga, Badminton & Volleyball, Cross Country Running, First Serve Tennis, Floor Hockey, and HIT the Gym.
- A.B.L.E is an inclusive activity program designed for individuals with adaptive needs. Whether they are mental, social, physical or visual challenges, this program will give kids an open space to Adapt, Believe, Learn, and Experience. 3-6 yrs, 7-11 yrs, 12-17 yrs.



Adults/Older Adults

- Adult registered fitness starting in September Cardio Dance, Cardio Kickboxing, Ballet Barre Blast and more
- Cool new adult fitness options: Buti Yoga, Fitness Sampler for Beginners, Yoga Sampler for Beginners.
- Older adult options: Balance Builders Level 1: Fall Prevention for Older Adults, Bones and Balance, Chair Yoga, and the brand-new Walking Pole Clinic.
- Baby & Me: Mommy and Me Fitness, Mommy and Me Barre, Stroller Fit, and Mommy and Me Aquafit.
- Small group training: Only 4 participants in these programs! Trim & Tone, Focus on Lifting, Posture Training.

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City of Calgary adopts a River Access Strategy

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

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

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

The Glenmore Reservoir has 3 approved hand-launch sites.

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

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

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

Happy recreating!

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



Back to Cruel

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

HALLOWEENS – CALAWAY PARK SEPT. 9 – OCT. 9

Enjoy Calaway in full spooky splendour with the Boo Crew, and don't miss: face painting, Thriller dance lessons, scavenger hunts, special guests, family photos and more! There will even be a costume contest on Sept. 16. More info: calawaypark.com.



ZACHARY LUCKY – GALLERY HOUSE CONCERT SOCIETY, OCT. 2

Check out this unapologetically old-school country performer. Armed with his husky, baritone voice, he has received comparisons to Gordon Lightfoot and Kris Kristofferson. He sings of Canadian places and people, and puts on a sultry and intimate performance. More info: galleryhouseconcerts.com.



CANADA SOCCER'S TOYOTA NATIONAL CHAMPIONSHIP U-15 CUP - CALGARY SOCCER CENTRE, OCT. 5 – 9

These championships are the definite amateur soccer event of the year, crowning the country's best community soccer clubs. Over 3,000 participants and spectators from across Canada are estimated to be part of the 2017 U-15 Cup in Calgary this year. More info: canadasoccer.com.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Autumn Pumpkin Festival – Calgary Corn Maze & Fun Farm, Weekends in October

Celebrate Autumn each weekend in October at the corn maze, the fun farm and the petting zoo. Endless activities to keep the wee ones occupied and then pick a pumpkin to take home on your way home. Not all activities included in admission price. More info: calgarycornmaze.com.

The Great Grilled Cheese Cook-off – Jerome's Appliance Gallery, Oct. 1

Amateur and professional chefs will prepare their very own gourmet grilled cheese recipes in support of Brown Bagging for Calgary's Kids. Your mission is to taste 10 samples and then judge them along with a distinguished panel of judges, with a hand-crafted soda to wash it all down.

Piaf! The Show – Arts Commons, Oct. 4

A powerful and moving celebration of the life and music of the legendary French chanteuse, Edith Piaf. Starring Anne Carrere who has been hailed as "Edith Piaf's legitimate musical heiress," Piaf! The Show has received rave reviews around the globe. More info: artscommons.ca.

Wordfest – various venues, Oct. 10 – 15

Wordfest is a not-for-profit organization that hosts year-round literary events featuring the world's best writers at around 70 events in our city. More info: wordfest.com.

Reconciliation Journey: Walking a Path Together – Carriage House Inn, Oct. 12

This is the second conference planned this year by the Indigenous Advisory Committee through the Enough For All Catalyst Fund. Expect discussions of the organization's work on Reconciliation as they relate to the 94 Calls to Action, as well as special guests, keynote speakers and panel discussions about the exciting work happening across Calgary. More info: vibrantcalgary.com.

Ghoul's Night Out – Heritage Park, Oct. 26 – 27

Heritage Park will be transformed into a spooky extravaganza for families with children three to nine. Ghostly encounters, crafts, treats, festive festooning and so much more! Look for more info to come: heritagepark.ca.

OCTOBER OCTOBER OCTOBER OCTOBER



September in Fish Creek!

A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser

Friday, September 15, 2017 6:30-9:30pm
Meadow Muse Pavilion, Bow Valley Ranch, Fish Creek Provincial Park

Celebrate the Friends' 25th Anniversary and Raise a Glass to 25 Years of Bringing the Park and Community Together! Featuring Keynote Speaker Kevin Van Tighem, author of *Our Place/Changing the Nature of Alberta*. Sample beer and wine from local producers Chinook Honey, Tool Shed and Six Corners, and bid on amazing silent auction items donated by local organizations. A Taste of Autumn tickets are only \$60 and you will receive a tax receipt for \$30! Sponsorship opportunities are available!

WestJet Gift of Flight Raffle tickets are only \$20 each.

Win one return trip for two people on WestJet! Draw at A Taste of Autumn on September 15, 2017. Only 500 tickets were printed and it is not essential to attend A Taste of Autumn to win! For tickets or more info please contact the Friends of Fish Creek or visit friendsoffishcreek.org/event/autumn17

Membership

As we celebrate our 25th Anniversary, we invite you to renew your commitment to Fish Creek for the 2017 – '18 year. Membership fees provide essential funding for us to develop programs, courses, events and activities to engage community members and members receive admission to educational talks, a discount on the popular birding courses, and much more! We invite you to renew your commitment online at www.friendsoffishcreek.org/membership

Fish Creek Speaker Series: Planned Giving for Healthy Families

Wednesday, September 27, 7:00 pm – 8:00 pm
Presented by Aaron Bickman, Trust and Estate Practitioner in the Wills & Estates group of McLeod Law
Your estate plan should reflect what is most important to you and your loved ones. Creating a solid and comprehensive estate plan will minimize the tax your family pays, ensure harmony within your family, preserve wealth and protect your family's future. Learn why proper estate planning is important, what documents you need to have in place, and the basics of planned giving with a focus on charities that you value the most. To register visit friendsoffishcreek.org/event/plan

Forest Bathing: Discovering the Medicine of the Forest

Tuesday, September 12, 6:30 pm - 8:30 pm
Shinrin Yoku is used in the Japanese healthcare system. Doctors prescribe time in nature to reduce stress and overwhelm and to increase creativity and overall wellness. This gentle model is ideal for all types of people and abilities. Join instructor Ronna Schneberger for this two-hour workshop and learn about the concept and practice of this healing modality. friendsoffishcreek.org/event/forest

ReWilding Through Restoration with Drew McKibben

Sunday, September 17, 1:00 – 3:00 pm
Join Drew McKibben to learn about ReWilding Through Restoration and how the Friends work to minimize the overall decline in ecosystem health in Fish Creek. friendsoffishcreek.org/event/rewilding-walking-tour

Wellness in Fish Creek!

Experience Yoga and a Full Moon Guided Meditation outdoors in beautiful Fish Creek Provincial Park. Engage your senses in the outdoors and allow the beauty of the park's natural surroundings to nurture and support physical, mental, and spiritual health and creativity. For more information visit www.friendsoffishcreek.org/programs/wellness-clinics

Good Grief! Nature Walking Through Grief and Loss

Our 8-week program starts September 11 and offers those experiencing grief and loss, just that; a gentle, accessible, guided walk through nature, to observe, to chat, to enjoy fresh air and the natural world.

Only \$25. friendsoffishcreek.org/event/good-grief2

DOLLARS & SENSE



Financial Tips for Newlyweds

By Toddye Kam, CFP®, CFA

A marriage is a new financial start. When couples get together there are adjustments to be made, goals to be set, and financial adventures to take. Share information. Both partners should be fully aware of each other's financial situations, from spending to debt to investments. With full financial disclosure, you'll be better equipped to plan together. Review and establish goals. The sooner you set financial goals, the better your chances of reaching them.

Do you want to buy a new home or move up in the housing market? What about a retirement savings strategy? How much will those goals cost and how long will it take to reach them?

Budget. Create a budget that will allow you to save and invest enough to reach your goals. A good budget will help identify how much you earn and spend, and how to divert more income to savings. Decide how finances will be managed. Will one spouse be responsible for a larger percentage of bills and expenses, or will they be shared equally? Will you have joint savings and investments? Who will physically handle financial transactions? Pay down debt. If you owe money, particularly high-interest debt such as credit card balances, formulate a plan to pay it off. Consider ways to reduce bor-

rowing costs-for example, setting up a home equity line of credit if you own a house and quickly paying off any amounts you borrow.

Assess insurance needs. Life insurance is a necessity when you're married. The last thing you want is for your spouse or family to be left in dire financial straits if something happens to you. Consider disability and critical care insurance as well. Make or update wills. Both partners should have up-to-date wills. This means jointly discussing estate planning needs and goals. You should also have powers of attorney for financial and personal care, in case one of you is unable to manage your financial or personal affairs because of illness or injury.

Establish an emergency fund. Keep six to nine months' combined living expenses in an emergency fund. If you run into financial difficulty-perhaps one of you could fall ill or lose your job-an emergency fund can help you get through.

One final tip. It's a good idea to get help from financial experts. At this stage of life couples can benefit from professional advice, including the services of a financial advisor. With the right advice, you can ensure your financial life together gets started on the right note.



Calgary's Largest One Day Food Drive - It's a Community Affair

Community service is what it's all about when it comes to the annual City-Wide Food Drive. On Saturday, September 16, some 7,000 volunteers of all ages and backgrounds will spread across the city collecting non-perishable food donations in support of the Calgary Food Bank.

For the Clark and Anderson families, three generations of family members will be getting in on the act again this year. Brent and Judy Clark have volunteered for the City-Wide Food Drive for the past 10 years. "We've gone with our grandchildren a couple of times, and it was great!" says Judy. "We drove, and they ran and collected the bags. Sometimes folks were so generous, it took three kids to collect the bags from a single house, and that really impressed the kids! It was a joy to establish a family tradition with them of helping our communities."

The Clark's 8-year-old grandson, Erik Anderson, says, "I think about how people will like all the good food, and how they'd be happy to see all the kinds of foods!"

Big sister Lauryn adds, "Everyone collects so much food, and then we fill semi-trucks full of food, and it really adds up. It must make such a difference."

Now in its 13th year, the City-Wide Food Drive is an easy and convenient way for you to help fill the shelves at the Food Bank as seasonal need for food hampers increases.

Starting the week of September 11, you'll see volunteers drop off donation bags on doorsteps across the city. During that week, these bags can be filled with non-perishable food items, and on Saturday, September 16, those same volunteers will travel back through their neighborhoods to collect the bags. They won't ring your doorbell or disturb you, but will happily collect the filled donation bags from your doorstep, and take them to a central drop-off for transport to the Calgary Food Bank.

This year's City-Wide Food Drive target is to collect a half million pounds of food in one day! It's a lofty goal, but Calgaryans are known for their good and generous hearts, especially during tough times. When it comes to neighbor helping neighbor, the City-Wide Food Drive really is a community affair!



Ask Charles

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

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

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

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

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

Some stigmas include:

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

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

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

If you decide not to answer, a buyer has to decide if they are comfortable proceeding without an answer. Remember that not answering may turn the buyer off of your property more than simply responding honestly; it will depend on the specific buyer, their particular concerns, background, and perceptions.

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



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	14	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	23	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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Calling All PARENTS Visit mybabysitter.ca and find available babysitters in and around your community.

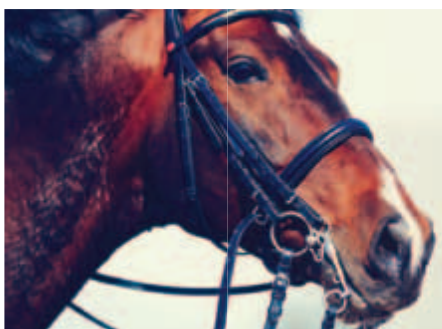
Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

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Have your family's story featured in our newsletters and receive a complimentary photoshoot!



Email DG@great-news.ca to have your family featured in the next edition.



Mongolian Pony Express

The Mongol Empire invented an efficient horse-back mailing system that they called the *Yam*. Six centuries later, the *Yam* system would emerge again to be implemented in America, where it was known as the Pony Express.



Shine 88.9 FM
Safe & Fun for the Whole Family!

KIDS COLOURING CORNER



Back to School Health Checklist



It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most of the year ahead—taking care of your child's health. As the most important head-start you can give your child, beginning the year with good health is also simple with this back-to-school health check-list:

- **Immunization:** Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her important grade 5 and/or grade 9 immunizations.
- **Vision screening:** Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.
- **Hearing/speech screening:** If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.

- **Dental checkup:** Regular dental checkups start early! If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health. Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.
- **Emergency contacts:** Make sure the school has up-to-date emergency numbers for each of your children, including contact information for parents, physicians, etc.
- **Health conditions:** Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.
- **Backpack basics:** Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture. For more information visit: <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abk0958>
- **Nutrition plan:** Ensure your child has a healthy breakfast before heading to school in the mornings, and help him or her pack a nutritious lunch. Planning meals ahead of time and involving children in planning and preparation can make this task more manageable and fun. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>.



Sometimes mortgage terms can be confusing

That's why we've come up with this list of common mortgage terms to help you out.

Principal: The original amount of a loan, before interest.

Prepayment penalty: A fee charged by the lender when the borrower prepays all or part of a mortgage over and above the amount agreed upon.

Closed mortgage: A mortgage that cannot be prepaid or renegotiated for a set period of time without penalties.

Open mortgage: A mortgage that can be repaid at any time during the term without any penalty. For this convenience, the interest rate is between 0.75-1.00% higher than a closed mortgage. This is a good option if you are planning to sell your property or pay-off the mortgage entirely.

Fixed rate mortgage: A mortgage where the interest is set for the term of the mortgage.

Variable rate mortgage: A mortgage for which the interest rate fluctuates based on changes in the prime interest rate.

High ratio mortgage: A mortgage that exceeds 80% of the purchase price or appraised value of the property. This type of mortgage must be insured.

Conventional mortgage: A mortgage up to 80% of the purchase price or the value of the property.

Mortgage insurance: If your down payment is less than 20% of the purchase price of the property, the lender is going to require mortgage insurance.

MARDA LOOP JUSTICE FILM FEST
justREEL FILM SERIES



justREEL Film Screening

When: Tuesday, September 12, 2017

Film: The Grizzly Truth

Time: 7:00PM

Where: River Park Auditorium (3818 14a St SW Calgary, AB).

Presented by the Marda Loop Justice Film Festival.

See our website for more details:
<http://www.justicefilmfestival.ca/>

Myokymia
is the medical term to describe eyelid twitches and spasms. Myokymia can often be triggered by stress, lack of sleep, and poor nutrition. So, if you find your eyes twitching, it's time to get a little more shut-eye!

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BRAIN GAMES SUDOKU

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



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

By Kirei Yasunori

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

The mistakes are:

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

The three remedies are:

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

The body uses either fat or glucose for fuel.

For the past 30 years we have been told to cut fat from our diets. Consequently, sugar and sweetener has been added to low fat foods to make them taste better. This is taking a terrible toll on our health and makes weight loss very difficult. When we regularly consume sugar or refined carbohydrates (that act like sugar in the bloodstream) three meals a day—or worse, adding an additional snacks—our blood sugar and insulin levels are on a roller coaster all day long. This means our energy bounces up and down throughout the day and worse, the frequent presence of insulin in the blood stream makes it impossible for us to burn fat for fuel. *Insulin is a fat storage hormone.* It causes us to instantly store the fat instead of using it for fuel.

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

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

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

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



When the company got its start, blue, black, brown, green, orange, red, violet, and yellow were the eight original crayon colours that Crayola made in 1903. Now they make an array of 120 colours!



Councillor, Ward 12
Shane Keating
 403-268-1698
 CAWard12@calgary.ca
 www.calgary.ca/ward12

Ward 12 Newsletter Update – September 2017

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

Provincial Government Announces Funding for Green Line Stage 1

Stage 1 of the Green Line is now fully funded – how exciting! On July 6, Premier Notley announced that the Government of Alberta would be funding \$1.53 billion over 8 years for the project. This funding, coupled with funding from the Government of Canada and The City of Calgary, allows the project to move forward and get ready for the procurement and construction processes. Construction is expected to begin in 2019/2020 with operations beginning on Stage 1 in 2026. This is historic for southeast Calgary. Finally, we can point to a firm date on the calendar and know that LRT is coming to our corner of the city. For more information on the Green Line please contact www.calgary.ca/greenline

Green Cart Food and Yard Waste Program

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

YOUR CITY OF CALGARY

Serve on City of Calgary’s Appeal Boards

Share your expertise and experience by applying between Sept. 5 and Oct. 3 to serve on one of Calgary’s tribunals. Calgarians serving on these appeal boards make decisions on appeals regarding planning, licensing and certain other decisions made by The City of Calgary. Each tribunal has unique member requirements and eligibility. For more info visit calgarysdab.ca and calgary.ca/lcsab.



first2000days
 Early Childhood Development Network
 North West Coalitions

Helping Your Children with Social and Emotional Skills for Kindergarten

Age 5 is a “big” age as these kids are starting Kindergarten and developing so many more skills!

Children are becoming more independent and are capable of learning the rules and behaviours for getting along with others. Adults can help build self confidence by providing clear and consistent instruction about what is expected of them. Encourage and support them as they take on more “grown up” responsibilities. Self confidence comes from caring and consistent relationships with parents, teachers and other adults that play an important role in their lives. Let the child know you love them and value his unique traits and abilities. Also having regular routines at home and school help children to anticipate and prepare for events.

At home, you can have a sharing circle. A sharing circle supports good communication and promotes respect and kindness at home. Sit in a circle and say one nice thing about the person next to you. Once you said something nice about that person, say something nice about yourself. You can do this activity once or twice a month.

Another way to build self confidence is to let a different person pick a movie or activity to do for a weekly family night. Children can make choices for the family that show their individual style.

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

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

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OFF THE MENU

Since 2015, throwing away food is illegal in Seattle. Failing to compost will result in a fine for citizens and businesses.

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