

NOVEMBER 2016

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

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



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Riverbend

Real Estate Update

Last 12 Months Riverbend
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$437,350.00	\$428,750.00
September 2016	\$469,900.00	\$450,000.00
August 2016	\$445,900.00	\$444,000.00
July 2016	\$459,900.00	\$446,500.00
June 2016	\$369,900.00	\$362,000.00
May 2016	\$474,900.00	\$460,000.00
April 2016	\$470,900.00	\$456,750.00
March 2016	\$414,900.00	\$404,025.00
February 2016	\$439,000.00	\$425,000.00
January 2016	\$449,900.00	\$435,000.00
December 2015	\$429,900.00	\$406,000.00
November 2015	\$424,900.00	\$418,000.00

Last 12 Months Riverbend
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2016	15	8
September 2016	8	9
August 2016	12	7
July 2016	11	17
June 2016	15	9
May 2016	14	11
April 2016	10	8
March 2016	13	8
February 2016	10	5
January 2016	6	3
December 2015	2	5
November 2015	7	5

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

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Nov. 28 – Dec. 21 It's A Wonderful Life: A Radio Play – Lunchbox Theatre: It's A Wonderful Life is the classic tale of George Bailey, conceived as a live 1940's radio broadcast, a cast of 5 actors will bring this classic holiday story of love and redemption to life on stage! Everyday but Sundays, noon – 1 pm at Lunchbox Theatre. More info www.lunchboxtheatre.com

Dec. 2 – 4 The International Christmas Market at Spruce Meadows: Enjoy the warm atmosphere of this much-celebrated market which boasts 250 vendors with world-imported items, hand-crafted gifts and much more. Fire pits and lively entertainment are sure to keep you in the spirit - just in time for the holidays. For info www.sprucemeadows.com/christmas_market

Nov. 19 – Dec. 18 Once Upon A Christmas – Heritage Park: Take a step back into true holiday enchantment this Christmas with wagon rides, singing carols and even jolly old St. Nick himself. Experience the magic of Christmas past and activities like: gingerbread decorating, Santa's petting zoo, children's crafts and a vintage photo parlour. More info www.heritagepark.ca

Dec. 15, 8 pm A Rockin' Little Christmas – Jack Singer Concert Hall: This upbeat concert will include a range of cheery, seasonal hits including Santa Baby, Jingle Bell Rock, White Christmas and many other favourites. Joining the Calgary Philharmonic Orchestra for this concert is the Jeans 'N' Classics band and four vocalists. More info www.calgaryphil.com

Nov. 26 – Jan. 8 Lion's Festival of Lights: The Festival of Lights is the largest free drive-by Christmas Lights showcase in Calgary. It's comprised of over 300,000 lights along 14th St NW. Designed by James Alafriz, Creative Intelligence Agency. More info www.lionsfestivaloflights.ca

Dec. 2 - 4, 9 -11, 16 – 18 Market Collective Cheer: Enjoy a market that's perhaps a bit more eclectic this year at Market Collective's Cheer event. With fare like, clothing, chocolate and jewellery on offer, and more unusual vendors with woodworking, paper products and leather work for sale, there is surely something for everyone at this event. Located at The Chinese Cultural Centre. More info www.marketcollective.ca

DECEMBER 10 SLUMBER PARTY AT THE GLENBOW MUSEUM
Celebrating their 50th anniversary, The Glenbow is inviting kids aged 7 – 12 for a rare sleepover and behind the scenes tour of the museum's artefacts. More info www.glenbow.org/programs



NOVEMBER 25 – DECEMBER 24 THE POLAR EXPRESS TRAIN RIDE
Aspen Crossing: Journey to the North Pole on the Polar Express, complete with hot chocolate and cookies served onboard the train. More info www.aspencrossing.showare.com/eventperformances



DECEMBER 23 CHRISTMAS SKATE, NOON – 5 PM. OLYMPIC OVAL
A fun-filled afternoon at the Olympic oval is sure to cheer any Grinch. Complete with holiday music, you and yours can enjoy a skate together for \$2 and a food donation to The Calgary Food Bank.



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IN & AROUND SCHOOLS

St. Augustine Fine Arts School

Whew... What a spectacular month at St. Augustine Fine Arts School. We are definitely off to a running start as September has come and gone already. We want to express our sincere thank you for all of your support throughout our first month with students in our school. Amazing is the only word to describe the families and students of the school who have been patient, supportive and always willing to lend a hand. Other significant events that have been real highlights around the school this month include: our opening liturgy with Father Jack, our Coffee and Conversation morning and our annual Terry Fox run raising over \$535.00 for cancer research. Our senior and junior volleyball teams are hitting the court and smashing the volleyball on a daily basis in our school gym and we had a great showing of junior high students running on a regular basis for our cross country team.

In addition to the fantastic things happening in the school, the happenings of the classroom are also wonderful. Please enjoy this magical account from our kindergarten classroom:

KINDERGARTEN IS INVESTIGATING...

October brings with it many opportunities to explore the environment inside and outside. We have taken advantage of the warm fall weather to spend time outdoors looking for signs of fall in our school yard. We are using the tools of 'Nature Investigators': magnifying glasses, binoculars, sketchbooks and crayons. We are collecting leaves and branches to compare size, colour and shape attributes. We have been talking about why fall 'happens' and have heard some interesting theories. For instance, does the sun turn or is it the earth that turns? We have this lethargic house fly hanging around the classroom which has been distracting the children. We never miss an opportunity to figure things out and so now we are wondering why this fly has come inside to live at school. The afternoon class has discovered a lady bug nest with hundreds (yes there must be hundreds but we couldn't count that high yet) of ladybugs. What are their plans for the fall and winter? In our learning and exploration we are sure to come up with more wonderings and theories which opens the door for learning more!

Steve Laberge, Principal, St. Augustine Fine Arts School



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.

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

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

Wellness Access Program

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

Adults

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

Older Adults

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

Families, Children & Youth

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



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

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

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

Quarry Park/Riverbend
mybabysitterlist



Name	Age	Contact	Course
Roman	12	403-464-3696	Yes
Tyanna	12	403-966-4115	Yes
Christina	14	587-433-6962	Yes
Franny	14	403-293-8847	Yes
Tiana	16	587-577-0656	Yes
Rose	40	403-978-5300	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.

Use Less Plastic Today... And Tomorrow



Using plastic products has become common place in our coming-and-going these days. Recycling can alleviate some of the strain on the environment caused by waste but certainly not all of it. According to the Green Education Foundation, of the 30 million tons of plastic waste generated in the US in 2009, only 7 per cent was recycled. Making changes to your daily routine can lead to peace of mind and healthier lifestyle habits too. Here are 17 ways to make your environmental footprint a little less heavy:

1. Plastic straws are a big contributor to daily waste. Consider buying a stainless steel or glass straw or forgo using one at all.
2. Many cities have banned one-use plastic bags; a single plastic bag can take 1,000 years to degrade. Use a reusable shopping bag; there are many tutorials for making your own out of everyday items too.
3. Put gum on your "plastics-to-give-up" list. Chewing gum is made of synthetic rubber—otherwise known as plastic. Ew!
4. Purchase products in boxes instead of plastic bottles and containers. Cardboard is less taxing to degrade and recycle.
5. Buy in bulk. Fill up your reusable bag or container and save money while you save yourself recycling duty.
6. Reuse containers for storing leftovers, knickknacks, kitchen ingredients, small toys and shopping in bulk.
7. Carry your reusable bottle or mug with you and use for your beverages on the go.
8. Bring your own container for takeout or your restaurant doggy-bag. Many places use Styrofoam, let

- them know you don't want it beforehand. There are great stainless steel alternatives available.
9. Instead of using a plastic lighter, stock up on matches or use a refillable metal lighter.
 10. If you avoid frozen food, you'll avoid far more plastics as well, and, as a bonus, you'll eat less processed foods.
 11. Avoid using disposable plastic-ware at home and request that restaurants not pack it in your takeout.
 12. Often if you shop at a smaller market or a farmers' market vendors will allow you to reuse containers for berries and tomatoes and such. Ask!
 13. Diapers are one of the worst offenders when it comes to plastic waste. The EPA estimates that 7.6 billion pounds of disposable diapers are discarded in the US every year. Use cloth diapers; there are many cloth diaper services available to clean up after baby.
 14. Make fresh juices or eat fruit instead of buying bottled juices. It's better for you as well.
 15. Making your own cleaning products is surprisingly simple, effective and thrifty. It can be as simple as lemon juice and white vinegar. Kid friendly, too!
 16. Pack your lunch in reusable containers and bags, and avoid products that are single serving.
 17. Use a razor with replaceable blades instead of disposable, there are fun companies that you can pay a flat fee to who will send you replacements every month.

-Vanessa Gillard

IN & AROUND CALGARY

Calgary Southeast Events

Canadian Pacific Remembrance Day Service
More than 33,000 CP employees served in the world wars last century and Canadian Pacific continues to pay tribute in its annual Remembrance Day ceremony. This year the ceremony takes place at CP's Memorial. All members of the public are welcome to attend this ceremony. The service begins at 10:30 am. 7550 Ogden Dale Rd. SE.

Stuff A Bus Nov. 5, 2016. 9am – 4pm. Calgary Co-op and Calgary Transit team up for the 24th Annual Stuff A Bus, in support of the Calgary Food Bank! Transit buses and volunteers will be at all 21 Calgary Co-op locations accepting donations. Stuff A Bus with food to help Calgarians in need at this busy time of year.

Free Skate at Ernie Starr Arena Friday, November 11, 2016, arena is open for free public skating from 1 to 2:30 pm. Address: 4808 14 Ave. SE.

Free Swim at Bob Bahan Aquatic and Fitness Centre Friday, November 11, 2016, 1–4:30p.m. Swim Times: 1 – 2:30 p.m. and 3 – 4:30 p.m. The half hour break will be waived if capacity permits. Address: 4812 14 Ave SE.

Christmas in Inglewood - Nov 18, Nov 20
Horse-drawn sleigh rides, the Great Christmas Tree Quest draw, live music and a Children's Choir (Lantern Church). Great shopping discounts and specials at establishments throughout Inglewood. Begins Thursday, Nov 18th, merchants will be open late, up to 9 pm, with tons of specials. 9 Ave. SE.



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FIND SOLUTION ON PAGE 16

IN & AROUND CALGARY



Illegal Encampments

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

Illegal encampments are complicated social issues involving people camping on ground they do not own or have authorization to do so by owners of the property. These illegal encampments can usually be found in wooded areas, parks, bodies of water and can be abandoned or still in use. When illegal encampments are abandoned it can cost on average \$4,000 to clean

up the site. If you find an illegal encampment in your neighbourhood call the City at 3-1-1.

Before it can be cleaned up and removed the Calgary Police Service (CPS) must place a 72 hour trespass notice before clearing out the area. It's recommended that residents wait for CPS or Bylaw Officers to dispose of the encampment properly.

Additional Resource:

The Alpha House, an agency that serves vulnerable populations in Calgary, the agency has an Encampment Team that helps individuals who need relocation and provides support for those setting up illegal encampments with legal accommodations.

To file a complaint or learn more about what to do about an encampment in your area, call 311.

For more resources, check out the Federation of Calgary Communities website (www.calgarycommunities.com) under the Building Safe Communities tab.



How To Get Mom To Agree To A Pet Lizard!

I always wanted a pet reptile as a child, but like the myriad of other exotic pets I campaigned for, I was never successful in acquiring a snake or lizard. Now as a veterinarian and Mom of two boys I get to vicariously have all kinds of wonderful pets. "The boys wanted it"; this is the story my husband gets and I'm sticking to it. Fortunately with a little research and the help of a fellow lizard lover we became the proud owners of a Leopard Gecko called "Gecky".

Gecky, the Leopard Gecko, is a perfect pet in my eyes. He eats mealworms and crickets that are dipped in a calcium powder. He has a little container of a vitamin-mineral mixture he snacks on and a small water bowl. Room light is sufficient with a small heated pad stuck to the tank bottom providing additional heat he can move away or towards as he needs. Leopard Geckos can't even get out of the tank if the lid is left off by small children. Gecky did have a heat lamp (unnecessary) but that was eliminated when my six-year old tried to burn the house down. This sweet little creature will happily sit on your shirt through an evening of television. A dampened tissue is placed in the corner of the tank Gecky chose to use as his bathroom so cage cleaning is a breeze. This is a fabulous low-maintenance pet for young children with minimal supervision during handling periods. It is really gross when the tail falls off and twitches around for a while but they grow back.

Why did I say fortunately we picked a Gecko earlier? A neighbor asked us to babysit their Bearded Dragon, Steve. I have treated these wonderful attractive lizards but never kept one. Theory is easier than practice!

Steve arrived in his massive aquarium equipped with under tank heater, heat lamp, and two lights on a twelve hour cycle providing full spectrum lighting. There are multiple electronic thermometers to ensure the proper temperature gradients between 85 to 100 degrees F. Not the most attractive setup. Bearded Dragons are omnivores. So in the morning I cut Steve's veggies and fruit into pieces "smaller than the distance between his eyes". Then there was his daily quota of mealworms and crickets. Did I mention the cricket tank with over a hundred large live SINGING crickets?

Steve poops. He poops once a day and it needs to be removed immediately. I have treated thousands of animals of many, many species and I have worked in a pathology laboratory with animals in various stages of decomposition. I have to say the stench of Bearded Dragon poops elevate their owners to martyrs. Even after disposal it lingers in your nostrils and sinuses for hours. So Steve, I did like you, especially when you charged around your cage with your tail arched over your back gobbling up crickets. I liked to cuddle you Steve, but I was glad to see you go home.

If you are considering getting an exotic pet don't limit your research to learning about the care and needs of these creatures from books. Talk to people who actually own the exotic pet you're considering. Try to get a look at the set-up and even babysit as we did. Join TARAS, the Alberta Reptile and Amphibian Society. We won't be getting a Bearded Dragon but I hope the boys consider a cockatiel one day, I have always wanted one...

Jennifer L. Scott, D.V.M.

CHRISTMAS CRAFT FAIRS

4th Annual St. William Christmas Craft Market: 11020 Fairmount Dr SE (across from Southcentre Mall and Trico). Saturday December 3rd 10am – 3pm.

St Gerard's Bazaar: Annual Bazaar and Garage Sale. Saturday, November 19, 2016. 9:00-3:00 pm. St. Gerard's Church. 8944 Elbow Dr. SW.

Auburn Bay Christmas Craft and Marketplace Nov. 19, 10am – 4pm. Auburn House, 200 Auburn Bay Blvd SE. For more info visit www.auburnbay-connect.com.

Annual Bow Cliff Christmas Craft Fair and Bake Sale Nov. 26, 10am – 3pm. 3375 Spruce Dr. SW

Bonavista Christmas Craft Fair Sat. Nov. 19 – sun. Nov. 20, 11am – 4pm. 1401 Acadia Dr SE. For more info www.lakebonavistacommunity.com.

Arbour Lake Christmas Craft Fair Nov. 5, 2016 at 11:00am-3:00pm Arbour Lake Residents Hall

St. Andrew's Presbyterian Church Christmas Bazaar: Saturday, November 5th, 10am-2pm.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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VOLUNTEERING....
Good for the Soul



Nurturing a sense of belonging on National Child Day Nov. 20

National Child Day is celebrated annually to mark two historic events: the 1959 signing by Canada of the United Nations Conventions on the Rights of the Child (UNCRC) and the adoption of the convention.

This year's theme is **a young person's right to belong.**

Identity and belonging is about young people developing a positive sense of who they are, and feeling that they are valued and respected as part of a family and community. Positive messages about their families, backgrounds, cultures, beliefs, and languages help children learn, develop skills and a healthy sense of identity and belonging; this helps them later to better deal with bullying and discrimination.

One way your family can celebrate National Child Day is to share a book or story about belonging.

The book **How Far Do You Love Me?** by Lulu Delacre celebrates love and belonging. It gives parents and teachers an opportunity to share a story that features people from different corners of the world using their geographical locations as references for how great their love is.

More books about belonging (Calgary Public Library may have these to lend):

Corduroy by Don Freeman

I Like Myself! by Karen Beaumont

The Blossoming Universe of Violet Diamond by Brenda Woods

The Invisible Boy by Trudy Ludwig

Gaston by Kelly DiPucchio

Rump: The True Story of Rumpelstiltskin by Liesl Shurtliff

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com

Ask Charles

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

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

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

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

Typically, professionals calculate commissions by:

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

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

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

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

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

MLA CALGARY-HAYS RIC MCIVER

Interim Leader of PC Caucus

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

Schools

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

Return to the Legislature

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

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

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

Alberta's minimum wage increases

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

Vehicle Registration

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

Deerfoot Maintenance

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

In these challenging economic times, prudent cost-saving



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

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

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

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

Noise Levels in McKenzie Lake Adjacent to Deerfoot and Stoney Trail

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

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

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

~continued next page~

MLA CALGARY-HAYS RIC MCIVER CONT'D

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

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

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

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

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

McKenzie Frenzie

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

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



COUNCILLOR, WARD 12 SHANE KEATING

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

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

Green Line Rolls Along

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

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

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

Coffee With the Councillor

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

When: Thursday, November 29 – 7:00pm-8:30pm
Where: Cranston Century Hall, 11 Cranarch Road SE

I'm looking to hear from you!



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Hi Friends and Neighbours,

In November, we remember the lives and experiences of our veterans in service - to commemorate them in taking a standing against injustice. I would like to personally thank these individuals and their families for all you have contributed to Canada's strength - your actions and voices are heard this Remembrance Day and throughout the year.

In Alberta, we value our veterans, our families, and are communities' involvement in shaping our province's core beliefs.

Because this is your Alberta and it needs your voice.

One way to have your voice heard is through Alberta's agencies, boards and commissions, and now there is a centralized approach for recruitment and appointment. This will ensure fairness and transparency, and help end the perception that these appointments are solely rewarded political insiders. Also, did you know that these boards direct the spending of almost half of Alberta's budget? Therefore, it is important that they reflect the diverse experiences, situations, and expectations of the people of Alberta.

Information about the agencies, the work that they do, who is serving on the boards, any remuneration that may apply, and what opportunities are currently available, is now online at www.boards.alberta.ca.

If you're interested in a specific agency and there are no current opportunities - no problem. Just fill out the online form, select agencies of interest and you will receive an email when there is an opening. We want everyone to know about the important work that boards do and encourage Albertans, regardless of gender, ethnicity, or where they live in the province, to consider serving in this way.

To address the concerns of many Albertans - job loss and instability due to the global oil market - the Government of Alberta is working very hard to support persons into a new career, or to start up their own business.

My staff and I would be happy to direct you to the variety of resources, courses, grants, and funding to help you and your family stay resilient during these tough economic times. If you would like assistance in accessing these supports, you can reach us by email at Acadia@assembly.ab.ca, by phoning 403-640-1363, or visiting #10, 8318 Fairmount Dr SE. We are open Mondays 10:00AM-3:00PM and Tuesday - Friday 10:00AM-4:00PM.

If you missed our open house in October, we are hosting one more in November that you won't want to miss. It will be held Saturday November 26, 2016 from 2:00pm -4:00pm in our office, we hope to see you there!



BRAIN GAMES SUDOKU

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

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas - 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police - Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX - Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions - Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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- ◆ Forty word limit

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COUNCILLOR, WARD 9 GIAN-CARLO CARRA

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Calgary, AB T2P 2M5

Hello Ward 9,

Your Team Ward 9 has been working on many projects. Some stem from my Great Neighbourhoods platform, while the majority come directly from you.

Some of these projects, like the Green Line Area Redevelopment Plans, the Developed Areas Guidebook, the Zoo flood mitigation project, 12 Street SE bridge construction, Memorial Drive and Edmonton Trail N road improvements, 17 Avenue SE transitway, Blackfoot Trail and Southland traffic upgrade, and the Glenmore Interchange construction, can and do create major inconveniences for community members. I know that it can be frustrating at times with the seemingly indefinite workshops, public sessions, and construction activity. The consolation though, is that their completion will do exactly what we have worked so hard together to do – to make our Great Neighbourhoods even better.

Director and General Manager Meetings

One of the tools that your Team Ward 9 has implemented to manage and mitigate these projects is publishing my upcoming monthly meetings with city managers, directors, and general managers. For November and early December, they are:

- General Manager of Parks – Nov. 1
- Calgary Police Chief – Nov. 10
- General Manager of Planning & Development – Nov. 10
- General Manager of Transportation – Nov. 18
- Director of Community Planning – Nov. 18
- Director of Roads – Dec. 6

I invite you to submit your agenda item propositions to my office at ward09@calgary.ca.

Mid-Cycle Budget Adjustments

During the week of November 21, The City's focus will turn to reviewing the budget during the **Mid-Cycle Budget Adjustments**. At this week-long meeting, City Council will be discussing:

- Taxes & Fees
- Business
- Community

- Service Savings & Efficiencies
- Infrastructure

Your voice matters in this conversation, and I ask you to submit your priorities to my office so I can address these issues at the Council table.

The Road Ahead - Snow Removal

As you know, winter is officially here. Our office started meeting a few months ago to discuss improvements to the snow removal process that were identified by residents last year. I am happy to report that these improvements will be implemented. Your Team Ward 9 asks that should you see gaps in operations during snow removal that you call 311, go to 311 Online or download the mobile app, get a service request number and call our office to follow up, if you don't see an adequate response to those concerns.

As always, your Team Ward 9 remains accessible to you, and encourages you to reach out if you have any questions.

Yours truly,
Gian-Carlo

FP
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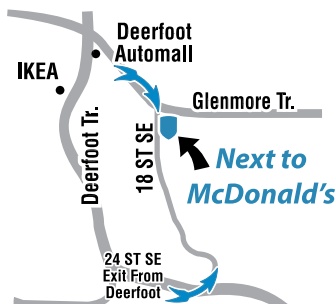


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