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PROFILE INSIDE





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- Quiet energy saver dishwasher
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- Fully tiled walk-in showers in all Master Ensuites

Exterior Building Finishes

- Smooth finish acrylic stucco with beautiful brick base and columns, true fir timber accents
- Dura-deck coating on balconies
- Min. 25 year roof shingle
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- 4 port USB outlet in kitchen
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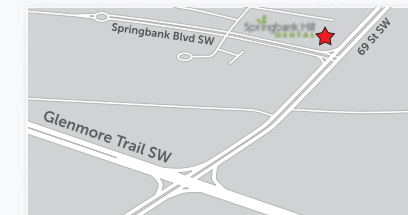
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Calgary, Alberta T3H 0V5
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Fax: 403-292-6670
Email: ron.liepertC1A@parl.gc.ca



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Ward 6 Office
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Fax: 403-268-3823
Email: ward06@calgary.ca
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Unit 234, 333 Aspen Glen Landing SW
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Email: calgary.west@assembly.ab.ca



Debora Drever
MLA, Calgary-Bow
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Calgary, AB Canada T3B 0E4
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Progress

by Jean Kay

Progress is a personal word, in so many ways it's measured, what may seem like small steps to some, for others are huge and treasured.

If you feel you're progressing, you are; if you think you can progress, you will; as long as you're reaching for your goal and you've got one that you can fulfill.

We progress through life's stages one precious day at a time. We may not reach each summit but we progress when we climb.

How we measure our progress depends on our state of mind. If you're having a tough day—slow down, to yourself be kind.

Progress is using knowledge we've acquired along our way. Helping those less fortunate makes progress for both that day.

Make a list of things to do, check each one off as it's done. Hard work needs rewarding, so remember to have some fun!



Trivia

EDIBLE SIX-PACK RING

The first fully edible beer can packaging has been made from by-products of the brewing process such as wheat and barley, their six-pack holders are fully biodegradable and completely digestible. Rather than ensnaring curious animals in a corset of litter, the company's six-pack rings could serve as a satisfying snack. And if nothing is biting, the rings quickly decompose.

-Discover magazine



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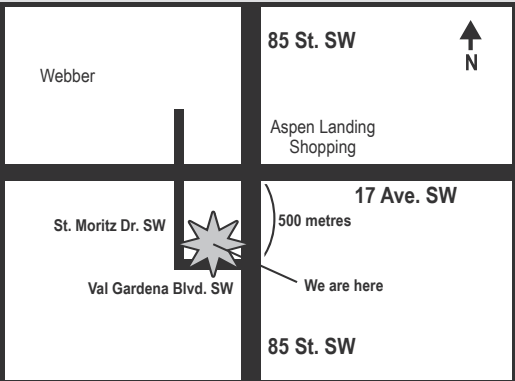
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Springbank Hill Real Estate Update

Last 12 Months Springbank Hill
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$939,000.00	\$885,000.00
July 2016	\$792,450.00	\$782,750.00
June 2016	\$769,950.00	\$762,250.00
May 2016	\$738,950.00	\$711,600.00
April 2016	\$819,900.00	\$795,000.00
March 2016	\$743,000.00	\$720,000.00
February 2016	\$724,000.00	\$696,000.00
January 2016	\$564,900.00	\$547,500.00
December 2015	\$824,450.00	\$787,500.00
November 2015	\$799,900.00	\$750,000.00
October 2015	\$1,044,400.00	\$1,012,000.00
September 2015	\$879,950.00	\$857,500.00

Last 12 Months Springbank Hill
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2016	23	8
July 2016	15	16
June 2016	29	20
May 2016	17	12
April 2016	20	11
March 2016	19	18
February 2016	20	7
January 2016	14	1
December 2015	4	4
November 2015	14	1
October 2015	10	2
September 2015	13	2

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

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Aspen Spring mybabysitterlist

Name	Age	Contact	Course
Aida	16	403-852-6410	Yes
Alexi	16	403-836-5291	Yes
Alice	16	403-998-7696	Yes
Andrea	41	403-796-7840	Yes
Angelica	20	403-805-2008	Yes
Brodie	15	403-805-1469	Yes
Christoph	25	587-998-6172	Yes
Ellen	15	403-240-0165	Yes
Emily	13	403-462-5771	Yes
Eugene	19	403-703-4488	Yes
Glenda	36	403-478-9693	No
Harvinder Kaur	32	587-830-6217	Yes
Ijeoma	15	587-580-7791	Yes
Jenny	16	403-890-6588	Yes
Jonathan	16	403-532-2668	Yes
Kashish	15	403-909-6936	No
Katherine	15	403-835-4547	Yes
Lauren	17	587-215-6198	Yes
Madison	13	403-830-9326	Yes
Marites	40	403-891-3771	No
Megan	16	403-970-6836	Yes
Melanie	13	403-532-2668	Yes
Nikolay	15	403-244-4776	Yes
Paige	14	403-241-0487	Yes
Patricia	14	403-804-4202	Yes
Qin Rui	18	587-830-5617	No
Rowan	18	587-707-2542	Yes
Sarah	17	587-896-8519	Yes
Sophie	28	403-990-8311	Yes
Yvette	14	403-217-5191	Yes
Zandra	22	403-828-8259	No

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First Sports

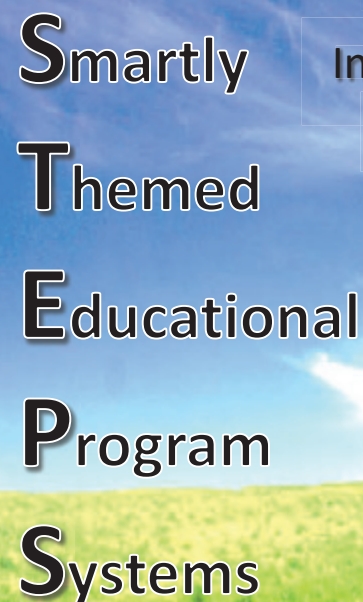
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Last 12 Months Aspen Woods

MLS Real Estate Sale Price Update

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August 2016	\$869,000.00	\$869,000.00
July 2016	\$986,500.00	\$967,500.00
June 2016	\$879,900.00	\$860,000.00
May 2016	\$884,394.00	\$854,000.00
April 2016	\$1,046,999.50	\$1,022,500.00
March 2016	\$903,950.00	\$882,500.00
February 2016	\$1,250,000.00	\$1,060,000.00
January 2016	\$1,159,900.00	\$1,140,500.00
December 2015	\$713,500.00	\$684,750.00
November 2015	\$775,000.00	\$747,000.00
October 2015	\$942,450.00	\$900,900.00
September 2015	\$819,000.00	\$770,000.00

Last 12 Months Aspen Woods

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2016	15	5
July 2016	16	12
June 2016	15	15
May 2016	23	16
April 2016	19	14
March 2016	14	10
February 2016	15	9
January 2016	19	2
December 2015	7	4
November 2015	16	5
October 2015	11	6
September 2015	15	9

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West Springs Real Estate Update

Last 12 Months West Springs

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$679,900.00	\$683,750.00
July 2016	\$749,900.00	\$786,000.00
June 2016	\$685,000.00	\$682,300.00
May 2016	\$614,450.00	\$587,000.00
April 2016	\$798,000.00	\$770,000.00
March 2016	\$549,900.00	\$537,250.00
February 2016	\$744,000.00	\$720,000.00
January 2016	\$823,999.50	\$792,800.00
December 2015	\$644,900.00	\$630,000.00
November 2015	\$939,950.00	\$933,500.00
October 2015	\$666,000.00	\$649,000.00
September 2015	\$650,000.00	\$640,000.00

Last 12 Months West Springs MLS Real Estate
Number of Listings Update

	No. New Properties	No. Properties Sold
August 2016	22	10
July 2016	26	15
June 2016	33	20
May 2016	18	16
April 2016	19	17
March 2016	24	16
February 2016	19	11
January 2016	23	8
December 2015	10	7
November 2015	13	12
October 2015	15	4
September 2015	14	11

To view the specific SOLD Listings that comprise the above
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Cougar Ridge Real Estate Update

Last 12 Months Cougar Ridge
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$580,000.00	\$569,300.00
July 2016	\$574,800.00	\$548,000.00
June 2016	\$622,500.00	\$612,000.00
May 2016	\$561,950.00	\$543,500.00
April 2016	\$559,000.00	\$544,250.00
March 2016	\$525,000.00	\$520,000.00
February 2016	\$509,900.00	\$493,500.00
January 2016	\$544,900.00	\$529,500.00
December 2015	\$549,900.00	\$532,000.00
November 2015	\$524,900.00	\$519,000.00
October 2015	\$545,900.00	\$540,000.00
September 2015	\$549,900.00	\$555,555.00

Last 12 Months Cougar Ridge
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2016	8	5
July 2016	17	17
June 2016	10	9
May 2016	11	12
April 2016	14	8
March 2016	11	21
February 2016	12	5
January 2016	18	3
December 2015	9	3
November 2015	6	7
October 2015	9	7
September 2015	11	5

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CALGARY



WILDLIFE

The Tiny but Mighty Bufflehead

Article by J.G. Turner

Photo by Mdf

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

Fun Facts:

- The Bufflehead migrates from Mexico or the Gulf Coast of the United States to breed in Canada, and even as far north as Alaska.
- Buffleheads are one of the last ducks to leave Alberta before winter arrives.
- Where open water remains over the winter, this little duck sometimes stays year round.
- When mature, a female Bufflehead will return each year to the area where she was born to search for a nest cavity in which to lay her eggs.
- She will often choose an abandoned woodpecker's nest and absolutely loves the nest holes carved out by the Northern Flicker.
- As a diving duck, its legs are near the back of its body, so they must 'run' across the surface of the water to gain the momentum needed to take off and fly.
- The Bufflehead is Canada's smallest duck and they can

squeeze through holes only eight centimeters wide!

- Buffleheads are territorial: males will defend a female by diving under water and popping up underneath a rival male. Females will defend the water where they rear their young.

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

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgary-wildlife.org for more information.



Animal
Trivia

Sharks apparently are the only animals that never get sick. As far as is known, they are immune to every known disease including cancer.

IN & AROUND CALGARY

Mandatory bylaw for building maintenance approved by City Council

What goes up shouldn't come down.

In the last few years, there have been several incidents of materials and debris falling off tall buildings, particularly in the downtown core. City of Calgary investigations into these events revealed that there's more to be done to prevent potentially hazardous situations and protect public safety. That's why the Building Maintenance Bylaw was developed.

It will require buildings that are five storeys or higher and 10 years and older to complete visual exterior assessments every five years.

The bylaw comes into force on Jan. 1, 2017. To learn more, visit calgary.ca/buildingmaintenancebylaw.

Urban Planning Made Fun and Easy!

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

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

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

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

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



IN & AROUND CALGARY

Alberta Health Services EMS

Back to School safety

Alberta Health Services EMS would like to remind parents and children about a few road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on a cell phone, texting, or any other behaviour that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school, or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- When activating overhead crossing lights, pause and make eye contact with all drivers before stepping off the curb. This is to ensure that motorists in both directions have seen you and come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the "walk" sign and only when all vehicles have come to a complete stop;
- If you are with young children, or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;



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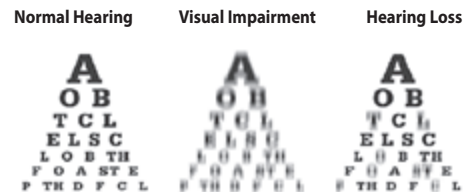


Hearing Loss differs from Vision loss

Dr. Diane Fennell

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

Hearing Loss vs. Visual Impairment



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

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

Sources: www.cubex.co.uk/your-hearing; www.oticon.global/hearing

Do you tip the pizza delivery guy or gal?

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

Tom Allum

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

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

Which brings us to the question of do you tip or not and, if you do, how much? There are of course no set guidelines, established rules or common practices such as in



sit down restaurants. (Restaurant staffs expect 10 to 20% of your total bill as a tip which they normally share.)

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

Office staffs ordering during the day often tip a minimum of 15% or \$10. I am sure they do not want to look cheap in front of their coworkers and most can expense this. Senior citizens always tip (there are a few exceptions) normally \$5 and sometimes as little as \$2. Low income do not tip well at all although some do make an effort. People who live in million dollar homes are normally not good tippers. Working class people normally are the best tippers. College and high school students are very poor tippers (unless ordering from a party). **And the big one - women are better tippers than men (although there are exceptions).**

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

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



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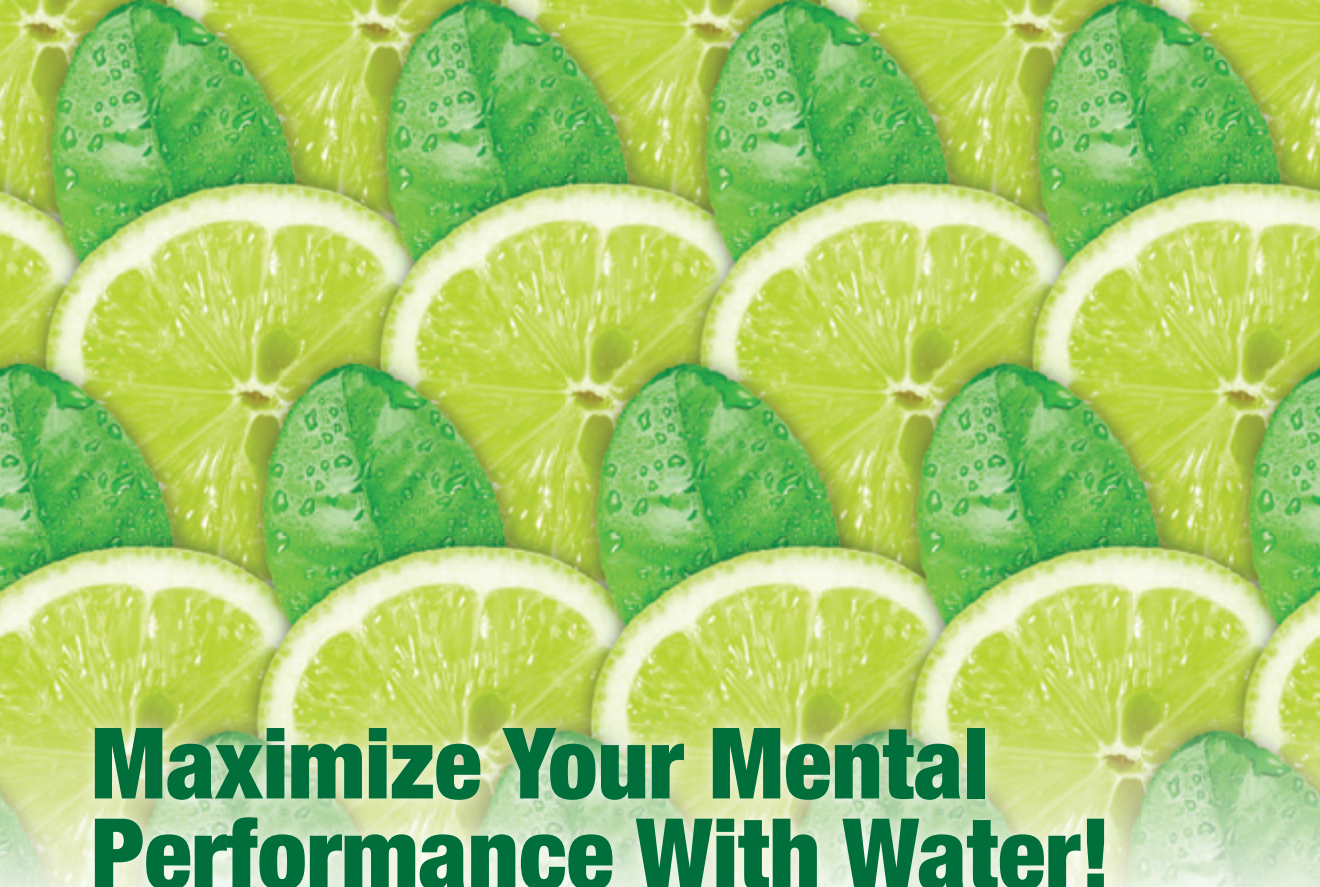
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Maximize Your Mental Performance With Water!

We would often rather 'hydrate' ourselves with anything but water!

Angela Villavicencio-Requis

Feeling tired and groggy and you don't know why? You may just be dehydrated! We have all heard about the importance of drinking water - as kids, we were told over and over again to drink 8 glasses per day. But even then, not many of us are actually doing it. We would often rather 'hydrate' ourselves with anything but water! But, if nourishing your body with some water doesn't seem that important to you, then maybe you should consider learning how to maximize mental performance through proper hydration.

Although it may sound odd, water is a lot more important to mental function than we may have thought. Recent research studies have shown that acute dehydration can actually cause brain shrinkage, which in turn causes negative effects on mental performance. This is

due to the generation of an osmotic gradient that provokes water to flow outside of the cells resulting in their shrinkage. This obviously doesn't happen overnight, but reduced water intake over a long period of time may adversely impact your ability to do certain things such as plan or process information. This is definitely a problem none of us want to have! But if you are anything like our typical modern-day human, you are probably wondering how you'll ever increase your water intake. Changing habits isn't easy, so below we've created some fun tips to help you stay hydrated and mentally sharp!

1) DRINK WATER BEFORE AND AFTER MEAL

This is probably the easiest way for you to stay hydrated. It's a simple way to get more water into your day and keep your brain happy. As simple as it may sound, this

is also a great way to eat less! That's good news for those who are looking for easy ways to lose some pounds!

2) CHOOSE QUALITY WATER

Drinking tap water? Unfortunately, there are many harmful contaminants present in tap water that could make us ill. Installing a good-quality water filter or gathering water from a spring provides some options to obtain quality water.

3) SAY NO TO SPORTS DRINKS

Although sports drinks may seem like a good idea, the truth is the ingredients present in these drinks may actually be detrimental to your health. Many of them contain high amounts of sugar or artificial sweeteners that don't actually quench our thirst.

4) SPRUCE UP YOUR WATER

Forget plain old water! Adding herbs, fruit, or veggies are great ways to make water taste better. Try out the recipe below for a little motivation!

WHY YOU NEED A WATER BREAK?

This natural flavored water recipe infused with

herbs and fruits is not only healthier but a whole lot more exciting! It'll make you want to drink more of the good stuff without you realizing it. So what are you waiting for?

Lime and Mint Flavored Water

Ingredients:

- 8 ounces of lime
- 4 ounces of mint
- 2 quarts of water

Directions: Place lime and mint in a pitcher and add filtered or spring water. Refrigerate 2 to 4 hours to allow the ingredients to infuse. Stir well and strain. For serving, add fresh lime and mint for garnish and plenty of ice. The infused water will keep refrigerated for up to 2 days. You can replace the lime and mint with raspberries and basil or cranberries and rosemary!



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Social Media STRATEGIES



by Catherine Saykaly-Stevens, Social media expert

11 Types of Social Media Gratitude Posts to Engage Others Online

When you can't think of anything to post, consider sharing your gratitude with your friends, followers, and connections. As a rule, always tag or mention the people you discuss so that they'll know and can choose to redistribute if they want.

1. Post about a recent excellent customer service experience.

Good customer service is so rare these days. Praise a person or a company who is doing it right.

2. Thank a Mentor(s).

It doesn't matter if it was someone who guided you last week or last decade. If they made an impact, let them know.

3. Post a follower's unique question, comment, or perspective.

It's perfectly alright to re-post great content. Thank them while re-posting what they said.

4. Give gratitude to someone who offered great advice in their online post.

Sometimes it feels like you're yelling messages into a deep chasm and hearing nothing back but your own echo. If you've found someone's post useful or profound and it resonated with you, let them know.

5. Thank someone who provided a little humour to break the workday's tension.

If that comic made you laugh out loud, let them know. They may post more.

6. Thank a hard working EMS, or someone who works non-profit, or a charity.

There are many people who give more than others. They deserve your recognition.

7. Thank the organizer of an event you attended. Don't forget to mention their sponsor(s).

Events would never run without dedicated coordinators and other people behind the scenes who make it happen.

8. Thank a volunteer.

Volunteers make the world a better place.

9. Encourage others to be grateful.

Gratitude can be contagious.

10. Consider Fridays as the online gratitude day.

11. Use Hashtags (i.e. #FollowFriday and #FF) to help others you think deserve new friends, follower, and help connect them.

(Especially on Twitter). Don't forget to explain *why* others should follow them.

Thank a family member or a good friend.

Publicly! Here, you don't have to explain why.

Words of Warning: Only express gratitude if it's genuine. Do not post to gain attention for yourself. While the sentiment comes from you, the spotlight is meant for someone else.

Last words: It doesn't take much to build engaging relationships online. Often, it begins with a simple thank you.



Canadian Writers in History: Looking at Past Canadian Authors **Emily Carr**

Emily Carr

(December 13, 1871 – March 2, 1945) was a Canadian artist and writer heavily inspired by the Indigenous peoples of the Pacific Northwest Coast. One of the first painters in Canada to adopt a Modernist and Post-Impressionist painting style,[1] Carr did not receive widespread recognition for her work until late in her life. As she matured, the subject matter of her painting shifted from aboriginal themes to landscapes—forest scenes in particular. As a writer, Carr was one of the earliest chroniclers of life in British Columbia. The Canadian Encyclopedia describes her as a “Canadian icon”.

Writing

Emily Carr is also remembered for her writing, again largely about her native friends. In addition to Klee Wyck, Carr wrote *The Book of Small* (1942), *The House of All Sorts* (1944), and, published posthumously, *Growing Pains* (1946),[9] *Pause*, *The Heart of a Peacock* (1953), and *Hundreds and Thousands* (1966). Some of these books are autobiographical and reveal Carr as an accomplished writer. Criticisms have been made of her dramatized short stories as many readers expect them to be historically accurate.

source: Wikipedia

The House of All Sorts, 1944

Author: Emily Carr 1871-1945
an autobiographical work of non-fiction

PART I Foundation

THE HOUSE OF ALL SORTS could not have been quite itself in any other spot in the world than just where it stood, here, in Victoria, across James' Bay and right next to Beacon Hill Park. The house was built on part of the original property my father had chosen when he came to the new world and settled down to raise his family.

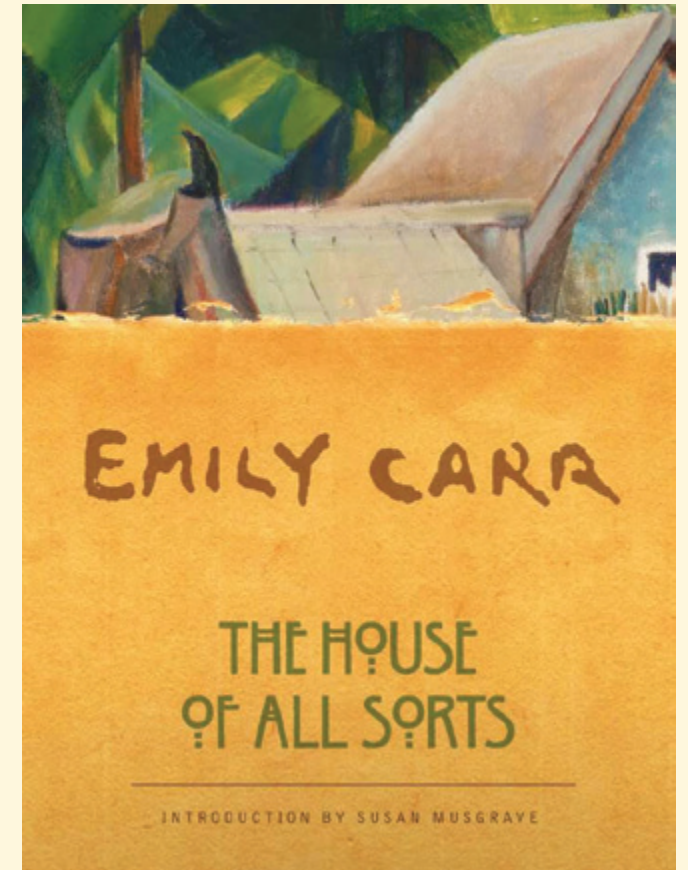
This lot was my share of the old cow pasture. Father's acreage had long ago been cut into city lots. Three houses had been built in the cow yard, more in the garden and others in the lily field. The old house in which I was born was half a block away; one of my sisters still lived in it, and another in her little schoolhouse built in what had once been the family vegetable garden.

Bothers cannot be escaped by property owners and builders of houses.

I got my share from the very digging of the hole for the foundation of the House of All Sorts. But the foundations of my house were not entirely of brick and cement. Underneath lay something too deep to be uprooted when they dug for the basement. The builders did not even know it was there, did not see it when they spread the cement floor. It was in my memory as much as it was in the soil.

No house could sit it down, no house blind what my memory saw—a cow, an old white horse, three little girls in pinafores, their arms full of dolls and Canton-flannel rabbits made and stuffed with bran by an aunt, three little girls running across the pasture to play “ladies” in the shrubberies that were screened from Simcoe Street by Father's hawthorn hedge, a hedge now grown into tall trees, flowering in the month of May.

I remembered how I had poked through the then young bushes to hang over those old rotted pickets, now removed to permit the dumping of the lumber for my house. I remembered how I had said to Bigger and Middle, “Listen, girls, see if you can tell what sort of person is coming up the street by the kind of tune I blow,” and I put the harmonica to my lips and puffed my cheeks. But a gentle little old lady passed, so I played very softly. She stopped and smiled over the fence at the three of us, and at the dolls and foolish, lop-eared, button-eyed rabbits.



“Eh, dearies, but how you are happy playing ladies in this sweetie wee grove!”

And now my house was built in the “sweetie wee grove,” and I was not playing “lady,” but was an actual landlady with tenants, not dollies, to discipline. And tenants' pianos and gramophones were torturing my ears, as my harmonica had tortured the ears of Bigger and Middle. The little old lady had made the long pause—she would not come that way again.

Ah! little old lady, you, like cow, horse, dolls and rabbits, contributed a foundation memory to the House of All Sorts.

source: public domain



Fostering Friendship

The with Hawkins Family

Photos and article by Focus Sisters Photography

Cuddles on the couch as the morning sun rises is how this family starts their day. There is always play time and sometimes even a walk to the park before they all settle in for a delicious breakfast. A family favourite is gluten-free French toast with “dip” (aka syrup). After everyone had gobbled up their breakfast, it’s time to head out for an adventure!

These adventures can be anything from going to The Calgary Zoo to visiting the mall to play at the indoor

playgrounds. You can usually find this family enjoying their daytime play time anywhere that has dinosaurs! Two-year-old Harlee absolutely loves dinosaurs right now, while six-month-old Wilder is happy as a clam to watch his big sister play.

Soon it’s lunch time. You can find this family with a packed lunch as they stretch out their daytime adventure or heading home for a healthy, home-cooked

~continued on page 34~





lunch. Either way, after lunch means it's nap time. While baby Wilder and Harlee are sleeping is the perfect opportunity for things like laundry, dishes, and cleaning. If Harlee is up and about, you can usually find her helping her mom around the house.

Dinner time soon rolls around and you can find the kids watching one of their favourite shows as their mom, Brandy, cooks up some dinner. Harlee and Wilder are so excited when their dad, Graeme, arrives home from work! And Brandy is happy to have her partner in crime back home to help with the kids' evening ritual.

Graeme and Harlee head outside to play, usually playing Harlee's favourite game of "pushing the buttons in dad's car". They also make sure to water all the plants before they head back inside. Brandy and baby Wilder tidy up and lay out pyjamas

for bedtime. Before the kids head for their bath, the whole family sits down to read books. After Harlee and Wilder's bath, it's time for pjs and bed.

Brandy and Graeme use their evenings to catch up on their day and spend some quiet time together. Soon everyone is asleep and it's time to start the day all over again.

This family of four loves the Aspen/West Spring area and although they live in Valley Ridge, you can usually find them spending time in the SW. From playing at Joso's, to brunch at A Ladybug and Cafe, to dance classes and Parented Play Groups at Alive Danceworks, to date night at Original Joe, there is so much for them to do and they love the community feel of the neighbourhood. It's one of the many reasons they are always coming back to this area.

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



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OCTOBER 27 TO 29
DRACULA

The Alberta Ballet presents the classical ballet Dracula at the end of October. Special effects, impressive costumes (Dracula wears a 23-foot-long cape) and exquisite choreography bring this horror story to life. www.albertaballet50.com



YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...

September 21 to October 2 - Calgary International Film Festival (CIFF): The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com

October 1 - A Little Light Music: This is a chamber music concert with a special focus on well-known Canadian composers. There will be a fun, playful line-up of music in this concert with everything from A Little Light Music to Viva Gershwin. www.scpa.ucalgary.ca/events/little-light-music

October 6 - An Evening With Bethany Hamilton, Soul Surfer: Bethany Hamilton has become a source of inspiration to millions through her story of determination, faith and hope. Hear Hamilton discuss her surfing career and her charitable contributions in this inspirational talk. www.ticketmaster.ca/event/110050A6A6225E87

October 7 to 8 - Disney In Concert: Tale As Old As Time: Start Thanksgiving weekend with some classic Disney tunes performed by the Calgary Philharmonic Orchestra. The popular Disney songs from these films are played alongside clips from the movies. www.calgaryphil.com

October 11 to 29 – Boom: Using images and video, the show explores the musicians, politicians and cultural icons around from 1945 to 1969 that shaped the baby boom generation. www.theatrecalgary.com

October 12 to 15 - Intensional Particle + Split Flow: Hiroaki Umeda is a Japanese multi-disciplinary artist. He's a dancer, a sound, image and lighting designer, and a choreography. He brings two new solo shows to Theatre Junction. www.theatrejunction.com

October 14 to 29 – Fluid Festival: This year marks the 11th Fluid Festival, and just like the inaugural event, this year's Fluid Festival will celebrate dance and physical performance. www.springboardperformance.com

October 15 - Calgary Stampeders PinkPower Game: This football game joins in the fight against women's cancers. Arrive early to the game to purchase limited edition PinkPower merchandise, then watch the Calgary Stampeders take on the Montréal Alouettes. www.stampeders.com

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The Course of the Elbow River

Ever wonder where the water in our Elbow River comes from and where it goes? A new map developed by Canadian Geographic Education and the Lake Winnipeg Foundation under the OPEN Water Program answers that question.

The meandering Elbow River is just 120 km long but is part of the vast, million square kilometer, Lake Winnipeg watershed that spans 4 provinces and 4 states. The river and its valley was formed toward the end of the last ice age, some 12,000 years ago.

The source of the Elbow River is the Rae Glacier, so named for Dr. John Rae, a Scottish explorer hired by the Hudson Bay Company to survey 2500 km of arctic coast. In 1847 Rae discovered the fate of the Franklin Expedition, and it was Rae, not Franklin, that found the final link to the North West passage. In 1864 Rae's last main survey was for a route for a telegraph line through the Rockies.

About 600 meters downslope from the glacier, sits the pristine Elbow Lake in the upper Elbow Valley below Elpoca Mountain. Here the Elbow River watershed is 40 km wide, narrowing to 5 km past the Glenmore Dam and just 1 km where it empties into the Bow. The glacier is retreating at a rate of 6 meters per year, but the river is fed by snow melt and storm water; sometimes extreme, like we saw in 2013.

The Elbow's water joins with the Bow River at Fort Calgary, then the Bow joins the Oldman River from the south, just west of Medicine Hat, forming the South Saskatchewan River. The South and North Saskatchewan Rivers merge near St. Albert, Saskatchewan, ultimately flowing into the north eastern region of Lake Winnipeg.

So untreated water moving over inner-city Calgary roads and properties, can reach Lake Winnipeg, more than 1,800 kilometres away, in as little as two to three weeks. After that it moves north, ultimately mixing with the salt water of Hudson Bay.

Lake Winnipeg is the 10th largest freshwater lake in the world. Threatened by the waste of millions of people, agriculture and industry in the watershed, symptoms of the lake's ill health are toxic algae blooms, invasive species, impacts on the fishery, beach closures, drinking water advisories and so on. Hands-on citizen science and education initiatives like this new map, supplement research and efforts to clean up the lake.

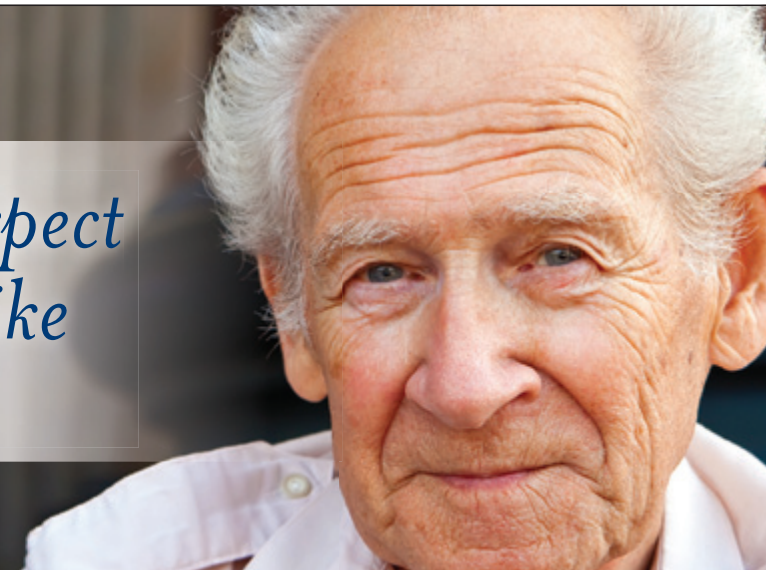
Sources: lakewinnipegfoundation.org, cangeoeducation.ca, and "Mountains to Metropolis" by Diane Coleman (2014).

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. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus



Quinine, one of the most important drugs known to man, is obtained from the dried bark of an evergreen tree native to South America.

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Is this an emergency or not?

I was on holidays this summer and neighbors of the cabin we rented asked my advice about a pet which suddenly started paroxysmal coughing and bringing up white foam late on a holiday night. They also reached out for advice to a veterinary emergency clinic two hours away and their regular veterinarian three hours away.

As veterinarians we were all in a professional quagmire even though we all tried to help these people and their pet. I am not licensed in B.C. and cannot provide veterinary care and advice, but I offered an opinion when asked after examining the pet using only the tools at hand, my senses and experience. The veterinarians on the end of the two phone calls are legally liable if they provide an opinion and they must trust the information being provided by the owner is correct.

We, all three, gave the same advice given the information at hand; information that every pet owner should consider. Airway, breathing, and circulation were considered. The pet's airway was OK with no hoarseness or evidence of blockage, when she lay down she breathed easily without any impediment, and her heart rate was normal with strong even pulses. When I checked the color of her gums they were pink and if pressed to make them white they immediately pinked up again. So her heart was doing its job.


Bella was not in any apparent pain, given a tiny cookie she swallowed normally, and finally her demeanor, while she was confused she was not panicking and quite calm. The owners were told to give her small amounts of water at intervals and we all suspected that she had injured her throat with some foreign object. She did not appear to be in imminent danger. If something had been stuck she would likely not be able to stop coughing and relax. We all recommended waiting until morning.

The next day her owners transported her to her regular veterinarian for her throat to be x-rayed for a fishhook and thoroughly examined with sedation if necessary. Bella, the Labrador, was pronounced ok and that she would likely have a full recovery with time for a minor injury to her throat. This was the case.


Those emergencies when you are far from help can be terrifying and the veterinarian on the phone must err on the side of caution. Any painful condition related to the eye is an emergency in my book, any respiratory problem that doesn't respond to quiet rest, pale mucous membranes or gums, and unrelenting pain all require seeking immediate help. Fractures, lacerations, and most gastrointestinal disorders all require hands on assessment and treatment. Use the same judgment you would use for your child or spouse, but remember this patient can't articulate what they are feeling, which is why sight, sound, touch, and smell are imperative to reach your decision to head for help or not. Sometimes you may over react but that is infinitely preferable to the alternative outcome.

I hope everyone and their pets had a safe and relaxing summer.

Jennifer L. Scott, D.V.M.



Aspirin went on sale as the first pharmaceutical drug in 1899, after Felix Hoffman, a German chemist at the drug company Bayer, successfully modified Salicylic Acid, a compound found in willow bark to produce Aspirin.





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Get Inspired with Micheline Maylor
Micheline Maylor starts as Calgary Public Library's 2016 Author in Residence on September 1.

She will deliver programs and act a mentor to writers in the community, reviewing manuscripts, and providing critiques and advice during individual consultations. Join us as we welcome Michele Maylor and launch the Author in Residence program at the Nicholls Family Library, September 16 at 6:30 pm. For details, visit calgarylibrary.ca/author-in-residence

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What's new at the CBE

The beginning of a new school year is always an exciting time. It's a time when friends reconnect with friends, teachers welcome new and returning students and we set out our shared goals and objectives for the year.

Opening new schools

This year is particularly exciting as we're opening an unprecedented number of new and replacement schools while updating others with new equipment and modern classroom configurations. All of this construction is expected to ease the space crunch for the over 118,000 students we are welcoming this year, while opening up new learning possibilities in our schools.

With all of these openings, there will be changes throughout the year for students and staff. Some of our existing schools will have fewer students in September as many students will be attending a new school in their community. Even if your community isn't impacted by students leaving, your schools may be welcoming a new principal, teachers or support staff. Certainly, every school will welcome new students! We are working together to ensure we make the transition as welcoming and positive an experience as possible for everyone.

To learn more about our new schools and our ongoing construction projects please visit cbe.ab.ca/newschools.

Building a new approach to community engagement

The CBE is committed to involving people in decisions that affect them. To do this more effectively, we have developed a new system-wide approach to community engagement called the Dialogue Framework. This framework will help us plan engagement activities on topics that we know are important to our staff, parents, students and other community members. In addition to gathering input on building the framework last school year, we also connected with people on transportation services, schools impacted by the opening of new schools, our budget and more. We heard from thousands of people and your perspectives have helped us develop plans for the future. You can expect to hear more about these engagements and opportunities to share your perspectives this fall as we continue to involve you in issues that affect you or your family. We all have a part to play in the education of our young people and by working together, we can make a difference for our students and our community.

For more information on CBE's community engagement initiatives, please visit cbe.ab.ca/dialogue.

We look forward to another great school year at the CBE. The start of the school year is an exciting time, especially for families with students beginning school for the first time. We look forward to meeting you! Welcome back to all of our returning students and staff members. We hope you had a restful summer and are ready for an exciting year of learning.

If you are interested in learning more about how the Board of Trustees advocates to protect public education and student success, we'd love to speak with you. Contact us at boardoftrustees@cbe.ab.ca

Follow the Calgary Board of Education on Twitter @yycbedu



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Living In A Man's World

by Elisabeth Fayt

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

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

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

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

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October 24th - October 27, 2016

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Please pre-register at academyadmissions@rundle.ab.ca

•

Visit www.rundle.ab.ca for more information about Rundle Academy

IN & AROUND
CALGARY

Nominate Your Neighbours for a 2016 Community Volunteer Award!

Do you know a hard-working and dedicated volunteer who goes above and beyond to make your community a great place to live? Someone who always steps up to help out without being asked, or who takes on big events and sparks excitement among others? If so, nominate them for one of the Federation of Calgary Communities four annual Community Volunteer Awards!

The four award categories are:

Step Up Award
This award winner is a community volunteer who shoulders the responsibility for things that regularly go unnoticed. This individual steps up to help out without hesitation or need for recognition.

Spark Award
This award winner is a community volunteer who engages people to be a part of their community in unique and exciting ways. Through their community work this individual sparks a sense of excitement among residents.

Be Part of It Group Award
This award honours a group of community volunteers whose community contribution improved neighbourhood life and created a sense of belonging.

Community Builder Award
This lifetime achievement award recognizes individuals, organizations or companies whose lifelong dedication to community has impacted and enhanced the quality of life in Calgary.

If you know someone who fits one of the above award descriptions, nominate them today!

Visit calgarycommunities.com for more information and the nomination form.

The nomination deadline is Friday, September 16, 2016.

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*Please register at www.rundle.ab.ca
 to attend an Open House*

VISIT OUR NEW SCHOOL

Rundle College Primary/Elementary School
 Kindergarten - Grade 6
 October 18th & 19th, 2016 at 6:30pm

•
 Rundle College Junior High (Grades 7-9)
 October 12th & 13th, 2016 at 6:30pm

•
 Rundle College Senior High (Grades 10-12)
 November 22nd, 2016 at 7:00pm

IN & AROUND CALGARY



Graffiti Vandalism

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

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

What to do:

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

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

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Learn more about your Calgary Catholic School District Board of Trustees!

Welcome back! We hope everyone enjoyed their summer. Here at the Calgary Catholic School District (CCSD), we were busy over the summer, preparing four brand-new schools to open in Auburn Bay (Prince of Peace School, K-9), Cranston (Our Lady of the Rosary School, K-6), Evanston (Our Lady of Grace School, K-9) and New Brighton (St. Marguerite School, K-6). We would like to thank our Information Technology, Support Services, school teams, all of our staff and the communities for their incredible work to get our students ready to learn!

Information Technology

- The new schools will be the first of CCSD's "Digital First Learning Environments." Wherever possible traditional systems have been replaced with digital variants, which increases accessibility, provides educators with additional teaching tools and lowers costs.
- Brand-new digital public address (PA) systems are in place, which will improve the lines of communication between the school office, classroom and families.
- A new digital display system has been installed in every learning space. These new screens are larger, easier to read and will allow teachers and students to connect their devices wirelessly.
- Hundreds of devices were set up over the summer for students. This includes iPads, Chrome Books, laptops, copiers and other technology.

School-Level

- School councils have been established at the new schools as administration works with parents and families to create community and pursue common goals.
- The school's identity and brand is being established. Administration, with input from school councils, crafted mission and vision statements and worked with Document Services and community members to create logos, school banners, altars, crosses and lecterns.
- Staff members have been hired for the upcoming school year and they are ready to welcome the students.
- The school's structure has been created – from transportation and bell times to schedules, instructional hours and specific programs.

Community

- We are thankful to everyone who shared their thoughts during our Help Plan Our Future (HPOF) public participation process regarding new school boundaries, school administration qualities, attributes and considerations, as well as school name suggestions.
- Please stay tuned for the blessing and dedication ceremony information. All members of the community will be invited to come together for this public event to celebrate the opening of each of our new schools.
- We look forward to continuing to engage the community as the new schools work towards building playgrounds, hosting events and becoming vibrant places of growth for our children.

TRIVIA



An active social life helps you live longer

Maintaining a strong social network may foster good health in part because support from sympathetic friends and family helps cushion the impact of life's blows. When you lead a less anxious life, you're less prone to certain chronic conditions, such as cardiovascular disease.

—Discover magazine



CULINARY FILE:

Feta Turkey Burgers with Sautéed Red Pepper and Onions

Written by Rae-Ann Hagen, Registered Dietitian

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

Feta Turkey Burger Patties

Ingredients:

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

Directions:

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

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

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

Sautéed Red Pepper & Onion Topping

Ingredients:

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

Directions:

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

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



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IN & AROUND CALGARY

When your smoke detectors do go off, now what?

September greetings from your Calgary Fire Department!

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

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

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

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



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STEP INTO FALL

Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

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- Exercising less than 3 days per week
- Have internet access

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

By completing the 3 questionnaires you will receive:

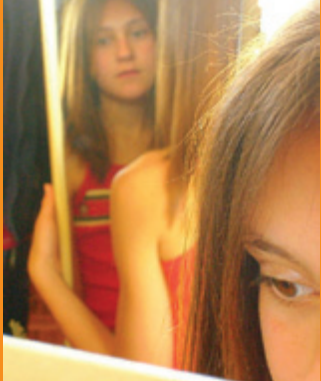
- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact:

Research Coordinator
403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary
Conjoint Health Research Ethics Board.





How Accurate Is Your Body Image?

By Carol Fredrek, Registered Psychologist

Do you measure your self-esteem by how you look or find yourself preoccupied with your weight, letting the numbers on the scale define who you are? Do your relationship to food and your body interfere with your life or prevent you from enjoying everyday activities?

Body image and weight obsession in our culture is rampant. According to the article 11 Facts About Body Image "91% of women are unhappy with their bodies and resort to dieting to achieve their ideal body shape". www.dosomething.org

Body image exists on many levels:

- 1. Visual** – how you see yourself when you look in the mirror or when you picture yourself in your mind.
- 2. Mental** – what you believe about your appearance.
- 3. Emotional** – how you feel about your body, including your height, shape and weight.
- 4. Kinesthetic** – how you sense and control your body as you move.
- 5. Historical** – a lifetime of experience including pleasure and pain, praise and criticism.

Your body image is always changing as your body changes with age or illness, hunger or fatigue. Your feelings, attitudes and values are so easily shifted by external factors. A slight comment by someone such as "You look great today. Have you lost weight?" or "Perhaps those black pants would be more slimming" can alter your body image. Stepping on the scale in the morning can determine how you feel about yourself for the day.

Negative Body Image: Body Loathing

- You have a distorted perception of your shape.
- You are convinced that only other people are attractive and that your body size or shape is a sign of personal failure.
- There is a feeling of preoccupation and dissatisfaction with your appearance.

- You feel ashamed, self-conscious, and anxious about your body.

Positive Body Image: Body Love

- You have a clear, true perception of your shape.
- You experience a mixture of emotions, attitudes and actions that let you enjoy the way your body looks and the way it feels.
- You celebrate and appreciate your natural body shape.
- You feel proud and accepting of your unique body and refuse to spend an unreasonable amount of time worrying about food, weight and calories.
- You feel comfortable and confident in your body.

Body Loathing to Body Love

First it is important to understand the relationship between body image and self-esteem. Poor body image has very little to do with how you actually look. Studies have shown that there is very little connection between a woman's actual physical attractiveness (as rated by others) and her satisfaction with body image. In addition, there is little connection between physical attractiveness and feelings of self-worth.

A self-esteem survey was given to both attractive and unattractive people and their

scores were very similar; however, there is a strong relationship between body image and self-esteem. What this means is that despite appearance, people who view their bodies positively also tend to have higher self-esteem. On the contrary, those who see their bodies negatively are apt to have lower self-esteem. (Freedman, R. 1988)

Body Love is not about making a perfect body but rather about being in this world contentedly in an imperfect one.

Carol Fredrek, MA, R. Psych. is a Registered Psychologist that has worked in the areas of women's issues, disordered eating and body image for over two decades.



MP CALGARY SIGNAL HILL RON LIEPERT

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Calgary, Alberta T3H 0V5
Phone: 403-292-6666 • Fax: 403-292-6670
Email: ron.liepertC1A@parl.gc.ca

Summer is coming to a close which means routines are going back to normal not only for all the students but also for me as your MP. The time in Calgary and in the riding has given me a chance to speak with a great number of you and I appreciate input on your concerns and counsel. You can be assured that I will be taking your feedback with me to Ottawa as the new session of Parliament begins.

First let me start this message by asking if you would consider allowing me to send updates in occasional emails to you in my role as your MP. Our office has a list of emails that constituents have consented to for that purpose, which we use **very sparingly** (last parliamentary session, we used the list a total of four times). If you'd like to be included in those updates, please visit www.ronliepert.ca to sign up, or call 403-292-6666. If you feel that the messaging is too frequent or not relevant you can unsubscribe at any time. I am also on Facebook and Twitter if that is more your style.

We are expecting a very full fall session, as the Liberal Government presented an ambitious slate but did not have a lot of success in actually getting much of that legislation passed last year (less than 50% of the Government's bills passed). That backlog, plus a new set of priorities has made for a very full order paper.

One of the biggest issues ahead is electoral reform. As you've likely heard, the Liberal Government wants to change how you elect your MPs. I am not opposed to the study of electoral reform and look forward to the work of the committee examining changes to our electoral process. I do feel, however, that if substantive changes to how we elect our Members of Parliament are proposed by the committee, then citizens should have a final say by way of a national referendum.

A committee of politicians, no matter what the composition, should never be the sole decider of how politicians are elected.

As a constituent in Calgary Signal Hill, you will be consulted prior to my voting on any matter related to electoral reform. It is my belief that my vote should reflect your views. I will be conducting a consultation similar to the one I did regarding Medical Assistance in Dying to hear from you. Watch your mailbox and voicemail (and email if you are signed up) for more details soon.

www.markettree.info

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When a Child Falls Behind!

TIPS FROM A PSYCHOLOGIST
& FORMER TEACHER

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

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

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

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

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

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

How Can Parents Obtain a Psycho-educational Assessment?

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



MLA CALGARY-BOW DEBORAH DREVER

6307 Bowness Rd NW
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calgary.bow@assembly.ab.ca

Hello Calgary –Bow,

It's hard to believe that July and August have come and gone already. It was a pleasure connecting with so many of you over this summer at community events in Calgary –Bow and around the city.

September brings with it a familiar routine and I would like to welcome all the new and returning students to our schools for the fall semester. As part of my "back to school" mandate, I will be donating a small collection of books to the library of each school and public library in Calgary –Bow. From children stories to award winning novels, each book was either authored by an Albertan, or published by an Albertan company.

As part of the "TELUS Days of Giving" initiative this spring I was invited to fill 10 backpacks with school supplies for one of the schools in the riding. I am very grateful for this opportunity, and have chosen Belvedere Parkway School to be the recipient this year. The backpacks will be hand delivered early this month and I would like to Congratulation TELUS on the ten year anniversary of this high impact community engagement program.

Alberta Education will be launching its own broad-scale engagement with Albertans and parents regarding the development of future school curriculum. In reviewing current curriculum in Alberta it was noted that updates to some subjects have not occurred in 30 years! That's before the internet and microcomputers. Our curriculum plays a critical role in the work we do to prepare students for fulfilling careers in a diversified economy. I am happy to share with our francophone community that along with updates to the curriculum for each grade, Provincial curriculum will be developed simultaneously in English and French for the first time.

The overall engagement strategy with Albertans on these important updates will involve hundreds of face-to-face meetings with education partners across the province and will also include online surveys. Please feel free to contact my office for further details about the public engagement.

IN & AROUND CALGARY

Subsidies are available for City services

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

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

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

For more information or to apply, visit calgary.ca/fairentry.

Our government is building the schools Albertans need in their growing communities. About 50 school projects will open in September, about half of which are new schools. A dozen more projects will open by the end of the year, and another 20 or so are expected to open to students in January 2017. This includes Calgary Bow's new West Ridge Middle School in West Springs and the completion of the Bowness High School Modernization. This is a welcome fresh start for many of our students and their families.

I'm really looking forward to the coming session of the Alberta Legislature. In the spring of 2016 our government passed over 20 pieces of legislation which supported seniors, students and families, which brought key pieces of legislation and regulation into line with federal law, and which took the first strong steps toward protecting our environment and diversifying our economy. We look forward to working with the opposition parties and all Albertans as we move forward in the fall to update our Municipal Government Act and to continue making Alberta a great place to live.

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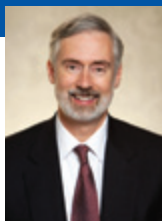
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Eileen Badowich, CAward6@calgary.ca
www.calgary.ca/ward6 •

Hello,

It was great to visit with many of you this summer at Stampede and community events across Ward 6. As our vacation time winds down and school goes back into session, routine daily and weekly activities ramp up! I am reminded how traffic management is a big part of getting around the city in a timely manner. The City of Calgary operates a computerized traffic signal management system that allows City traffic engineers to monitor and control the operation of The City's traffic signal network. There are 980 traffic signals in Calgary, 549 of which are connected to the Management Information System for Transportation (MIST). The City's Roads Operation Centre is the facility that monitors, responds and presents real-time information to motorists using:


- Cameras to monitor traffic flow, road conditions and traffic obstructions.
- Systems to monitor and control the operation of traffic signals.
- A website map that shows road closures, road works and other activities impeding traffic flow.
- A FM radio station delivering current traffic information.
- Dynamic signs to inform motorists of traffic problems.
- Bluetooth tracking travel time information.
- Lane reversals.
- High Occupancy Vehicle (HOV) lanes.
- Roving tow truck services.

This combination of technologies gathers real-time traffic information and uses that information to revise traffic signal operation where appropriate and keep motorists advised of abnormal traffic conditions, congestion, lane closures and construction delays. You can complete an online service request to inquire about the timing of traffic signals or call 311.

MIST monitors the traffic signals for proper operation and collects data on traffic flow, such as volumes and speeds from vehicle sensors at the intersections. The signal system interacts with the LRT system, some of the bus routes and some of the fire routes by providing priority for these vehicles. The MIST system can override the normal operation of traffic signals if and when necessary. Special events like hockey games or concerts at the Saddledome with large attendance or even major road construction may require a short term adjustment to the signal timing.

The City continues to take advantage of the construction season, with many projects continuing and moving toward completion. Our calgary.ca/ward6 website is full of up-to-the-date information that pertains specifically to our Ward including; developments and projects, Council committees and motions, my positions on issues in the media, community specific projects, transportation and road changes, as well as public information events. This ranges from drainage and Water Services projects, new construction in your community, updates regarding issues like secondary suites before Council, to new transportation infrastructure, as well Ring Road updates including open house opportunities and scheduled Councillor Chats.

I will be hosting a Traffic Safety Town Hall event as well as a Councillor Chat this fall in the Ward. You can find me on Facebook or Twitter, @pootmans, and get detailed articles about our biggest projects and issues in Ward 6 to your email every other month. Due to the new anti-spam legislation, to receive information relevant to Ward 6, I need your consent to receive emails from my office. If you are interested in receiving our bi-monthly Ward 6 Report or any other pertinent information that affects the Ward or your specific community, please visit calgary.ca/ward6connect to give consent and sign up!

 **SUDOKU**

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		1		9				
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FIND SOLUTION ON PAGE 59

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SUDOKU

2	9	3	8	7	5	1	4	6
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9	2	7	3	5	1	8	6	4
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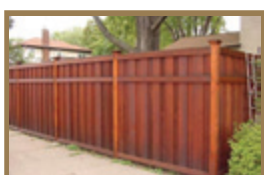
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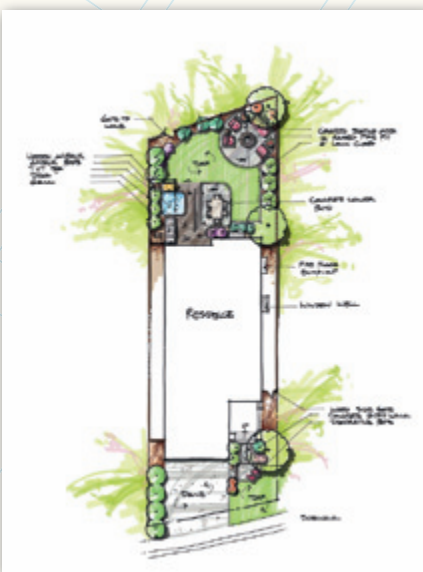
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- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

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COOKING WITH FRIENDS - a fun cooking class where we share recipes, cook together and have lunch with new friends. All Welcome. Childcare available with pre-registration. Thursdays, 10:30 -1 pm, September 15 - December 8, 2016 at Knox Presbyterian Church. Contact Laura at 403-612-9949 or email community.stmartins@yahoo.ca for more info or to register.

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