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TAKE ON WELLNESS



Doing Exercise Better

By Joe Mills

"Get a fitbit – track your exercise – feel the burn and the soreness the next day – be strong, be tough, be disciplined" and if you can do this, as everyone knows, a healthy happy quality of life awaits... or so it would seem.

For is exercise really that straight-forward and problem-free? Only a slightly deeper look at what really happens reveals an array of confusing and shocking statistics: the everyday or *actual* exercise realities for most people.

Did you know, for example, that numerous sources state that **90%** of people experience back pain; **20%** experience chronic pain; **50%** have—or have had—a mental illness; **3%** in the U.S have healthy lives; **80%** in Britain have unhealthy lives; **80%** of January gym recruits quit by May; and **70%** of runners have a serious injury *each* year.

Yet what is more shocking is not only that we live in an era known for its better than ever levels of science, technology and systematic planned programs, but also the robust research that explains how humans were designed to find running (read exercise) easy.

In other words, it's not a huge leap of logic to suggest that while the common ways of doing exercise may work for some it doesn't work for most: clearly "*something-more*" is going on.

My name is Dr. Joseph Mills and I gave up an academic post in the U.K. to move my young family to beautiful Alberta (Cougar Ridge) and my research—published in the world's strongest academic journals invited to ten of the most prestigious sports universities—transforms what exercise is by showing how an **exercise knowledge-practice gap** exists.

An exercise knowledge-practice gap that contains a whole **series of constraining, distorted and undermining effects** that no-one (even the best coaches in the world who were my participants) ever sees because all knowledge comes from the very same 'naturally-unequal' society that, for example, makes women work for free after Nov 9 because of the gender-knowledge-then-pay-gap.

And so, re-thinking what exercise can or should be in ways that overcome today's unseen problematic constraints has rich potential for people looking to live happy healthy lives without the pain, soreness or extra hard work.

Stay tuned to find out more!
jpmills@ualberta.ca



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IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women’s Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children’s Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
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



Springbank Ladies Time Out invites new and returning members of all ages in the Calgary area to meet new people, to socialize, and to participate in a wide variety of registered classes. Classes and events are held on Monday mornings at the Eden Brook Reception Centre located on Lower Springbank Rd. and 17th Ave SW. We are a not-for-profit club supporting our community.

Registration Day for Fall 2017 classes will be held Monday, September 11th at 9am at Eden Brook Reception Centre on a first come, first served basis. Some of the upcoming activities this fall include: cooking, art, CPR, book club, pedicures, and Christmas wreaths just to name a few.

Join us for a free seminar with Dr. Phil Blustein on Wellness Through Mindfulness, September 25th at 9am. Non-members welcome!

Please visit our website at www.springbanklto.com for a complete list of class offerings and our events calendar. You can also follow us on Facebook at www.facebook.com/springbanklto to see photos of some of our past activities and to learn more about upcoming events. Any questions can be sent to our email at: springbanklto@gmail.com. We look forward to seeing you in this fall!



**Canada 150
Celebration
on the Hill**

September 2, 9-4pm

This celebration is being hosted by the communities of Strathcona, Christie, Aspen, Coach Hill, Patterson, Springbank Hill and Signal Hill.

We have lots planned for the day! For more info, visit www.scacalgary.ca

If you would like to get involved please contact Maureen at 150volunteers@scacalgary.ca

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Two little ducklings in the evening shadows

GALLERY

Photos by Nancy Young

CALGARY PRIDE PARADE
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The signature Calgary Pride Parade is one of the most colourful celebrations of the year!
More info: calgarypride.ca.



Photo by JMacPherson

CIRCLE THE WAGONS
3951 TRASIMENE CRESCENT SW
SEPTEMBER 9, 11 AM – 11 PM

This year's traveling carnival of local food, beer, music, art and performers will be proudly hosted at Currie. Currie boasts Canadian Pride, and to help further amplify the celebratory energy from Canada's 150th anniversary. More info: cirdlethewagons.ca.



YW WALK A MILE IN HER SHOES
STEPHEN AVENUE AND OLYMPIC PLAZA
SEPTEMBER 19

Hundreds of men and women will step onto Stephen Ave. in high heels to show their support for women and children who are victims of family violence. More info: walkamile.ca.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

The Market on Stephen Avenue – Tuesdays until Sept. 5, 11 am – 5 pm

Bring your enviro bags and coolers! You'll find up to 60 vendors; from fresh food (produce, breads, pastries, etc) spices, sauces, treats, art, fashion, jewelry and so much more! Found on Stephen Avenue between 1 Street East and 2 Street West. More info: inquiries@dmeinc.ca.

Honens Festival – Various Venues, Sept. 7 – Sept. 10

The award-winning Honens Festival returns for a four-day festival of music with a side of maple syrup! To mark Canada's 150th birthday, this celebration of piano showcases some of the country's brightest classical music stars alongside Honens Laureates through innovative performance projects and dynamic community concerts. More info: honens.com.

Beakerhead – Various Locations, Sept. 13 – Sept. 17

One of the world's most original spectacles of art, science and engineering, will erupt this September when the fourth annual Beakerhead hits Calgary. Look for mechanical creatures, multi-story art installations, famous and soon-to-be famous scientists and inventors, and performances by people and machines. The dose of quirky spectacle will include more than 65 events. More info: beakerhead.com.

Techstock 2017 - 3553 31 Street NW, Sept. 14

This is an annual event hosting 30+ start-up companies and researchers who showcase their innovations to the public. This year they explore how technology and social innovations are making a profound impact on our society and driving change in areas such as sustainability, health, education, gender equality and more. More info: innovatecalgary.com/events/techstock/

Railway Days – Heritage Park, Sept. 23 - 24

There is fun for the whole family at Railway Days! As one of the few sites in North America with two steam locomotives, our trains take centre stage for two days with demonstrations, hands-on activities, and exciting exhibits. More info: heritagepark.ca.



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The Merlin

Article by J.G. Turner • Photo by N. Suret

The Merlin is a little falcon (weighing just 129 to 236 grams and measuring up to 30 cm), about the size of a Jay. The female Merlin is about a third larger than males and are brown. The males have a gray/blue upper and a black and gray barred tail. Both the male and female have whitish streaked throats, and buff coloured underbody with brown streaks.

The Merlin likes to live in open woodlands, marshy areas and open countryside. The Merlin migrates to Alberta as one of their favoured breeding areas and can be seen along Alberta's foothills during their migration, as they will go as far north as the Yukon and Alaska. For the winter months, the Merlin migrates to northern South America, although some have begun to over-winter in the city.

Fun Facts:

- Sometimes the Merlin is called the "Pigeon Hawk" because when flying, it looks like a fast-flying domestic pigeon
- A falcon is a raptor (hunting bird) that has thin pointed wings that let them fly very fast and change direction quickly.
- The Merlin can easily fly at 50 kilometres per hour, and can fly even faster when hunting.
- The Merlin has excellent hearing and eyesight and is a powerful flier.
- The Merlin mostly hunts small to medium sized birds, such as songbirds, but it will also seek out small mammals (such as mice, voles, and bats), reptiles and insects (like dragonflies).

- The Merlin will hunt other birds by surprise attack from a hidden perch, or from searching flights, attacking from below and tiring out their prey.
- The Merlin has been observed hunting in pairs, working together to flush out and confuse their prey.
- The Merlin is diurnal, so they hunt during the day.
- The Merlin is usually a solitary, quiet bird but makes a shrill chatter sound when nesting.

If you find an injured Merlin or other wild animal in need, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 or wildlife@calgarywildlife.org.

YOUR CITY OF CALGARY

Recycling Tip of the Month: What to Compost

As weekly green cart collection has started, you must be amazed at the amount of food and yard waste that's accepted in the green cart. Here are five times to remember to include the food from your kitchen clean up.

- 1. Preparing meals:** Instead of throwing out vegetable peels, eggshells and other food scraps, add them to your kitchen pail for composting.
- 2. Scraping plates:** Keep your kitchen pail visible and accessible and encourage everyone at home to help with the clean-up.
- 3. Cleaning the fridge of spoiled leftovers:** Give a second life to food that has spoiled by emptying it into the kitchen pail for composting.
- 4. Leftover grease and sauces:** Use a spatula or paper towel to scrape out excess grease. The paper towel is compostable too.
- 5. Paper plates and napkins from summer barbecues:** If a lot of guests are coming over, line your green cart with a paper yard waste bag and toss the paper plates and napkins inside for a no fuss solution.

Tip: To keep things neat and tidy, line your kitchen pail with a compostable bag or newspaper. You can also give your pail a quick rinse or put it in your dishwasher to clean it out.

For more tips and a complete list of what's accepted in the Green Cart, visit calgary.ca/greencart.

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Why you need to report the sale of your home

By Suzanne Smith-Demers, Registered Retirement Consultant

Fortunately, Canadians don't have to pay capital gains tax on the sale of their primary residence. Until recently, you didn't even have to mention a sale on your tax return either, but while the capitals gains on your home can still be exempted from tax, there are important new reporting requirements.

Last October, the Canadian government announced new measures requiring everyone to report the sale of their home on their tax return. If the sale is not reported, you could be re-assessed. You may even be subject to a penalty in the future. CRA has stated that it is unlikely a penalty will be issued when the sale occurred in 2016, given that the reporting requirement is brand new, but it may not be so lenient going forward.

The new rule is part of the government's attempt to rein in potential abuses of the principal residence exemption (PRE), such as non-Canadian residents claiming the exemption and others claiming it on a second property in the same year. Usually, 50% of a capital gain on an asset must be reported as taxable income. But the PRE allows Canadian residents to be exempt from paying tax on capital gains on their principal residence. Only one property can be designated per year as a principal residence, therefore gains may be taxable on the sale of a second property, like a vacation home.

The bottom line is this: if you sell your home, complete Schedule 3 at tax time to claim the PRE and to avoid any potential penalties for late filing. Most individuals previously eligible to claim the PRE will continue to remain eligible.



Aspen Spring mybabysitterlist

Name	Age	Contact	Course
Mikayla	13	403-686-6078	No
Emily	14	403-462-5771	Yes
Melanie	14	403-671-4558	Yes
Yvette	15	403-217-5191	Yes
Eireland	15	403-616-9761	Yes
Brodie	16	403-805-1469	Yes
Nikolay	16	403-244-4776	Yes
Kashish	16	403-909-6936	No
Li-Wei	16	403-815-6499	No
Kat	17	403-797-4547	Yes
Courtney	17	403-970-7322	Yes
Michelle	17	587-891-8670	No
Jonathan	17	403-874-4216	Yes
Alexi	17	403-836-5291	Yes
Kosar	18	403-402-4298	No
Qin Rui	18	587-830-5617	No
Lauren	18	587-215-6198	Yes
Rowan	19	587-707-2542	Yes
Victoria	20	587-434-1733	No
Angelica	21	403-805-2008	Yes
Christoph	25	587-998-6172	Yes
Natasha	26	403-408-9651	Yes
Sophie	29	403-990-8311	Yes

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Check out the September-October issue of *Library Connect*, your ultimate guide to free back to school Library programs, reading recommendations, and events happening this fall. Visit calgarylibrary.ca to download a copy of *Library Connect* or pick one up at your local community library.

Forest Lawn Library Nature Playground

The Forest Lawn Library Nature Playground is open! The new outdoor space inspires active, fresh-air-filled play. Play is a priority at the Library, because it's central to how kids learn and grow. The nature playground was made possible thanks to generous funding from the Canada 150 Infrastructure Program. Visit today!

Free Online Resources

Did you know your Library card gives you access to free online tutoring? Brainfuse is an online resource aligned with the Alberta curriculum for students in Grade 2 to Grade 12. Get expert online help with your homework at calgarylibrary.ca/resource/brainfuse from 2 p.m. to 11 p.m. daily. Support for adult learners is also available.

The Calgary Public Library's E-Library offers many other resources for learners of all ages. At calgarylibrary.ca/online-resources you'll find language learning courses Rosetta Stone and Mango Languages, eBooks and eAudiobooks on OverDrive, Flipster Magazines, online learning services Lynda.com and Gale Courses, and much more.

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Don't Let Your Investments Take a "Vacation"

It's summer again – time for many of us to take a break and possibly hit the open road. But even if you go on vacation, you won't want your investments to do the same – in summertime or any other season. How can you help make sure your portfolio continues to work hard for you all year long?

Here are a few suggestions:

Avoid owning too many "low growth" investments

As you know, different investments have different characteristics and can help you in different ways. For example, you typically own stocks because you want the potential for growth. Other investments, such as guaranteed investment certificates (GICs), provide you with a regular source of income and stability of principal – two valuable contributions to your portfolio. However, investments like GICs don't offer much in the way of growth potential. So, if you own too many of them, you might be slowing your progress toward your important financial goals, such as a comfortable retirement.

You can maximize the productivity of your portfolio by owning a variety of investments – domestic stocks, international stocks, corporate bonds, GICs and more. How much of each investment should you own? The answer depends on a variety of factors, including your age, income, risk tolerance, family situation and specific objectives. Over time, your ideal investment mix may change, but you'll likely need at least some growth potential at every stage of your life.

Don't let your portfolio go "unsupervised"

Your investment portfolio can be subject to "drift" if left alone for extended time periods. In fact, without your making any moves at all, your portfolio can move in directions that may not be favourable to you. Suppose you think your holdings should be made up of 70% stocks, but due to strong gains, your stocks now make up 80% of your portfolio. This development could lead to a risk level that feels uncomfortably high to you. That's why you should review your portfolio at least once a year, possibly with the help of a financial professional, to check your progress and make adjustments as needed.

Don't stop at the nearest "resting place"

Some people hope that if they can get that one "winner," they will triumph in the investment arena. But the ability to "get rich quick" is much more of a myth than a reality. True investment success typically requires patience, persistence and the resilience to continue investing even during market downturns.

In other words, investing is a long-term endeavour, and you need a portfolio that reflects this reality. You need to establish your goals and keep them constantly in mind as you invest. And you will never really reach the end of your investment journey, because you'll need to make choices and manage your portfolio throughout your retirement years.

Hopefully, you will enjoy a pleasant vacation sometime this summer. But your investment portfolio shouldn't take time off.

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Calgary
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Summer Safety

Happy August, everyone!

With summer in full swing we hope you have been enjoying long days, warm sun and family holidays! If you are planning to hit the road with your pet here are a few simple tips to make the holidays run smoother.

- 1. Never, ever, leave an animal in a car.** Hot cars are dangerous for pets and people alike. On summer days, the temperature inside a parked vehicle begins to climb immediately and can reach dangerous levels in as little as 10-15 minutes. Even a few moments in a hot car can lead to heat stroke and even death. Cracking the windows or leaving water in the car is not enough to keep the heat manageable. If you know you will be stopping leave your pet at home or bring someone else along who can take your pet for a walk in the shade while you pick up what you need.
- 2. Watch out for Fido at the BBQ!** As with your kitchen at home, if you are cooking or carrying hot foods it pays to keep your pets out from under foot. In the case of social gatherings, ask your guests not to share food with your pets and to pick up any food that is dropped. Rich summer foods like ice cream, hamburgers, hotdogs and chips can cause digestive upset or even problems like pancreatitis in some pets.
- 3. Think safety when it comes to social situations!** Just like people not all pets are keen to be friends.

When out for a walk, keep your dog on a leash and under control at all times. Avoid letting your dog greet other dogs without first asking the owner. When at a location like a dog park, pay attention to the body language of your dog and any other dogs in the area to watch for signs of stress or conflict. Unsure about what to look for? Check out our free animal training resources at www.calgaryhumane.ca.

- 4. Travelling? Plan ahead!** Summer road trips can be fun for both pets and people, but they do require some advance planning. Before hitting the road, visit your vet to update any necessary vaccines or health certificates and ensure your pet's microchip/tattoo information is up to date. Load your pet's information, including a photo or two onto your smart phone just in case your pet gets lost. When you are packing include extra food and medication for your pet in case you are delayed in getting home. Finally, the safest place for your pet in a vehicle will be in a crate or restrained by a seatbelt harness. Bringing your pet's bed or some favorite toys will provide comfort for the ride.

Do you have more questions about summer safety and your pet? Curious about some behaviour you saw at the dog park? Want to find out more about adopting a new family member? Check out our website at www.calgaryhumane.ca for information and resources!



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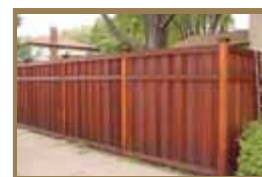
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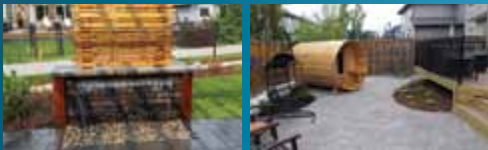
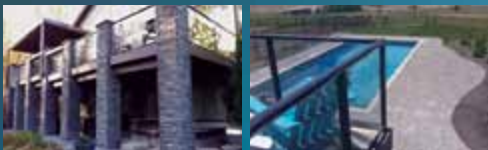
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Calgary's Largest One Day Food Drive - It's a Community Affair

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

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

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

Big sister Lauryn adds, "Everyone collects so much food,

and then we fill semi-trucks full of food, and it really adds up. It must make such a difference."

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

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

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



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FOR ART'S SAKE



Festivities in August

By Alex Bonyun

August is a great month to get out and experience art in our community for free! Whether it's an outdoor festival, or an indoor celebration, there's so much for you to see! Downtown you can take in Olympic Plaza on a warm August day with the Spaghetti Western Music Festival (August 20, noon - 9pm), Canada's alt-country music festival, or celebrate Canada 150 with Happenings (August 18, 5 - 9pm), the free visual art party with live music and creative activities inside Arts Commons. Another way to enjoy music outdoors this summer is at Calgary ReggaeFest (August 17 - 19), a three-day festival in Shaw Millennium Park.

For anyone looking for a bit of theatricality in their August, the Calgary Fringe Festival (August 4 - 12) returns to Inglewood this year with a unique line-up of unexpected, unforgettable performances. Calgary Opera's Opera in the Village festival is making the move from East Village to the newly unveiled Enmax Park with the hit show *South Pacific* (August 10 - 20, 8pm nightly).

If you're looking for a stroll through some of Calgary's character neighbourhoods Inglewood's Sunfest (August 5) and Marda Loop's Marda Gras Festival (August 13) are back again for another great year.

For something a little quieter with a slice of nature, the Calgary Dragon Boat Race & Festival (August 12 - 13) is a fun way to kick back on the banks of the Glenbow Reservoir and root for your favourite team! And, if you've never checked out Globalfest (August 15 - 26), Calgary's largest display of fireworks is a fantastic way to enjoy music and culture from around the world, while being wowed by a truly explosive display.

For a full list of Calgary's festivals this August, indoor and outdoor, you can visit calgaryherald.com/life/swerve/swerve-festival-guide-2017-august.

This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues.

Springbank Hill Real Estate Update

Last 12 Months Springbank Hill MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2017	\$749,900	\$736,000
May 2017	\$949,000	\$920,000
April 2017	\$1,194,450	\$1,112,500
March 2017	\$685,000	\$665,000
February 2017	\$708,950	\$671,900
January 2017	\$689,925	\$686,000
December 2016	\$919,900	\$882,888
November 2016	\$667,350	\$648,000
October 2016	\$733,500	\$703,500
September 2016	\$774,900	\$765,000
August 2016	\$939,000	\$885,000
July 2016	\$792,450	\$782,750

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

	No. New Properties	No. Properties Sold
June 2017	17	17
May 2017	27	15
April 2017	9	16
March 2017	21	13
February 2017	16	8
January 2017	15	8
December 2016	4	5
November 2016	10	8
October 2016	17	12
September 2016	14	17
August 2016	20	8
July 2016	14	16

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Keeping Food Safe This Camping Season

So you are hitting the trails and planning on taking some lunch or perhaps you are doing an overnight hike. It's important to pack your food properly, both before you leave and when you're on the trail.

Bacteria that can make you sick (e.g., salmonella) need certain conditions to survive. They grow well in foods that are moist and rich in protein (e.g., meat, poultry, dairy products) and between the temperatures of 4 to 60 °C (40 to 140 °F). In the right conditions, bacteria can multiply every 20 minutes. This can quickly make your food unsafe to eat.

To keep your food cool in the backcountry:

- pre-cook all perishable foods and plan to eat them first
- freeze food before you leave and try to pack it all together
- pack perishable foods in ice or with freezer packs
- store food in lakes or streams when you're at your campsite (remember to use airtight plastic bags to keep the water out)

Other tips about food in the backcountry

- **Always** wash your hands or use hand sanitizer before handling any food.
- **Do not** handle or prepare food if you're not feeling well.

- Bacteria don't grow well on dry or acidic food. Bring dry foods (e.g., nuts, fruit) and packaged foods that can be rehydrated.
- Pack food in reusable containers that can be cleaned and used for repacking (this'll help create less waste).
- If you have to mix ingredients, do it just before eating them.
- Take food that doesn't need to be kept cool (remember that canned food is heavy and the cans will have to be carried back out).
- Ultra High Temperature (UHT) milk doesn't need to be kept cold when it's unopened (but it must be used right away or kept cold after it's opened). You can also use powdered skim milk. Mix the powder with water you've already filtered and boiled. See Drinking Water in the Backcountry to learn how to make your water safe to drink.
- You can buy dehydrated meals in some stores. Plan to eat the whole meal right after you rehydrated it. Don't keep any rehydrated food to eat later.
- Store food away from animals, in food storage lockers, on high platforms, or hung in a tree with rope or cable. Never bring food into tents or sleeping areas.

For more information on staying healthy while in the backcountry visit: <https://myhealth.alberta.ca/Alberta/Pages/packing-food-backcountry.aspx>



West Springs Real Estate Update

Last 12 Months West Springs
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2017	\$699,800	\$700,100
May 2017	\$689,900	\$690,500
April 2017	\$884,450	\$873,050
March 2017	\$946,500	\$924,000
February 2017	\$749,900	\$749,900
January 2017	\$779,000	\$770,000
December 2016	\$814,900	\$803,000
November 2016	\$519,900	\$500,000
October 2016	\$769,900	\$738,000
September 2016	\$674,000	\$649,000
August 2016	\$679,900	\$683,750
July 2016	\$749,900	\$786,000

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

	No. New Properties	No. Properties Sold
June 2017	43	23
May 2017	36	29
April 2017	31	18
March 2017	24	16
February 2017	26	13
January 2017	18	5
December 2016	3	5
November 2016	12	14
October 2016	17	15
September 2016	27	9
August 2016	16	10
July 2016	24	15

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Ask Charles

I'm selling my house, and the listing agreement says I have to pay my real estate agent commissions if my place sells after the agreement ends. Is that legal?

It sounds like you're referring to the "holdover" clause, which is found in most residential listing agreements (seller representation agreements) in Alberta. And yes, holdover clauses are legal.

A holdover clause permits your real estate brokerage to collect its fee or commission from you if you enter into a purchase contract with a buyer within a specific number of days after your listing agreement ends and that buyer was introduced to your property during the term of the listing agreement. The length of the holdover period is negotiable between you and your real estate professional.

When a real estate professional lists your home, your listing agreement sets out that you will pay your brokerage in the event your home sells.

Imagine you have a 90-day listing agreement. On day 88, your real estate professional arranged for a showing of your home to a buyer. The buyer liked it, but had to think about it for a few days. On day 91, the buyer decides they want to buy your home. That buyer only knew about your home being for sale because of the listing you had on it with your real estate professional.

Assume you didn't extend your listing agreement, on day 91, your home is no longer officially for sale but you still want to sell. The buyer that viewed your home on

day 88 writes on Offer to Purchase for your home, and you accept their offer.

Now the holdover clause kicks in.

Because you're selling your home to a buyer who was introduced to it during the term of your listing agreement, the holdover clause requires you to pay your real estate brokerage the commission you agreed to in your listing agreement.

Your real estate professional did what they set out to do – they sold your home for a price with which you were happy. They deserve, and have every right, to be paid for their work.

The holdover clause also protects a real estate brokerage's commission in the unlikely event a buyer and seller want to work together to get a deal done, but they wait until just after the listing agreement ends merely so they don't have to pay commission. If in such a case the buyer was introduced to the seller's property during the term of the listing, the real estate professional deserves to be compensated for their work. Side deals between a seller and that buyer shouldn't affect the ability of the seller's real estate brokerage to collect its commission.

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



Dogs, Yellow Spots, and Lawns

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

When I sold some of my Labrador puppies I was amused by the number of people wanting a male dog, “because girl dogs destroy the lawn with those big yellow spots”. Well our male dogs have taken out their share of grass, as well as some trees and expensive perennials of mine. As both an avid gardener and a veterinarian let me pass on what meager advice I can give.

Urine contains nitrogen, potassium, and phosphorus, all three ingredients of fertilizer. Thus, a urine spot with the dead grass is always surrounded by dark green rapidly growing grass, too much of a good thing. Urine would make a great fertilizer if you could catch it and dilute it before spreading it over your lawn. Not me!

The nitrogen content of urine scalds grass more severely than the urine acidity. Nitrogen breaks down to ammonia and “burns” the grass. This is the same as over-fertilizing your lawn. Salinity or salt content of urine rises in concentrated urine. Large amounts of nitrogen

and salt are impossible for the natural buffering of the soil to overcome and the grass dies.

The urine pH or how acid or alkaline the urine is can also kill the grass. This varies with the individual dog’s metabolism and diet. Baking soda and commercial products available at pet stores and veterinary clinics will alkalize or acidify the normally slightly acid canine urine. Products include tablets and dog rocks or water pucks to put in the pet’s water bowl. These products as a rule are safe in most dogs, but unfortunately some may be harmful in individual dogs inclined to form stones in their bladders. I have not found a product that I think works. Most soils are slightly alkaline and can readily withstand the normally slightly acid canine urine. Certainly, Calgary’s clay soil tends to be alkaline as a rule.

Diluting the urine immediately with large amounts of water is effective but impractical if your dog is loose and alone in the backyard. You can build up the soil’s natural buffers by leaving grass clippings on the lawn or by spreading compost, peat moss, or wood ashes on the grass.

Train your dog as a puppy to piddle in one place in the yard. It is more difficult to train an adult dog used to using the entire lawn but you can with persistence and patience.

Garden centers have products that may help you repair or prevent those yellow spots. I have found most of these products too labour intensive for my taste.

A friend sent me an e-mail saying Martha Stewart swears that by giving her chows two tablespoons of tomato juice in their food twice daily their urine never causes lawn spots. Never tried it, give me some feedback if you try it and it fails or works. Adjust the amount of juice to your dog’s size.

My solution is to train my dogs outdoors like I do indoors. Since I like a nice green lawn, I trained my four large dogs on my last property to use one section of the lawn and I promoted the growth of crab grass in that area. Nothing kills crab grass for long and from a distance it looked same as the rest of the lawn. Now I have trained my dogs to use the gravel dog run and one pees on gravel more readily than grass.

Be positive, it might be possible to have a happy dog and a beautiful lawn. Good luck!



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Aspen Woods Real Estate Update

Last 12 Months Aspen Woods MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2017	\$994,900.00	\$980,000
May 2017	\$954,000.00	\$960,000
April 2017	\$1,049,000.00	\$1,005,000
March 2017	\$927,200.00	\$913,750
February 2017	\$879,900.00	\$879,900
January 2017	\$736,250.00	\$742,500
December 2016	\$1,234,450.00	\$1,157,400
November 2016	\$888,800.00	\$867,000
October 2016	\$812,500.00	\$808,750
September 2016	\$976,944.00	\$940,944
August 2016	\$869,000.00	\$869,000
July 2016	\$986,500.00	\$967,500

Last 12 Months Aspen Woods MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2017	19	14
May 2017	26	14
April 2017	22	13
March 2017	19	12
February 2017	16	5
January 2017	10	6
December 2016	1	8
November 2016	10	11
October 2016	13	6
September 2016	24	10
August 2016	10	5
July 2016	14	12

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

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Spring Flowering Bulbs

Gardeners have vision. All gardeners, not just the ones we admire and envy. You, me, the neighbour next door. What else would you call it when an ordinary person buys a bag of bulbs in the fall, buries them in the ground, and believes they will produce amazing blooms in 7 or 8 months?

The garden centres will have an abundance of bulbs in stock soon and your biggest decision is what to choose. There are literally thousands of bulbs on the shelves and most of us have limited garden space. The most common hardy spring-flowering bulbs for a Calgary garden are tulip, narcissus/daffodil, allium, iris, crocus, grape hyacinth and squill. The last three are petite and bloom early in the spring, the others show up later, and the irises finish their display in June. Technically, iris grows from a rhizome, but you can treat it like a bulb when planting in the fall. In addition to this list, you can find many more exotic bulbs, just don't expect them to return year after year in our climate.

There are two kinds of tulips that survive here: species (or native) and hybridized. The species tulips should spread into established colonies, returning every year. The large hybrids are more showy and popular with gardeners, but often are best only their first year. My wonderful show of huge pink tulips a few years ago has never been repeated and I fondly remember them as annuals.

If you wish to have a show of continuous color throughout the spring (of course you do) read the labels carefully, and choose from early, mid and late spring varieties. Then check the labels again for height, as they come in 6" all the way to 28" sizes. How silly to put the tall ones in the front and the short ones behind out of sight. Then there are singles, doubles, lily-flowered, fringed and parrot types, to mention only a few. There are actually 15 divisions of tulip classifications, so it is no wonder the casual gardener gets a bit bewildered. Alliums, likewise, have many varieties, and provide colour between tulips and daffodils and later blooming summer flowers.


Bulbs of all varieties look best in mass plantings of solid colors or two complementary colors. No nice tidy



rows, please, unless they are being used for cut flowers; a block of color has far more impact. What colors you choose is strictly personal - plant what looks beautiful to your eye. A sunny spot is best, although some varieties are forgiving and will bloom later in partial shade. Because they are among the earliest color in our Chinook gardens, tulips partner nicely with other bulbs like Muscari (Grape Hyacinth), Scilla (Squill) and dwarf Narcissus.

Get your bulbs in the ground in Sept or October; they need some time to root before the ground freezes. If you share your garden with squirrels, cover the new planting with wire mesh secured by stakes or rocks to keep those little paws from digging them up. Squirrels are particularly fond of tulip bulbs. And while you are at it, be sure to add some new ones in your front yard for the pleasure of your friends and neighbours.

Barbara Shorrock is a gardener, retired realtor, traveler, reader, ESL coach and Spanish student. She can be found at the monthly Queensland Garden Club meeting most first Wednesdays.



Letter to the editor

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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
June 2017	\$582,350	\$578,500
May 2017	\$578,500	\$579,500
April 2017	\$569,900	\$580,000
March 2017	\$608,500	\$594,500
February 2017	\$575,000	\$575,500
January 2017	\$669,900	\$650,000
December 2016	\$536,350	\$519,938
November 2016	\$554,000	\$542,500
October 2016	\$544,400	\$522,500
September 2016	\$574,900	\$562,500
August 2016	\$580,000	\$569,300
July 2016	\$574,800	\$548,000

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

	No. New Properties	No. Properties Sold
June 2017	21	12
May 2017	20	14
April 2017	17	19
March 2017	21	14
February 2017	11	8
January 2017	7	3
December 2016	2	6
November 2016	7	11
October 2016	12	8
September 2016	12	9
August 2016	8	5
July 2016	16	17

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

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DOLLARS & SENSE



Five Strategies for Becoming Mortgage-Free Faster

Owning your home free and clear of a mortgage is a great feeling. If becoming mortgage-free faster is one of your primary financial goals, here are some strategies to help you get there.

- Make a larger down payment. Don't borrow as much money to begin with, and you'll have your mortgage paid off sooner.
- Increase your payment frequency. Make mortgage payments weekly or bi-weekly and pay more toward your principal. You'll save thousands of dollars in interest and shorten the amount of time it takes to pay off your mortgage.
- Increase your payment amount. If your mortgage has an option to increase your payment amount, and you can afford it, boost your payments a little.
- Make lump sum payments. If you have an open mortgage, you can pay money toward your principal any time. If you have a closed mortgage, you may have the option to make annual lump sum payments. You can also make a lump sum payment when your mortgage term comes up for renewal, before your new term comes into effect.
- Choose a shorter amortization period. Decide how much you can afford each month. If you can afford higher mortgage payments, select a shorter amortization and save thousands of dollars in interest.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 42

A total solar eclipse—the aligning of the Sun, Moon and Earth—will occur on August 21. The total phase will not be visible in Calgary, but can be observed as a partial solar eclipse here. It will be at its maximum at 11:33 a.m., so get out your pinhole camera and enjoy the spectacle; the last one was in 1979.

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Backyard Play Safety

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a 9-inch layer of shock-absorbing material such as sand, wood chips, or pea gravel which extends 6 feet out in all directions from the play area.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres (*) high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an ‘EpiPen, Junior’ prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

Deadline – 1st of each month for the next month’s publication

Contact news@great-news.ca

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

CHILD SCIENTISTS WANTED! Ch.I.L.D. Research Group at the University of Calgary requires kids under 14 years to participate in fun game-like projects to help us understand how children develop language and social understanding. If interested call (403) 220-4955, email child@ucalgary.ca, or visit <https://psyc.ucalgary.ca/child/>

RELIVE CALGARY’S VIBRANT HISTORY: with Chinook Country Historical Society during the 27th annual Historic Calgary Week. From July 28th- Aug 11th get to know people’s stories while visiting historic sites in the Calgary area.

CALGARY 55+ GAMES: From August 10th to 12th 2017, Calgary 55 Plus Games Association will be hosting the Calgary 55 Plus Provincial Championships. There will be 11 events. We need new members and volunteers. Go to www.calgary55plus.com for information.

LOVE TO SING? Vocal Latitudes may be the choir for you. A non-audition, World Music community choir, Vocal Latitudes meets Tuesday evenings from September-May in a convenient central location. Repertoire includes jazz, gospel, African, Canadian, Renaissance, pop, original contemporary. For more information, see www.vocalatitudes.org.

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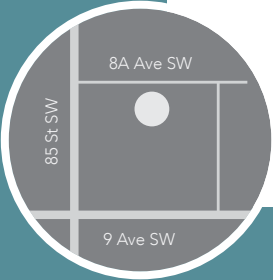
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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~continued next page~

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BRAIN GAMES SUDOKU

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



Community Preparedness Building Safe Communities Program

As Calgarians we know that emergencies can affect our communities at any point. Many emergencies may not be preventable but we can minimize the risk by being prepared. Here is a list of ways you and your neighbours can be prepared.

1. Know your neighbours

If an emergency does arise, if you know your neighbours you can readily identify neighbours who may have special needs, mobility or those who need additional assistance in an event of emergency.

2. Know the potential risks and hazards in your community

The more residents are aware of areas in their com-

munity that are potential risks, the better prepared a community can be. Be proactive!

3. Know the evacuation routes

Knowing how to get of your neighbourhood can reduce traffic congestion and allow for emergency personal easy access.

Emergency numbers, Calgary and area:

- Ambulance, Fire, Police, Hazardous Materials Spills: 9-1-1
- Gas Emergency – ATCO Gas: 403-245-7222
- Electrical Emergency - ENMAX Power: 403-514-6100
- All other City services: 3-1-1
- Poison & Drug Information Service: 1-800-332-1414
- Calgary Emergency Management Agency 3-1-1: calgary.ca/cema



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The House of Commons has adjourned for the summer, with the last sitting day on June 21. Some of the most noteworthy pieces of legislation that were debated throughout the month of June are below.

Bill C-44: An Act to Implement Certain Provisions of the Budget Tabled in Parliament on March 22, 2017

This budget implementation act has been a top priority for the government and for the opposition. The opposition has argued that the creation of a Canadian Infrastructure Bank should have been introduced in a stand-alone bill to allow for a more comprehensive study of such a large project.

The Standing Committee on Finance studied the subject matter of C-44 from May 10 to 30 following, the finance committee presented Report 17 with various amendments to the House on May 31. Report 17 included several amendments to the role and mandate of the Parliamentary Budget Officer. Bill C-44 was adopted by the House on June 12, and has received Royal Assent.

Bill C-6: An Act to Amend the Citizenship Act and to Make Consequential Amendments to Another Act

Bill C-6 repeals many of the previous government's changes to how people can gain or lose Canadian citizenship, with the end goal of making Canadian citizenship easier to obtain. It reduces the amount of time permanent residents have to live in Canada to be eligible for citizenship to 3 years.

Through June, opposition MP's have voiced their concerns with the bill, which repeals the government's authority to revoke citizenship when an individual has engaged in acts against the national interest of Canada.

Bill C-6 received Royal Assent, with amendments made to it as suggested by the Senate.

Bill C-45: An Act respecting cannabis and to amend the Controlled Drugs and Substances Act, the Criminal Code and other Acts

Bill C-45 was introduced by Minister of Justice Jody

Wilson-Raybould on April 13. The government has stated that the intentions of C-45 and the legalization of marijuana are to control and regulate the production, distribution, and sale of cannabis, with the goal of preventing young persons from accessing cannabis. The government claims that C-45 would protect public health and safety by establishing product safety and quality requirements, as well as reduce and deter criminal activity and remove the profits of the illegal sale of drugs from the hands of dealers.

In the House, Bill C-45 has received careful watch and consideration by the Official Opposition, to ensure that public health and safety, especially of youth, is protected. Another concern of the opposition has been the fact that once marijuana is legalized, the majority of the implications of C-45 will actually fall under the jurisdiction of the provincial governments, imposing a large burden on them.

The Conservative caucus will continue to ensure that Bill C-45 undergoes comprehensive study and review, and that the Liberal government does not rush the legalization of marijuana. As of June 8, C-45 has been referred to the Standing Committee on Health.

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As the Legislature remains adjourned for the summer, I wanted to provide you with a few items your PC caucus saw success on this past year. While there remains much work to be done, and we anticipate a busy fall sitting ahead, we are pleased at many of the successes of the opposition over the course of the past few months.

• **Anti-oilsands activist Tzeporah Berman has been removed from the Oil Sands Advisory Group.** After months of controversy and significant pressure by both the PC and Wildrose Opposition, the Premier finally stood up for oil and gas jobs and removed Ms. Berman from the public payroll. While we value all points of the discussion, comparing the oil sands to Mordor from *Lord of the Rings* is hardly constructive, and we believe the committee can get back to work now that Ms. Berman has been removed.

• **We remain concerned about plummeting math scores across Alberta.** The province's curriculum redevelopment efforts must focus on ensuring our children know the basics, and have the skills to work within today's increasingly technical and globalized economy. We will monitor the province's priorities when it comes to curriculum redevelopment carefully.

• **We are pleased with the New AIMCo Appointed Directors.** A few months ago, I wrote to you about political interference in the Alberta Investment Management Corporation (AIMCo) where the Premier wanted to appoint NDP insiders to the Corporation's board, rather than Albertans with expertise in investing. The Government has once again appeared to cave on this issue, appointing highly competent individuals who are not NDP connected.

These are three areas we have seen some progress in this session, but will continue to monitor. I welcome your feedback – please feel free to give my office a call or email anytime. Have a wonderful summer.



Councillor, Ward 6

Richard Pootmans

PO Box 2100, Station "M", Calgary, AB T2P 2M1

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Communications & Community Liaison: Eileen Badowich, CAward6@calgary.ca

www.calgary.ca/ward6 f t

Grass Maintenance

I have heard your feedback regarding the maintenance of the City's grass in parks, boulevards, and medians. The Parks and Roads Departments have been working together to find a balance between appearance and expenditure. The City now uses contractors and has reduced grass cutting for boulevards to every six weeks, resulting in a substantial cost reduction of approximately \$750,000. Park space maintenance continues to occur every 10-14 days, while sports fields receive weekly maintenance as a matter of safety.

Further, native grass species are being incorporated onto the boulevards. Some may interpret these grasses as appearing overgrown and unkempt, but they are intentionally being integrated into the green spaces to complement the maintenance schedule. More drought and salt resistant grasses are always being tested for potential cost savings.

Testing of Autonomous Vehicles

As we look to the future of Calgary, I am particularly excited about our City's potential to diversity and grow into areas previously unexplored. In January, the seed of an idea was planted, with a pilot project for deploying a low-speed autonomous shuttle in a controlled 1km environment between the Calgary Zoo LRT station and the Telus Spark Science Centre for six months in 2018.

Since then, City Council and Administration have been thinking hard about the future of transportation, and that idea grew into a Notice of Motion to position Calgary as a test centre—City-wide—for autonomous technology. I was pleased that this Motion received unanimous support at Council.

Calgary is an important transportation and logistics centre, and our young, educated workforce offers strong technology skills. We also have a natural environment offering many different terrains, from mountains and prairies to forests and urban areas. The Calgary region also offers a wide variety of climates for testing as well as notoriously varied seasons – not to mention Chinooks!

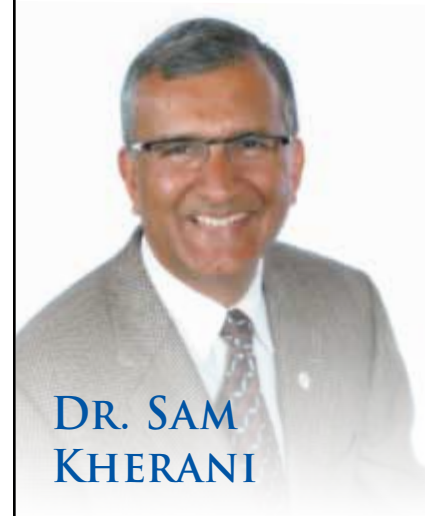
Ontario and 18 American states have already passed legislation on enabling legislation related to autonomous vehicle testing. Urgency is important, and a strong business case needs to be prepared, but our goal, first and foremost, is public safety, with a risk assessment to determine whether we can proceed. The outcome we are looking for is a significant reduction in traffic accidents, lives saved, lower insurance rates for these car owners, better traffic flows, reduced parking spaces, and enhanced mobility for the young, the elderly, disabled, and poor.

I've been asked if autonomous vehicle testing will help enhance our City brand as being progressive and innovative, and my answer is absolutely yes! With an estimated 1,000 jurisdictions in the world competing for talent and investment, this is an opportunity to enhance our work in the competition and truly complement our natural advantages. More discoveries, more adaptations, more products, and more jobs.

Council has asked Administration, in collaboration with Calgary Economic Development, to report back on the merits of testing autonomous vehicles on Calgary's roadways no later than Q4 2017, and if approved, we will reach out to the Province of Alberta with a request to enact this legislation. As Mahatma Gandhi said, "The future depends on what we do today," and I look forward to the findings this fall.



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