

SEPTEMBER 2017

DELIVERED MONTHLY TO 5,700 HOUSEHOLDS

# the view at **BANKVIEW**

THE OFFICIAL BANKVIEW COMMUNITY NEWSLETTER





Personal Fitness Instruction Inc.  
• Personal Training • Nutritional Consulting

**“I wanted to be  
trained by the best!”**

**“If you can do one thing to  
better yourself, this is it.”**



oneononefitness.ca



a foundation for oral health

oral and maxillofacial surgery

dental implants • wisdom teeth • jaw surgery • bone grafting

dr. douglas vincelli

100, 628-12th ave sw

calgary ab t2r0h6

phone 403-263-5193

www.drvincelli.ca



foundation  
oral surgery

## CONTENTS

- 5 UPCOMING EVENTS
- 6 SEPTEMBER COMMUNITY EVENTS CALENDAR
- 8 TAKE ON WELLNESS: BACK TO SCHOOL HEALTH CHECKLIST
- 9 CALGARY PUBLIC LIBRARY
- 10 AT A GLANCE
- 12 DOLLARS & SENSE: FINANCIAL TIPS FOR NEWLYWEDS
- 14 SAFE & SOUND: RISKS OF DEHYDRATION
- 15 MLA BRIAN MALKINSON'S REPORT
- 16 BUSINESS CLASSIFIEDS
- 17 COUNCILLOR EVAN WOOLEY'S REPORT
- 18 MP KENT HEHR'S REPORT







# BANKVIEW COMMUNITY ASSOCIATION

2418-17 St. SW  
Calgary, AB T2T 4M8  
Phone: (403) 244-2544  
bankviewcommunity@gmail.com | www.bankview.org

Delivered monthly to 5,700 households and businesses for 7 years!

**Editorial Submissions**  
bankviewcommunity@gmail.com  
All editorial content must be submitted by the 1<sup>st</sup> of the month for the following month's publication.

**Advertising Opportunities**  
403-263-3044 | sales@great-news.ca  
All advertisements must be submitted by the 1<sup>st</sup> of the month for the following month's publication.

**Published by Great News Publishing**  
Serving Calgary communities for 28 years  
87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE  
Calgary, AB  
T2C 2K2

Check out our website:  
[www.great-news.ca](http://www.great-news.ca)



*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Bankview Community Association.*

*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

*Great News Publishing and Bankview Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*

## 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   |



## BANKVIEW COMMUNITY ASSOCIATION

2418 17 Street SW, Calgary, AB T2T 4M8  
Phone: 403-244-2544 | bankviewcommunity@gmail.com  
Hall Manager Graham Doyle, 403-245-2658  
Facebook: facebook.com/BankviewCA Twitter: @bankviewCA

### Board of Directors 2017-2018

| EXECUTIVE                   |  |
|-----------------------------|--|
| President                   | Nathan Berko   |
| Vice-President              | Sarah Duff   |
| Treasurer                   | Gail Simper  |
| Secretary                   | Unfilled   |
| DIRECTORS                   |  |
| Director, Development Chair | Fergal Duff  |
| Director                    | David Mills  |
| Director                    | Nicole Racine  |
| Director                    | Manuela (Mannie) Reiersen  |
| Director                    | Nora Bouz  |
| Director                    | Kate Schutz  |
| DEVELOPMENT COMMITTEE       |  |
| Committee Member            | Richard Burke  |
| Committee Member            | Joan Bloxom  |
| Committee Member            | Thomasz Samborski  |
| Committee Member            | Chad Peters  |
| GOVT. CONTACTS              |  |
| Evan Woolley                | Councillor, Ward 8, City of Calgary<br>evan.woolley@calgary.ca   |
| Brian Malkinson             | MLA, Calgary Currie<br>calgary.currie@assembly.ab.ca             |
| Kent Hehr                   | MP, Calgary Centre<br>kent.hehr@parl.gc.ca                       |
| Rita Dhungel                | Community Social Worker<br>Rita.Dhungel@calgary.ca               |
| Cathy Stones                | Neighbourhood Partnership Coordinator<br>cathy.stones@calgary.ca |

Please check the Facebook page for dates of monthly Board Meetings

# Upcoming Events

Mark these dates on your calendar  
More news next issue

## Pumpkin Carving with Councillor Wooley

Saturday, October 28th  
2 – 4 pm  
Bankview Hall – Gazebo

## HallowAfter V

Wednesday, November 1st  
6:30 pm – Buckmaster Park




FYI - Great News Publishing  
Chooses to Forge Ahead During  
All Economic Downturns.

If You Feel the Same Let's Talk.

403-263-3044

# SEPTEMBER COMMUNITY EVENTS

|    | Sunday                                      | Monday  | Tuesday   | Wednesday                       | Thursday   | Friday | Saturday  |
|----|---|---|---|---------------------------------|--|--------|---|
|    |   |   |   |                                 |  | 1      | 2   |
| am |   |   |   |                                 |  |        | Brady Academy of Irish Dance<br>403-630-3384<br>10 am - 12 noon |
| pm |   |   |   |                                 |  |        |   |
|    | 3   | 4   | 5   | 6                               | 7  | 8      | 9   |
| am | Christ Power Bible Church<br>10 am-12:30 pm |  | Yoga with Valerie<br>403-519-7630<br>9 - 11 am  |                                 | Yoga with Valerie<br>403-519-7630<br>9 - 11 am           |        | Brady Academy of Irish Dance<br>403-630-3384<br>10 am - 12 noon |
| pm |   |   | Brady Academy of Irish Dance<br>403-630-3384<br>6 - 9 pm                                  |                                 | Brady Academy of Irish Dance<br>403-630-3384<br>6 - 9 pm |        |   |
|    | 10  | 11  | 12  | 13                              | 14   | 15     | 16  |
| am | Christ Power Bible Church<br>10 am-12:30 pm | Yoga with Valerie<br>403-519-7630<br>9am - 1pm                                    | Yoga with Valerie<br>403-519-7630<br>9 - 11 am  |                                 | Yoga with Valerie<br>403-519-7630<br>9 - 11 am           |        | Brady Academy of Irish Dance<br>403-630-3384<br>10 am - 12 noon |
| pm |   |   | Events Committee Board Rm 7pm<br>Brady Academy of Irish Dance<br>403-630-3384<br>6 - 9 pm | Board Meeting<br>7:00 - 9:00 pm | Brady Academy of Irish Dance<br>403-630-3384<br>6 - 9 pm |        |   |
|    | 17  | 18  | 19  | 20                              | 21   | 22     | 23  |
| am | Christ Power Bible Church<br>10 am-12:30 pm | Yoga with Valerie<br>403-519-7630<br>9am - 1pm                                    | Yoga with Valerie<br>403-519-7630<br>9 - 11 am  |                                 | Yoga with Valerie<br>403-519-7630<br>9 - 11 am           |        | Brady Academy of Irish Dance<br>403-630-3384<br>10 am - 12 noon |
| pm |   |   | Brady Academy of Irish Dance<br>403-630-3384<br>6 - 9 pm                                  |                                 | Brady Academy of Irish Dance<br>403-630-3384<br>6 - 9 pm |        |   |
|    | 24  | 25  | 26  | 27                              | 28   | 29     | 30  |
| am | Christ Power Bible Church<br>10 am-12:30 pm | Yoga with Valerie<br>403-519-7630<br>9am - 1pm                                    | Yoga with Valerie<br>403-519-7630<br>9 - 11 am  |                                 | Yoga with Valerie<br>403-519-7630<br>9 - 11 am           |        | Brady Academy of Irish Dance<br>403-630-3384<br>10 am - 12 noon |
| pm |   |   | Brady Academy of Irish Dance<br>403-630-3384<br>6 - 9 pm                                  |                                 | Brady Academy of Irish Dance<br>403-630-3384<br>6 - 9 pm |        |   |

## HISTORIC CALGARY



### Bow Valley Ranch House est. 1896 – Fish Creek Park

The Bow Valley Ranch House and property serve as an excellent reminder of the wealth generated by Calgary's leading pioneer ranchers. The villa-like brick house was erected in 1896 by William Roper Hull, one of Calgary's most prominent citizens. It replaced an earlier log structure which has been built in the 1870s by homesteader John Glenn and which was the first permanent farm in the Bow Valley area. In 1902, Patrick Burns purchased the 4,000-acre ranch, by 1937 other family members operated the ranch and did so until the early 1970s. The house and 1,400 acres of the ranch now form part of the Fish Creek Provincial Park.

The house is a very good example of Queen Anne style. The symmetry of the facade around the central

entranceway creates a strong sense of formality. The highly-articulated hipped roof, with half timbering in its many gables, helps to relieve any bulkiness of the massing. The protruding verandah on the main facade has been enclosed to create two sunrooms. Bay windows protrude on the east and west sides. Architects Rule, Wynn and Rule took great pains to match a 1957 addition with the main building. The interior of the 1896 structure features 11-foot ceilings and original plank floors. The ranch house exhibits very good detail and stylistic features, and is notable for the early use of brick.

The Foreman's House was restored and rehabilitated as "Annie's Cafe" in 1998. The main house was restored and rehabilitated to accommodate a restaurant in 1998-99, including an addition with a kitchen and office.

#### Heritage Significance

The site was originally settled in 1873 by John Glenn, a trapper and former gold prospector. Glenn was the first settler in the Calgary area. He built a log house and barns and lived here until 1879. The property was subsequently purchased by the government as an instructional farm for aboriginal peoples. In 1892, William Roper Hull, a successful rancher and businessman, purchased the property. When the original log ranch house burned down, he built the brick, two-storey house, now known as Bow Valley Ranch, at a cost of 12,000 dollars. The structure was finely detailed, with elegant furnishings chosen by Mrs. Hull. In 1902, Patrick Burns, a leading Calgary rancher and meat packer, purchased the property, complete with Mrs. Hull's furnishings. Few modifications were made to the house. Pat Burns was one of the major forces behind the growth of ranching in Alberta. This was an active ranch until 1973.

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

### Christian Science Reading Room & Bookstore

#### *The heart of Christian Science is Love*

Stop by our new **Spiritual Resource Centre** conveniently located at: **101, 1118 – 12 Ave SW**  
Join us for **"Prayer and Share Meeting"** Wednesday at 1:00 pm

**403 209-0012 or chrstrr@shaw.ca - www.christianscience.ab.ca**  
**All are welcome** **Open: Monday - Saturday**







# Back to School Health Checklist



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

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

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

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**  
**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

**HOLY SPIRIT CWL CRAFT SALE:** Saturday, November 18th, 10 a.m. to 3 p.m. 10827 – 24th Street S.W. Over 40 tables of handcrafted gifts. Contact [hscwlcraftsale@gmail.com](mailto:hscwlcraftsale@gmail.com).

**CURLERS WANTED:** Day Ladies League – individuals and teams are welcome. For more information and registration dates email [www.ALDCurling@gmail.com](mailto:www.ALDCurling@gmail.com) or phone the ARC at 403-255-1252.

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

**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](mailto:child@ucalgary.ca), or visit <https://psyc.ucalgary.ca/child/>

**NATIONAL PHILATELIC STAMP SHOW:** Exhibits, Dealer Tables, Seminars, Club Tables, and Auction. Free admission. Sept 1-3, 2017. At the Calgary Hyatt Regency, 700 Centre St SE. 1-888-591-1234. More details at online.



## Hue Knew?

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



## CALGARY PUBLIC LIBRARY



### Free Homework Help

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

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

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

### 2017 Author in Residence

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

### Saddletowne Early Learning Centre

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

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

## HALLOWEENDS – CALAWAY PARK SEPT. 9 – OCT. 9

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



## ZACHARY LUCKY – GALLERY HOUSE CONCERT SOCIETY, OCT. 2

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



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

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



## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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

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

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

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

### Piaf! The Show – Arts Commons, Oct. 4

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

### Wordfest – various venues, Oct. 10 – 15

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

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

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

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

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



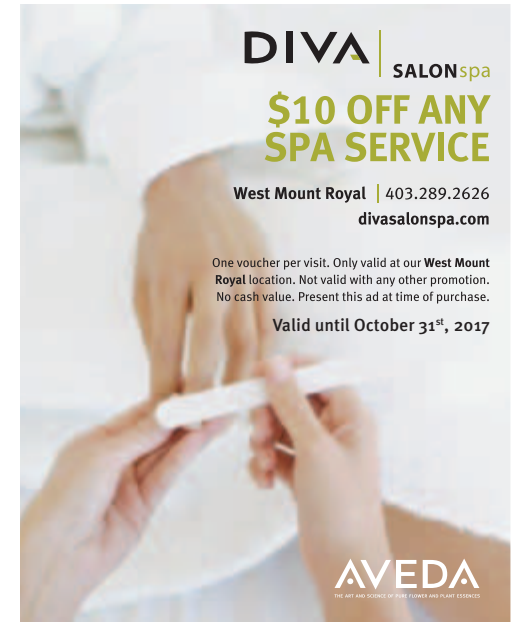
**DIVA | SALONspa**

**\$20 OFF ANY HAIR SERVICE**

West Mount Royal | 403.289.2626  
[divasalonspa.com](http://divasalonspa.com)

One voucher per visit. Only valid at our West Mount Royal location. Valid with New Talent or Stylists only. Not valid with any other promotion. No cash value. Present this ad at time of purchase.

Valid until October 31<sup>st</sup>, 2017



**DIVA | SALONspa**

**\$10 OFF ANY SPA SERVICE**

West Mount Royal | 403.289.2626  
[divasalonspa.com](http://divasalonspa.com)

One voucher per visit. Only valid at our West Mount Royal location. Not valid with any other promotion. No cash value. Present this ad at time of purchase.

Valid until October 31<sup>st</sup>, 2017

**AVEDA**  
THE ART AND SCIENCE OF PURE FORMER AND PLANT ESSENCES



**MEET  
CHRIS DAVIS**

With over 25 years of direct municipal involvement, Chris Davis brings a wealth of experience to City Hall. Like most Calgarians, Chris believes taxpayers money matters. He believes city council should not only deliver quality services, but prioritize responsible spending and keeping life affordable for hard-working Calgarians.

*The voters in Bankview celebrate its diversity and density, but are committed to their historical past and want to see some single-detached family homes stay a part of the housing mix.* Chris has also heard clearly that policing presence is important to a sense of community security.

**Chris pledges to bring these concerns forward as councillor for Ward 8.**

[www.chrisdavis.ca](http://www.chrisdavis.ca)  
/chrisdavisward8  
@chrisdavisward8  
Chrisdavisward8YYC

**WARD 8**



# Financial Tips for Newlyweds

By Toddye Kam, CFP®, CFA

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

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

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

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

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

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

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



## Blue-winged Teal – a Little Dabbler

Article by J.G. Turner, image courtesy of [www.naturespicsonline.com](http://www.naturespicsonline.com)

The Blue-winged Teal is a small, dabbling duck that is only about 16 inches (40 cm) long, with a wingspan of 23 inches (58 cm) and weighing in at only 13 ounces (370 g). The adult male has a rounded slate blue head with a crescent shaped band of feathers behind its black bill and in front of its black eyes. The male has a light brown body with a white patch near the rear and a black tail, and shows a blue patch with a white border on its fore wings, especially when in flight. The adult female is a mottled or scalloped grey-brown with a whitish patch at the base of the tail and bill, and a dark line through its black eye.

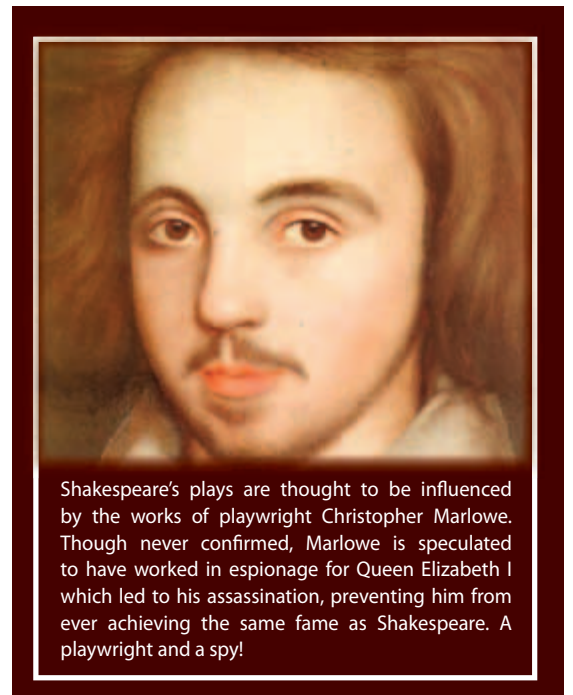
### Fun Facts:

- A dabbling duck feeds on the surface on vegetation or water insects just ducking its head under water, or by tipping right up, pointing its tail end upwards while feeding on submerged vegetation
- The Blue-winged Teal's formal name (*Anis discors*) comes from the Latin words for "a duck" (*Anis*) and *discors* or "disc about the mouth" which may refer to the face pattern of the male.
- This is the most common teal in Alberta's grassland and parkland areas. Although it is found in the right habitat throughout the province, the Blue-winged Teal is most common in central and southern Alberta.
- This dabbler is most often found in the calmer waters of marshes, sloughs, ponds and the weedy edges of

small lakes. Nests are built in concealing grasses or vegetation on dry land, but near to water.

- This little duck hangs out in pairs or small groups spending most of their time foraging in shallow waters.
- In the late summer, the Blue-winged Teal undergoes a moult (during which they shed their old feathers and grow new ones), which prevents them from flying so they will spend this time in prairie sloughs or large marshes with good food supplies.
- These dabblers are the first ducks to go south in the fall and the last ones to arrive north for the breeding season in the spring. It is likely that they leave early and arrive back late because they are long distance migrators, some going as far as South America – a Blue-winged Teal banded in Alberta was found in Venezuela a month later!

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.calgarywildlife.org](http://www.calgarywildlife.org) for more information.







## Risks of Dehydration

Dehydration can occur in anyone of any age, but it is most dangerous for babies, small children, and older adults.

Dehydration occurs when your body loses too much fluid. This can happen when you stop drinking water or lose large amounts of fluid through diarrhea, vomiting, sweating, or exercise. Not drinking enough fluids can cause muscle cramps. You may feel faint. Usually your body can reabsorb fluid from your blood and other body tissues. But by the time you become severely dehydrated, you no longer have enough fluid in your body to get blood to your organs, and you may go into shock, which is a life-threatening condition.

### Dehydration in babies and small children:

Babies and small children have an increased chance of becoming dehydrated because:

- A greater portion of their bodies is made of water.
- Children have a high metabolic rate, so their bodies use more water.
- A child's kidneys do not conserve water as well as an adult's kidneys.
- A child's natural defence system that helps fight infection (immune system) is not fully developed, which

increases the chance of getting an illness that causes vomiting and diarrhea.

- Children often will not drink or eat when they are not feeling well.
- They depend on their caregivers to provide them with food and fluids.

### Dehydration in older adults:

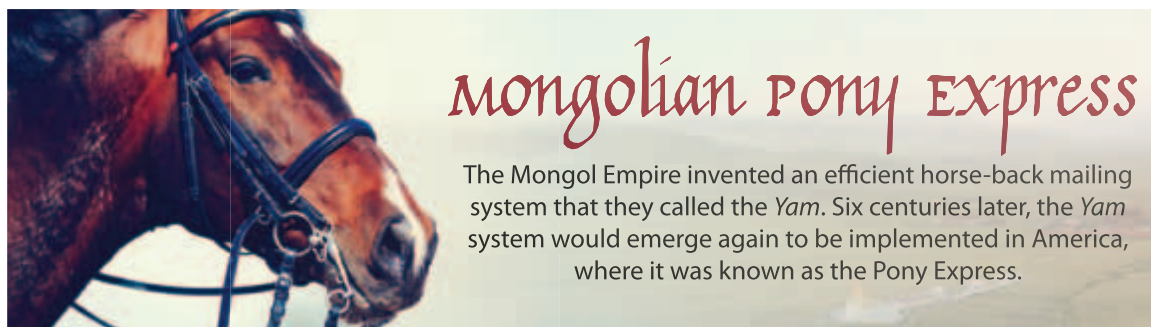
Older adults have an increased chance of becoming dehydrated because they may:

- Not drink because they do not feel as thirsty as younger people.
- Have kidneys that do not work well.
- Choose not to drink because of the inability to control their bladders (incontinence).
- Have physical problems or a disease which makes it:
  - Hard to drink or hold a glass.
  - Painful to get up from a chair.
  - Painful or exhausting to go to the bathroom.
  - Hard to talk or communicate to someone about their symptoms.
  - Take medicines that increase urine output.
  - Not have enough money to adequately feed themselves.

Watch babies, small children, and older adults closely for the early symptoms of dehydration anytime they have illnesses that cause high fever, vomiting, or diarrhea. These are the early symptoms of dehydration:

- The mouth and eyes may be drier than usual.
- The person may pass less urine than usual.
- The person may feel cranky, tired, or dizzy.

Check your symptoms to decide if and when you should see a doctor or call Health Link at 811.



## Mongolian Pony Express

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



MLA Calgary Currie

Brian Malkinson

2108 B - 33 Avenue SW

Calgary, AB, Canada T2T 1Z6

☎ 403-246-4794 📠 403-686-1543 ✉ calgary.currie@assembly.ab.ca

While September means back to school for many, for me it also means that the start of session in October, after a busy summer speaking with Albertans from across our province. It was great to see so many of you at the Marda Gras Street Festival or Edworthy Off Leash Dog Park, two highlights for me. I enjoyed our chats about our government's work building and opening more schools in the Calgary area will ease pressure on Currie classrooms this fall. Many others were thrilled about the construction of the new cancer centre and the SW portion of the Ring Road.

For those students returning to school this fall, I am happy that Premier Rachel Notley has kept our government's promise to fully fund each student, and those studying at Mount Royal University are returning to the world-class Riddell Library and Learning Centre. And while the reduction of school fees has helped make life more affordable for many families, it also revealed that a friendly review of the Calgary Board of Education's books was needed. I will provide updates as this work proceeds and will continue to convey any concerns to Education Minister David Eggen.

As our economy continues its return to its place as the driver of Canada's economy, we've continued to be conscientious with your tax dollars. We have reigned in spending at Albertans Agencies Boards and Commissions, for example, Guy Kerr, CEO of the Workers' Compensation Board, will earn \$396,720 instead of \$896,206 and Jim Ellis, CEO of the Alberta Energy Regulator, will see his salary drop from \$721,680 to \$396,720. We are reigning in the excesses of the old PC (now the UCP party) governments. We also re-invested \$1.53 billion in revenue generated through the Climate Leadership Plan to build the new Green Line LRT, making this the largest public infrastructure investment in Calgary's history. Your government also held open houses on condo regulations and launched a survey on consumer protection to tackle such issues as household moving services, debt collection, ticket sales and auto repairs with the goal of helping you to protect your pocket books.

The work on my private Members bill is nearing completion. Over the summer I held four more Henson Trust consultations - in Lethbridge, Medicine Hat, Edmonton, and Calgary- where I shared a draft of this legislation with families, self-advocates and various organizations. All this feedback will enhance the final version of the bill that I hope to table when the legislature returns this fall. Thanks to all who attended this second phase of consultations. I believe this bill will make their families' lives better.

Over the next few weeks you will see me in the city streets celebrating Calgary Pride with my New Democrat colleagues. If you or your community are having event - big or small, day or night - I am always happy to attend if I can! So, let me know about them by contacting my office.



divine

intervention

Eligible Entrepreneur

Our 6'1, fit and handsome bachelor is a catch. Driven, well educated and down-to-earth, this dynamic, well traveled and successful entrepreneur enjoys life with a very flexible schedule.

He loves outdoor sporting activities, staying fit, and spending time with family and friends.

He is looking for a very pretty, slim, feminine, smart, 5'5"+, activity loving lady (age 28-38) who wants to build a family.

Contact in confidence (fees paid by client)  
[info@divinematchmaking.com](mailto:info@divinematchmaking.com)  
[divinematchmaking.com](http://divinematchmaking.com) | 403-456-4870



# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

**RIGHTWAY PLUMBING AND HEATING:** Has been happily serving the Bankview area with quality work happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**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](http://www.communitymediation.ca), 403-269-2707.



**PADGETT**  
THE SMALL BIZ PROS

**We've Moved!**  
1511 10th Street SW, T2R 1E8

|                     |                   |
|---------------------|-------------------|
| FINANCIAL REPORTING | PAYROLL SOLUTIONS |
| TAX PREPARATION     | PEACE OF MIND     |

We are accepting new clients and appreciate referrals

Daniela H. Barber, CPA, CMA 403-220-1570  
[www.padgettcalgary.com](http://www.padgettcalgary.com) [info@padgettcalgary.com](mailto:info@padgettcalgary.com)

**PADGETT BUSINESS SERVICES**

**YARD BUSTERS LANDSCAPING:** Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. [yardbusterslandscaping.com](http://yardbusterslandscaping.com).

**FLOW IS A DIFFERENT KIND OF HAIR SALON:** Relax into soft jazz, fine art, and a chaos-free atmosphere. Jay Lamb has 30 years of experience in salons such as The Ginger Group and Angles. FLOW is a home-based salon in the Marda Loop area. Haircuts \$52. 403-281-1704. [www.flowhairsalon.com](http://www.flowhairsalon.com).

**THE GUTTER DOCTOR!** We install, fix and clean eaves-troughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. 2017 Consumer's Choice Award Winner. [www.gutterdoctor.ca](http://www.gutterdoctor.ca) 403-714-0711.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with Quick-Books and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

**MINDFUL ELECTRICIAN:** Small electrical company. I am a master electrician, fully registered, and city certified. My goal is to bring peace of mind, quality work, and advice to your home. I offer free estimates and seniors receive a reduced rate. Contact Peter at 403-472-9938 or [mindful.electrician@gmail.com](mailto:mindful.electrician@gmail.com).



Dear Great News Publishing,

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

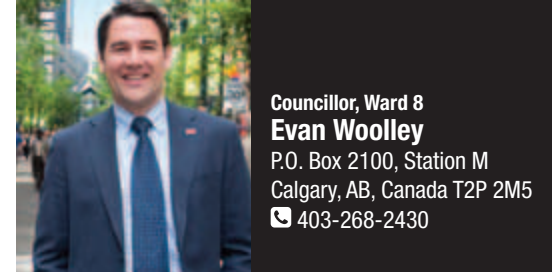
Thanks for all your help,  
Sincerely,  
Laura

*Owner of Buds and Blooms*

Contact us today to find out how you can make this customer's experience your reality!

**403-263-3044**  
**[sales@great-news.ca](mailto:sales@great-news.ca)**

\*Actual customer experience.



## Democracy 101

In October, Calgarians will vote to elect their Mayor, Councillors, and School Board Trustees. Your voice helps shape your community and city. Here are some things you need to know before October 16<sup>th</sup>.

If you cannot vote during the Advance Vote or on Election Day due to physical incapacity, being absent from the city, working as an election worker, or volunteering/working on a campaign, you can request a mail-in ballot online by visiting [www.electionscalgary.ca](http://www.electionscalgary.ca), by phone, 403-476-4100 (option 2), in-person or in writing at the Elections & Census Office, 1103 – 55 Avenue NE.

If you request a mail-in ballot, a ballot package with instructions will be mailed to you after Nomination Day (September 18, 2017). A photocopy of an authorized piece of identification must be sent back with the returned ballots. Ballots must be received by the Elections & Census Office no later than 8 p.m. on Election Day (October 16, 2017). For more information on the Election, or to sign-up to receive updates, visit [www.electionscalgary.ca](http://www.electionscalgary.ca).

I shared this information last May, but it bears repeating. This year, it's easier than ever to make your vote count. There is now a free transit pass with each election brochure that will be mailed to you and there will be a full week of advance voting polls at Mount Royal University, the University of Calgary and SAIT.

## 2017 Election Ward Boundary Changes

During the 2017 Municipal Election, new ward boundaries come into effect, which could change the candidates on your ballot and at your voting station location. If your community has changed wards, you will be voting in a different ward than the last municipal election. It is important to check your ward so you know what candidates are running in your ward and where to find your designated voting station. To check your ward, visit [www.electionscalgary.ca](http://www.electionscalgary.ca), or call the Elections & Census Office at 403-476-4100 (Option 2).



**MP Calgary Centre**  
**Hon. Kent Hehr**  
 950 6 Ave SW, Calgary, Alberta T2P 1E4  
 ✉ [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca) ☎ 403-244-1880 🌐 [www.KentHehrMP.ca](http://www.KentHehrMP.ca)

Before I begin with this month's newsletter I wanted to make sure you knew about my BBQ on Sunday, September 10th. We'll be at the Sunalta Community Hall (1627-10 Ave SW) from 11:00 AM to 1:00 PM, where we will have my father, Richard Hehr, doing his best Elvis impersonation, free food, and a celebration to cap off the end of summer.

Next, I wanted to share with you an update about an issue near and dear to Calgary Centre.

It's about the work we're doing in the nation's capital to make sure all Canadians are free to identify themselves and express their gender as they wish, without fear of discrimination and hate. With having Pride this September, it's both topical and relevant. Calgary Centre is a Pride community – in the heart of its downtown core, we have one of the most vibrant LGBTQ2 communities in North America.

I have had the pleasure of working with advocates – like my caucus mate and special advisor to the Prime Minister on LGBTQ2 issues, MP Randy Boissonnault – and others across my involvement. At each place and stage my efforts were to make sure that no one should be refused a job, be disadvantaged in the workplace, be unable to access services, or be the target of harassment and violence because of their gender identity or gender expression.

One part of this was with Gay Straight Alliances being supported in every school across Alberta where and when students want them: first with my motion (Motion 503), which with community supporters, students, parents, and staff, ultimately making it the law of the land. The research is there that students have a reduced rate of suicide – across the entire population of students, not just LGBTQ2 students – with policies that encourage and allow students to support one another.

Since moving federally this work has not stopped or stalled. Our government has moved full-steam ahead with:

- Passing C-16, a bill that ensures the full protection of transgender people across Canada,

- Announced a strategy to prevent and address gender-based violence,
- Introduced legislation to remove section 159 of the Criminal Code – ensuring Canadians are not unfairly criminalized for consensual activities,
- Flying the pride, transgender, and bi flags on Parliament Hill for the first time,
- Beginning the process of an apology to the entirety of the LGBTQ2 community for previous governments' failings to defend their rights and freedoms.

I am proud to be able to be an ally to the community and work with Canadians as your Member of Parliament in supporting good public policy. As always, my door is open to you. You can subscribe to e-updates online through my website at [www.KentHehrMP.ca](http://www.KentHehrMP.ca)/email-updates, come by my office at 950-6 Ave SW, call at 403.244.1880, or send me an email at [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca).



| Name      | Age | Contact      | Course |
|-----------|-----|--------------|--------|
| Alora     | 23  | 587-500-8749 | No     |
| Ashlee    | 12  | 403-835-4548 | Yes    |
| Catherine | 28  | 514-293-1395 | Yes    |
| Cindy     | 24  | 587-432-6587 | No     |
| Cydney    | 26  | 587-891-8398 | Yes    |
| Elaheh    | 45  | 403-808-7083 | Yes    |
| Gitta     | 67  | 403-400-1210 | No     |
| Henry     | 17  | 403-719-8282 | Yes    |
| Izzy      | 18  | 403-483-1218 | Yes    |
| Rebecca   | 23  | 403-703-2219 | Yes    |
| Sarah     | 18  | 403-671-7724 | No     |
| Tara      | 34  | 587-500-4947 | Yes    |
| Victoria  | 34  | 587-216-3232 | No     |

**Calling All BABYSITTERS**  
 Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
 Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

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



Québec Trip 2016

### French Immersion Grades 7-12

Still accepting applications for  
 Grade 7 and 8 for the 2017-2018 school year

Be Bold. Be Brave. Be Ready.  
**OWN YOUR FUTURE**

[westislandcollege.ab.ca](http://westislandcollege.ab.ca)  
 403.255.5300  
 7410 Blackfoot Trail S.E.  
[admissions@mywic.ca](mailto:admissions@mywic.ca)

CAIS AP

## Sinclair Cragg Lawyers

[www.calgarylegal.com](http://www.calgarylegal.com)

- Real estate • Mortgages • Wills
- Estates • Family law • Divorce

*Please contact us for a quote or consult if you need our assistance with any legal matter.*

Casel Building  
 (corner of 24th and 17 ave SW)  
 Suite 202, 2505 - 17 Ave SW

Free parking on 24 St or 24A St SW  
 Underground heated paid parking  
 also available  
 \*Handicap accessible building\*

Email: [info@calgarylegal.com](mailto:info@calgarylegal.com)  
 Phone: 403-543-9955



## SAFETY SYNC

Manage Your Workplace Safety

[safetysync.com](http://safetysync.com)



**the Gutter Doctor**

**EAVESTROUGH**

Cleaning • Repair • Installation

FASCIA • SOFFIT • SIDING • ROOFING

20,000 happy customers since 2003!

**403-714-0711** [gutterdoctor.ca](http://gutterdoctor.ca)



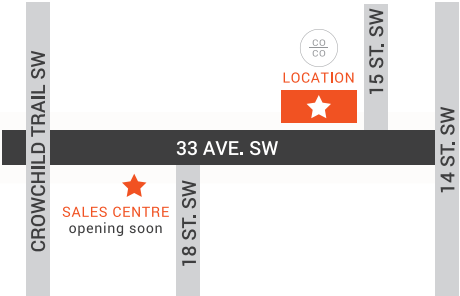
COCOBY SARINA.COM

REGISTER NOW

CO  
CO

# MODERN DWELLINGS MARDA LOOP

COMING SOON  
A NEW COMMUNITY OF MODERN  
1, 2 & 3 BEDROOM CONDOS & TOWNHOMES



This is not an offering for sale. Any such offering can only be made with a Disclosure Statement. E.&OE.

by sarinahomes  
COCO BY SARINA HOMES GP INC