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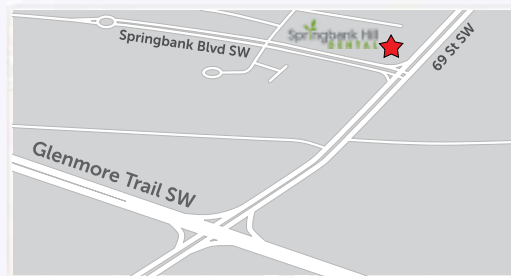
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# Discovery Ridge

## Real Estate Update

Last 12 Months Discovery Ridge  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2017	\$749,800	\$737,000
May 2017	\$945,000	\$944,000
April 2017	\$824,200	\$812,500
March 2017	\$787,000	\$778,000
February 2017	\$827,475	\$800,500
January 2017	\$0	\$0
December 2016	\$614,900	\$595,000
November 2016	\$839,500	\$817,500
October 2016	\$799,900	\$765,000
September 2016	\$852,450	\$829,000
August 2016	\$1,127,250	\$1,052,500
July 2016	\$797,450	\$777,500

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

	No. New Properties	No. Properties Sold
June 2017	11	11
May 2017	12	6
April 2017	5	2
March 2017	7	4
February 2017	4	4
January 2017	2	0
December 2016	1	3
November 2016	5	6
October 2016	5	5
September 2016	6	4
August 2016	3	2
July 2016	3	4

To view more detailed information that comprise the above  
MLS averages please visit **discovery\_ridge.great-news.ca**



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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>



## 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!

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## RESIDENT PERSPECTIVES



## 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.



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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.

### 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.

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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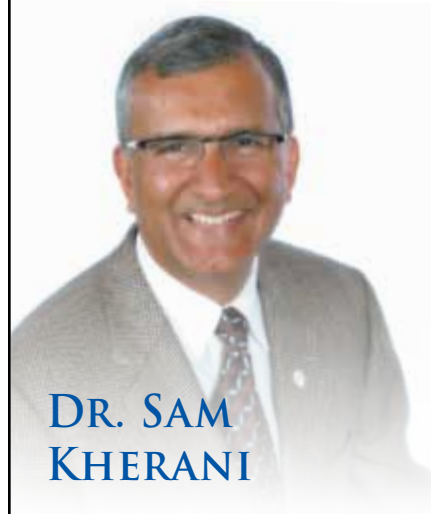
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