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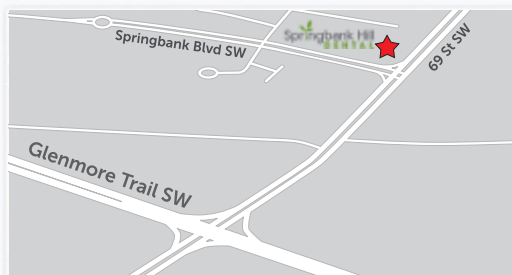
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Influenza Season

It happens every fall: influenza arrives in Alberta, and takes a serious toll on our communities.

Influenza is a real threat. It's also preventable.

Influenza immunization were made available, starting October 23, free of charge, to all Albertans six months of age and older.

It's the single most effective means of reducing your risk of influenza, particularly when you receive it as early in the season as possible. By getting immunized early, you will give your body the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses you'll be exposed to again throughout the season.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. Though vaccine effectiveness may vary, know this: last season, influenza vaccine cut Albertan's risk of influenza by about 40%. Without immunization, Albertans were completely at risk.

And we do mean all Albertans.

Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are at risk of severe illness and even death.

64 Albertans died with influenza last season, and more than 1,600 Albertans were hospitalized.

Let's do better this year.

Prevention is your protection. Get immunized this season.

For more information on the influenza program, including local clinic locations and schedules, visit ahs.ca/influenza or call Health Link at 811.



Snow Angels

The snowflakes are about to arrive along with cold temperatures (brrrr!). Why not start a community Snow Angel campaign? It's a great campaign to get involved and help neighbours. By shovelling snow for each other you can encourage other neighbours to take care of one another!

Benefits of Snow Angels

1. People who are less mobile may fear losing the homes they love or having to leave the communities they've lived in for years if they are unable to keep their sidewalks clear. By removing snow for neighbours, you may be able to help them feel secure staying in their homes.
2. Paramedics experience a dramatic increase in heart-related calls after heavy snowfalls. Cold air and heavy

lifting can cause strain on the heart which leads to cardiac distress, especially for the elderly or those with physical ailments.

3. Social isolation can contribute to a low quality of life. For some, daily interactions with Snow Angels provide a source of community inclusion and pride.
4. Neighbours who know each other are less likely to be victims of crime as people look out for those they know.

Remember residents have just 24 hours after a snow fall to remove snow from sidewalks adjacent to their property.

For more information, you can find it on the Federation of Calgary Communities website (calgarycommunities.com) under the Building Safe Communities menu item.



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Email: ron.liepert.C1A@parl.gc.ca

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	
Weather Information	511
Gamblers Anonymous	403-237-0654

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It's time for everyone to keep food and yard waste out of the garbage

Live in an apartment, condo or townhouse? It's time to keep your food and yard waste out of the garbage. As of November 1, 2017, all multi-family complexes in Calgary are required to separate food and yard waste from the garbage for composting or diversion. Your building owner or manager is responsible for setting up a food and yard waste program in your complex – ask them how it works.

Businesses and organizations are also now required to separate food and yard waste from the garbage. Look for the food waste bin at your workplace, food court or favourite coffee shop. If your multi-family complex or workplace does not offer a food and yard waste program, you can contact 311 for support.

Food and yard waste makes up nearly 40 per cent of garbage from apartments, condos and townhouses, and over 30 per cent from businesses and organizations. Composting will create a useful new product and keep this material out of the landfill.

Find out more at calgary.ca/multifamily.

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Did you know that your restaurant can put a menu in our newsletter?

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391,000 Households

Glenmore Dam Upgrades

The Glenmore Dam has been key part of Calgary's water infrastructure system since the early 1930s. The wear and tear the dam has experienced over 85 years of service, and the ever-increasing demands of a growing city, mean the time has come for an extensive upgrade. These improvements will not only extend the life of the dam, but will help manage our drinking water supply and give us the ability to better control low and high river flows.

The first phase of the Glenmore Dam Infrastructure Improvements Program was the Utilities Relocation Project. This project involved moving the water and gas utility lines currently running across the top of the dam to a new tunnel excavated underneath the Elbow River. This is needed to allow access to the dam while upgrades are being made, which include a new bridge deck with better access for maintenance and pathway users, concrete work on the face of the dam, and a new steel gate and hoist system.

While the normal maximum operating levels of the reservoir remains the same, the new gate system will provide greater flexibility to manage reservoir storage during low flows in the winter and high flows in the spring.

The pathway across the dam was closed to the public on September 30, 2017, and then until the work is complete in 2020. Pathway detours will be implemented during this time and signage will be available to assist pathway users. (Up to date information on pathway closures, including maps, is available at calgary.ca/pathwayclosures.)

For more information and ongoing updates, please visit Calgary.ca/glenmoreupgrades.

REMEMBRANCE

Canada observes the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.



Doing Sport and Exercise Better

Part Four

By Joe Mills



In my last article, I described how without most of us being aware it is likely that our bodies are collapsing because of the unnatural environments we live in, a collapse that not only makes our bodies harder to move but wears them out quicker in the process. And if you're not convinced just ask any mechanic what happens when your car's tires aren't balanced. For example, bigotires.com explains:

Your tires will wear down prematurely when the wheel assembly isn't balanced—and you may be in for some not-so-good vibrations. ... Even a quarter of an ounce of imbalance can put uneven pressure on the treads, causing uneven tread wear and excess heat that shorten the life of the tire.

Now to test whether your body has "even a quarter of an ounce of imbalance", try standing as tall as possible, or sit as tall as possible when next driving your car and adjust your car's mirror to this new height; and then see how long you can maintain your new height and length for, or how hard this height is to maintain. For as soon as you shrink back to your "normal-slightly-shortened" (read collapsed) height, you're putting uneven pressure on your body, making sports and exercise an awful lot harder than needs be.

So, what can we do? Although the most efficient operations of the body are very much debated, we can be clear that—just like your car's chassis—if your pelvis is not in the position it was designed to be in ("neutral"),

neither will your spine. And so, you'll have no chance of being able to effortlessly maintain standing as tall as possible... and in turn, performing as well as possible.

To check, imagine your pelvis as a clock face with your belly button at 12 hours, your pubic bone 6 hours and your hip bones 3 and 9 hours respectively. If standing, the plane across this clock face should be perpendicular to the floor, or if lying down it should be parallel to the floor.

Now because our aim is body-efficiency and not body-effort, the next critical step is to use only "what we need" to reinforce or maintain this "neutral-pelvic" position, meaning gentle—not maximal—recruitment of the correct—not incorrect—muscles.

Which is why if you're "doing core" by sweating through the plank or wrestling with weights on a bosu-ball, you're highly likely to be cementing and reinforcing the incorrect positions and muscle recruitment patterns in your body: thereby making your body more inefficient not efficient and increasing not decreasing problems.

In other words, engineers and mechanics accept how important it is to balance and look after their structures and machines, but ironically, we as humans don't do the same with our bodies because our knowledge of what to do is skewed in favor of hard—and not more-thoughtful—work. Stay tuned to find out how to gently recruit the correct muscles!



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Letter to
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Real Estate Update

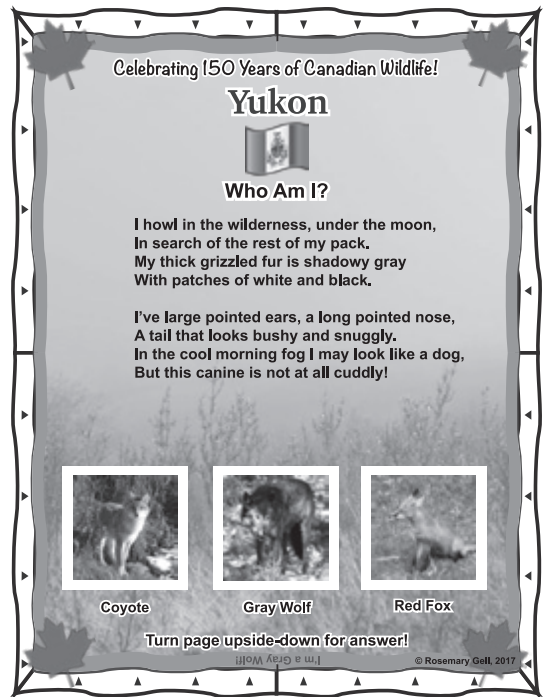
Last 12 Months Discovery Ridge
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2017	\$928,500	\$921,500
August 2017	\$769,888	\$755,000
July 2017	\$909,900	\$900,000
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

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

	No. New Properties	No. Properties Sold
September 2017	7	4
August 2017	8	5
July 2017	9	4
June 2017	10	11
May 2017	11	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

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



BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 14

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BRAIN GAMES SUDOKU

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

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Your City Section

What's happening	More info	Stay connected! facebook.com/cityofcalgary twitter.com/cityofcalgary calgarycitynews.com
Know someone who is removing barriers for people with disabilities in Calgary? Nominate them for one of three accessibility awards before Nov 17.	Calgary.ca/Accessibility	
The pathway across the Glenmore Dam was closed to the public on September 30, 2017, and then until the work is complete in 2020.	Calgary.ca/Glenmore Upgrades	
You have opinions, The City wants to hear them. Help shape Calgary's future by joining the Citizens' View panel. Visit citizensview.ca and join today.	Citizens View.ca	
Learn about The City's accessible programs including accessible transportation, accessible recreation facilities and classes, assisted listening devices and much more.	Calgary.ca/Accessibility	

THE SANTALAND DIARIES – LUNCHBOX THEATRE, NOVEMBER 27 – DECEMBER 23

This is one elf that won't make the nice list. His name is Crumpet and he'll tell you the truth about Santaland. An out of work and broke actor in New York city takes a job as an elf in Macy's Santaland Village. The behind-the-scenes reality of holiday cheer is not the blissful peppermint dream that he had imagined. Based on David Sedaris' hilarious book chronicling his outlandish experience working as an elf in a Macy's Santaland, The Santaland Diaries is a one-man riff on one elf's truly odd encounters with his fellow man. More info: lunchboxtheatre.com/the-santaland-diaries/



TREES WITH TEA – YYC BEESWAX HQ, DECEMBER 5

Join us for a fun evening of candle making fun! We'll have hot tea for you to enjoy as you learn about bees and beeswax. After that, we'll celebrate the season by making some adorable beeswax tree candles. This is a perfect workshop for kids to make Christmas gifts! Instruction and all materials are included. More info: <https://www.eventbrite.ca/e/trees-with-tea-tickets-3625547811?aff=es2>.



A CHRISTMAS TALE CARRIAGE HOUSE INN, DECEMBER 17

An incredible event for the whole family in Calgary! Beautiful, full of fun and magic Christmas show with Santa will take you into the world of music and dance. Magic tricks and games with Santa and his friends will provide you and your family with an unforgettable experience of the Christmas spirit and fill your holidays with joy. Children under 2 years old are free. More info: artstarcreations.net/category/news/.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

International Christmas Market – Spruce Meadows, Dec 1 - 3

This final weekend of the International Christmas Market invites you to take in over 250 vendors in the indoor comfort of Spruce Meadows. Take in the lively, festive atmosphere while crossing those last few gifts off of your list. Live entertainment, dining, choirs, and much more. More info: sprucemeadows.com.

Boy film screening – Esker Foundation, Dec. 7

Boy is a dreamer who loves Michael Jackson. Boy's other hero, his father Alamein, is the subject of Boy's fantasies, and he imagines him as a hero and a close relation of Michael Jackson. In reality Alamein is an inept, wannabe gangster who has been in jail for robbery. When his father returns home, Boy is forced to Sidewalk Citizen will be providing complimentary treats for this screening. Dir. Taika Waititi, 2010, 87 mins. Event is free, registration essential. www.eventbrite.ca/e/boy-registration-37158757845?aff=es2.

A Cowtown Christmas by Cowtown Opera Company – Central United Church, Dec. 9

Do you hear what I hear? It's your annual get-together with your opera-singing relatives! This year dress in your pajamas and most festive onesie receives a prize. Baby, it's cold outside and Cowtown is the musical equivalent of a warm cup of cocoa. You'll laugh, sigh, and sing-along (of course!) to your favourite Christmas tunes. Hosted by Calgary's beloved Heebie-Jeebies, and featuring Calgary's top musical talent, come celebrate the most wonderful time of the year. More info: cowtownoperacompany.com.

The Brick Teddy Bear Toss – Scotiabank Saddledome, Dec. 10

The annual Teddy Bear Toss is hosted by the Calgary Hitmen in support of children in need in Calgary. Bring a teddy bear or plush toy of your choice and at the end of the first period all in attendance will toss their toys onto the ice. Last year almost 24,000 toys were collected to put under trees all over the city. This year the hitmen will square off against the Moose Jaw Warriors. Tickets and info: hitmenhockey.com/teddy-bear-toss.

DECEMBER DECEMBER DECEMBER



MLA Calgary - WEST

Mike Ellis

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📠 403.216.544

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✉ ron.liepert.C1A@parl.gc.ca

If you receive email updates from the UCP Official Opposition caucus, you may have seen a video from our interim leader, Nathan Cooper, talking about the federal government's proposals to change the small business tax code. As Nathan points out in his video, while this is a federal issue, its ramifications go far beyond the realms of the federal government, and as such it is what I want to focus on in this newsletter column.

Every day in my role as your MLA, I talk to someone who owns or is employed by a small business. To say they are the lifeblood of our economy would be an understatement. Over 70% of the workforce in Canada is employed by small businesses. The changes that the government is proposing is nothing short of a tax grab – off the backs of people who have risked everything to start and operate their small business. Being a small business owner is an occupation that doesn't come with sick days, time off, paid holidays or a pension. It is something that comes from a desire to create something new.

What the federal government is proposing is ridiculous. Period. If you agree, I strongly suggest you reach out to the federal minister of Finance by emailing Bill.Morneau@parl.gc.ca as well as to Ron Liepert, our MP. Ron has been pushing hard on this issue, and I know would also appreciate your support on it.

Over this past year, Canada has been celebrating the 150th anniversary of confederation. Recently the Strathcona Christie Aspen Community Association hosted thousands of our neighbors at such an event – "Canada 150 Celebration on the Hill". Incorporated into the celebration was Judge Joseph Woodard presiding over a citizenship ceremony where 50 constituents took the Oath of Citizenship and become Canadian citizens. It was my great honor to participate in the ceremony, welcome them to Canada and deliver a message of congratulations as your representative in the House of Commons.

The ceremony acted as a strong reminder of the privilege it is to live in Calgary, Alberta, Canada, and that was evident in the pride displayed by our new citizens. It is for this reason people from all over the world look to Canada to start a new chapter in their lives and leave what is familiar behind and we should be proud of the fact that they chose here to do that.

The freedoms and privileges that are afforded to residents of Canada are immense and that over the years has been the result of the dedication and hard work of many. Hundreds of men and women sacrificed much to fight for our liberties including war. Governments since confederation have developed and debated policies and laws with the intent to better the lives of Canadians and future Canadians. That is my commitment to continue the fight as your Member of Parliament.

As we do every November 11th, we remember all of those who fought for us many making the ultimate sacrifice, and on this day I will be even more grateful for the privilege of being a Canadian.



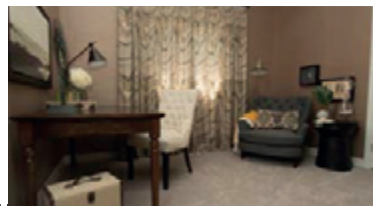
The Whimsical Holidays of Thomas Roy

American actor Thomas Roy and his wife have created a number of "special" holidays. Among his November holidays are: "Cook Something Bold and Pungent Day", "Married To A Scorpio Support Day", "Have a Bad Day Day", "Name Your PC Day", "Blasé Day" and "Stay Home Because You're Well Day".





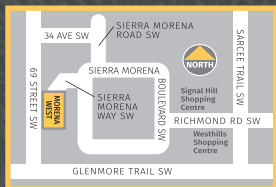
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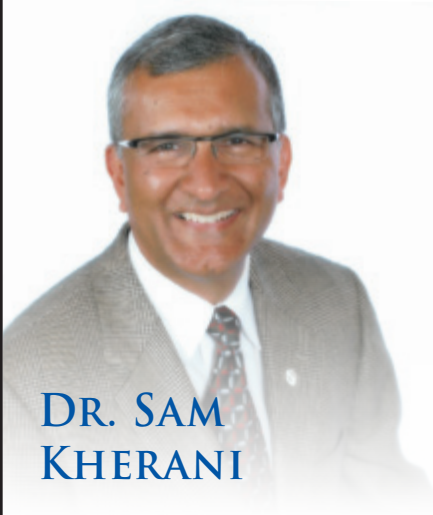
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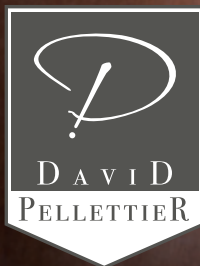
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