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IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
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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	

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"From September 19-22, 2017, Walk21 Calgary will draw academia, citizens, policy-makers, urban planners, healthcare professionals, and local leaders who are invested in fostering healthy and vibrant communities. International delegates will experience Calgary's emerging walkability, discuss how walking transforms rapidly growing cities, and be exposed to new ideas about how walking can connect people and communities." - *Walk21Calgary.ca*

In Eau Claire, we're very lucky to live in a neighbourhood that has a walk score of 91 but it's surprising to learn that we're only 4th in the City of Calgary. Perhaps some of the infrastructure improvements and techniques that will be covered at this international conference will benefit our neighbourhood. Check out their webpage and see if you'd like to join the movement.

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Don't give your money the silent treatment

By Suzanne Smith-Demers – Consultant

Finances can be tough to talk about, but keeping your money issues a secret can be bad for your personal and financial health. A 2014 study* asked people what their most difficult conversation would be and 44 percent said personal finances.

Silence around money encourages people to remain uninformed about financial options and strategies and to hide resulting financial errors. If we seldom know what our loved ones think about money, misunderstandings can fester.

Despite plenty of good reasons to open up, people often find that money is a difficult topic to discuss as it can come with an emotional attachment. The technical details of financial planning can be complex, but it also requires people to think about aging and their own mortality.

As with other hard-to-discuss topics, it's often easier to stay quiet than to admit that you're deep in debt or have another money-related problem. But studies show that talking about money can reduce feelings of financial stress and help you make better money decisions**.

Of course, talking is easier said than done. When you're ready to open up, accept that the discussion will inevitably not just be about money, but also what it symbolizes. It helps to have a goal in mind about what you want the talk to accomplish, and to start conversations about money with professionals that you have no emotional connection with before sharing financial feelings with loved ones.

A great way to start your money conversation is by talking to your professional advisor. They can provide the financial knowledge and planning that will reduce stress and emotion making it easier to communicate your financial goals, dreams and concerns with others.

Sources:
*<http://www.reuters.com/article/us-money-conversation-idUS-BREA2Q1UN20140327>
**<https://www.psychologytoday.com/blog/in-therapy/201606/talking-about-money>



UPDATE FROM THE ECCA BOARD

The ECCA Neighbour Event was held at Oceana on 1st Avenue at 7th Street on June 8 and was a great success! 60 people joined us including Carol Armes and Dale Calkins from Druh Farrell's office and Barb Mendaglio representing the China Town Community Association. We thank everyone for coming out!

Neighbours had fun, met a few new friends and had good food and drinks. The fresh tomato and basil bruschetta with garlic-butter crostini's and the amazing meatballs in Marinara sauce were two standouts for me – but everything went so quickly that I think it's safe to say that all of the food was stellar.

We were really happy to see people from at least 11 buildings that we know for sure. Eau Claire Lookout; Chateau La Caille; La Caille Parke Place; Prince's Crossing; Pavilions of Eau Claire; Liberte of Eau Claire; Churchill Estates; Princeton; Oscar; Eau Claire Estates and Prince's Island Estates were all represented by friendly neighbours.

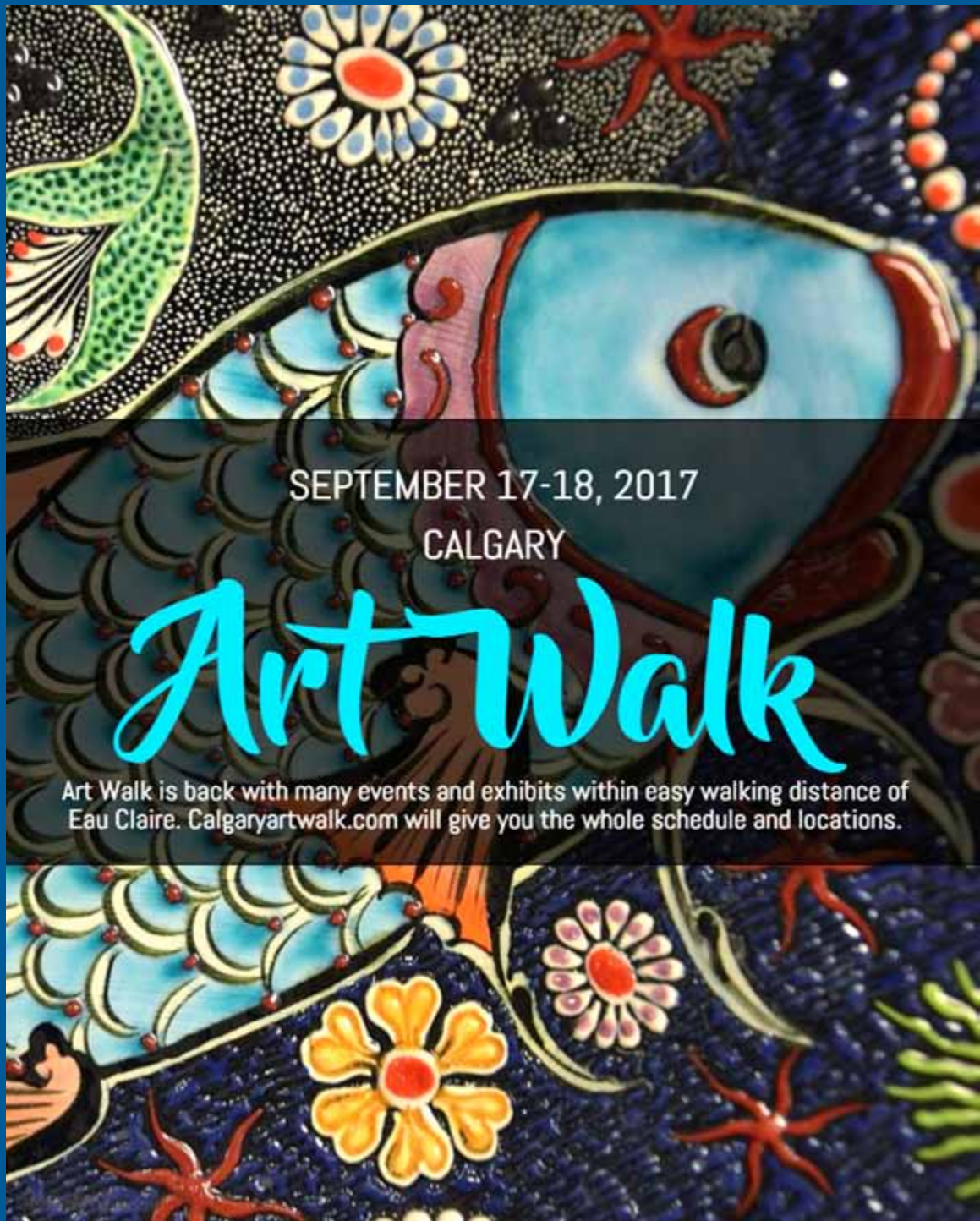
We also had the opportunity to promote the ECCA and the AGM – some interest was sparked and we hope to see people out again for future events.

The ECCA's mandate includes having events that bring the neighbourhood residents out to enjoy themselves and meet each other in a casual and fun environment. We'd love to build on the success of our annual Skating Party and Neighbour Event with some new ideas. Please send suggestions to info@EauClaireCA.com.



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SEPTEMBER 17-18, 2017

CALGARY

Art Walk

Art Walk is back with many events and exhibits within easy walking distance of Eau Claire. Calgaryartwalk.com will give you the whole schedule and locations.

FOR ART'S SAKE

Volunteering in the Arts

By Alex Bonyun

Want to be involved in the arts, but don't know where to start? A great way to dip your toe in without spending money is to volunteer. It may seem like a daunting proposition if you've never volunteered before, but non-profit cultural organizations are always looking for helpful volunteers, whether it's for ushering at a theatre performance, helping out at a festival booth, or lending a hand with administrative work at the office. The rewards of volunteering go beyond gaining access to tickets or other perks. It allows you to gain experience in a particular field or with a particular organization which can later lead to other opportunities such as serving as a Board Member for an organization that aligns with your values or joining committees in your community to boost the presence of arts in a particular discipline.

This year, Canada 150 is challenging everyone to lend a hand and give 150 hours of time volunteering before the end of 2017. The gift of your volunteer hours goes above and beyond the organization you benefit with your time. It can create a lasting impact throughout your community. You can register for the challenge and learn more at <https://volunteer150for150.ca>. It's not too late to complete the challenge as many organizations start their seasons full force in the fall, and are always in need of volunteers.

In our community approximately 50,000 Albertans volunteer for not-for-profit arts organizations every year, creating opportunities for community engagement, service, and belonging. Additionally, volunteers can help an organization build capacity, which can result in more economic stability and growth.

For a comprehensive list of all of Calgary's non-profit organizations in need of volunteers, please visit <http://public.propellus.org/NonProfitMemberList.aspx>.

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.



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, 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. Students in Grade 3 to 12 can prepare for tests and final exams, take lessons, and review coursework at 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 starting August 28 to book an appointment.

Saddletowne Early Learning Centre

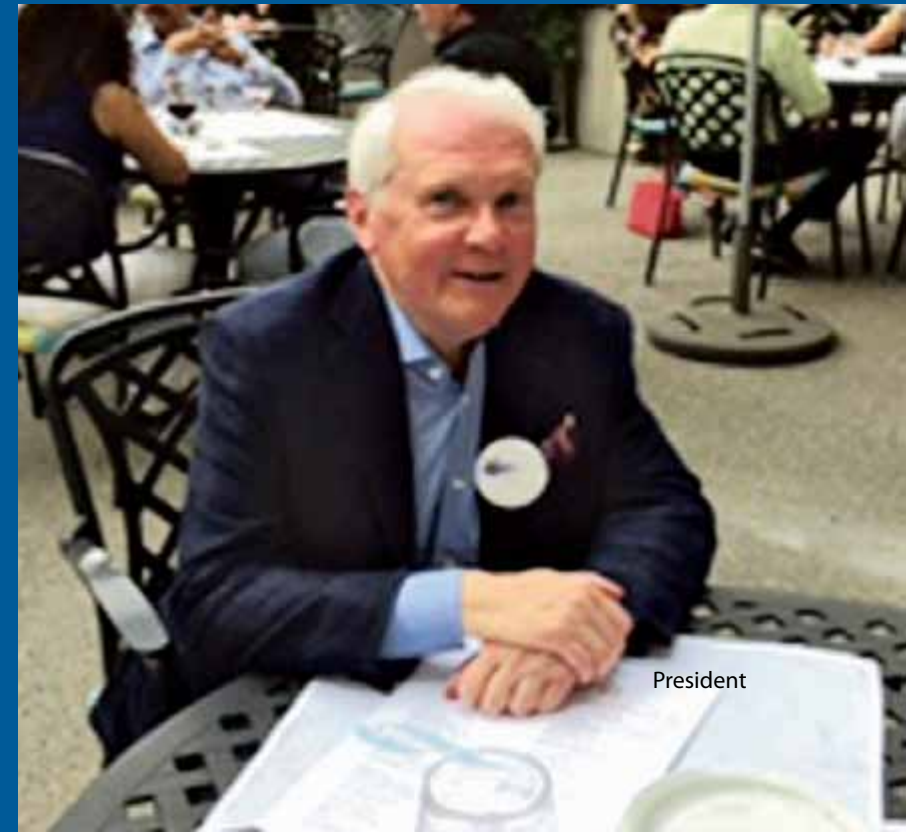
There's a new place to play in Calgary! Step inside the transformed space at the Saddletowne Library and discover the five stages of early learning. Play is a priority at the Library, because it's central to how kids learn and grow. The Saddletowne Early Learning Centre opens mid-September.

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!



PHOTO GALLERY

THE ECCA
NEIGHBOUR EVENT



President

West Eau Claire Park

September 2017

Some great progress has been made and phase one of the project is quickly coming to a close. With the end of phase one, work will begin on phase two which means some changes to how people can get through this area.

Pathway changes

During phase one the main promenade was open while we completed a separate bicycle path in the construction area. During phase two, the main promenade will be closed and detours will be put in place to keep pedestrians and cyclists separated for safety reasons. **It should be noted cyclists will be detoured, please obey all signage for everyone's safety.**

The detour for cyclists will be via 2 Avenue S.W. to avoid conflicts with pedestrians in a narrower space. Pedestrian access will continue to be along the construction area. Access to the Peace Bridge will continue to be maintained throughout construction.

Project Updates

Phase one of this revitalization project includes a new separated cycle path with lighting, higher grading to increase flood resilience in the area and new infrastructure to prepare for phase two work. Please note the new cycle path will only be open to pedestrian traffic until phase two is complete.

During phase two we will continue to work on improvements to the pathway system, new spaces where people can meet and relax, and design features to improve the park experience.

We are excited as we continue to develop a desirable, active, and lively cultural destination. Please visit the [project website \(Calgary.ca/westeauclaire\)](http://Calgary.ca/westeauclaire) for additional information and project updates as construction progresses.

We value your support and patience during the construction of this City project. If you have any questions or concerns about this project please contact 311.



Artist renderings, park may not be exactly as shown.



Councillor, Ward 7
Druh Farrell
 ✉ ward07@calgary.ca 🌐 druhfarrell.ca
 📺 @DruhFarrell 📱 Druh Farrell

Pedestrian Safety

Pedestrian safety and cut-through traffic are top issues for Ward 7 communities. Most older neighbourhoods were built on grid networks, where streets connect at right angles with frequent intersections. The grid makes our communities easy to navigate by foot and by bike, but it also makes them easier to shortcut through, given that multiple routes can be taken to reach a destination. While communities that have "loop and lollipop" streets experience less cut-through traffic, they work poorly for walking and cycling. Both types of Calgary communities have their challenges, which is why we need a wide-reaching approach to make Calgary a better city for walking.

The City's new **Step Forward** pedestrian strategy is a long-term plan to improve the safety, accessibility, and desirability of walking in Calgary. The strategy includes 49 actions which were shaped by input from thousands of Calgarians. To learn more about Step Forward, visit: www.Calgary.ca/StepForward

The world is also taking notice of Calgary's plan to become a more walkable city. In September, we will play host to the **International Walk21 Conference**. Previously hosted in global cities like Hong Kong, London, and New York, it is an honour to sponsor this prestigious conference in partnership with the University of Calgary. It comes as a direct result of Calgary's work to shift from a city known for its auto-dependent sprawl, to a city that offers real transportation choice. Delegates will

include walkability experts from around the world. To learn more about Walk21 and how you can participate, visit www.Walk21.com

As Step Forward rolls out, and as we celebrate Walk21 in Calgary, you can take action today to improve walkability and street safety in your community.

Many communities apply for community traffic studies to identify ways to redesign residential streets to prioritize walking, slow down traffic, and discourage cut through traffic. Due to high demand, a thorough traffic study can take time to complete. Sometimes what is needed is a quick, temporary, and inexpensive way to address concerns. That is why Council supported my motion to create the **ActivateYYC microgrants**. Communities can apply for grants to fund "temporary local projects and events that motivate Calgarians to walk, play and be neighbourly." For details, visit www.CalgaryCommunities.com/ActivateYYC

If your community is interested in a **community traffic study**, residents should work with the local community association to generate broad support for a study. To learn more about how to apply for a community traffic study, visit www.Calgary.ca and search for "Community Traffic Concerns".

Let's foster healthier and more vibrant neighbourhoods by working together to make walking safer, more accessible, and more desirable.

To sign up for updates on key community and Ward 7 issues, please visit www.DruhFarrell.ca.



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.



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- ◆ Forty word limit

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YOUR CITY OF CALGARY

2017 Election Ward Boundary Changes

In October, Calgaryans will vote to elect their Mayor, Councillors and School Board Trustees. During the 2017 Municipal Election, new ward boundaries will come into effect, which could change who the candidates are on your ballot and your voting station location. A total of 58 communities were impacted by the ward boundary changes. If you are in a community that has changed wards, you will be voting in a different ward than the last municipal election. It is important that you check your ward so that 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, or call the Elections & Census Office at 403-476-4100 (Option 2).



justREEL Film Screening



When: Tuesday, September 12, 2017

Film: The Grizzly Truth

Time: 7:00PM

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Help improve Alberta's consumer protection laws

You deserve to be protected when making a purchase, big or small. And businesses deserve to be protected from companies who don't play by the rules. For the most part, I have confidence in my purchases, but we've all heard horror stories of scams on the news, or maybe you've had a bad experience with an aggressive door-to-door salesperson yourself. I've heard from many Calgary-Buffalo constituents about unsolicited sales calls and aggressive sales tactics that make people feel pressured.

Our government is working to make life better by protecting families from scams, false claims, unfair tactics, aggressive sales pitches, and price gouging. These stories hurt businesses, too; it's not fair to the majority of honest companies in Alberta to have their reputation undermined. I hate to think about small and family businesses having to compete against unfair tactics.

We want a marketplace that's fair for buyers and sellers. This creates consumer confidence – and that's good for business.

Consumer protection laws help protect consumers from unfair practices and businesses from unfair competition. But – are these laws keeping pace with changes and trends in the marketplace?

We want to hear from all Albertans – whether you are a buyer or seller – about how we can protect your pocketbook and help businesses compete on a level playing field.

How can you get involved?

- Complete an online survey at ServiceAlberta.ca until September 15, 2017
- Participate in an open house session (visit ServiceAlberta.ca for a detailed schedule).
- If you are with a specific consumer or business group, look for invites from your business association/Chamber of Commerce to solicit group feedback for targeted stakeholder discussions.

We want to make sure our laws protect consumers and help businesses compete fairly. Now more than ever we need strong rules to increase consumer confidence.

Through the public consultations, we want to know how familiar Albertans are with consumer protections currently in place, if those protections are working for you, and what needs improvement. We will also be asking questions about specific issues like ticket sales and warranties.

The consultation feedback will help inform improvements to consumer protection legislation and contribute to our government's efforts to make life better by protecting consumers and ensuring there's a fair, competitive marketplace for businesses.

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/ 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.



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