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visit [puremotiondance.ca](http://puremotiondance.ca) for class information  
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## Evergreen Community Association

PO Box 24007 RPO Evergreen  
#100, 2250-162 Ave SW  
[president@myceca.ca](mailto:president@myceca.ca) | [www.myceca.ca](http://www.myceca.ca)

## Elected Officials



**Councillor Diane Colley-Urquhart Ward 13 Office**  
P.O. Box 2100, Station M  
Calgary, AB, Canada T2P 2M5  
Phone: 403-268-1624  
Fax: 403-268-8091  
Email: [ward13@calgary.ca](mailto:ward13@calgary.ca)  
Web: [www.calgary.ca/ward13](http://www.calgary.ca/ward13)



**Dave Rodney  
Calgary-Lougheed**  
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Calgary, AB Canada T2W 4N4  
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Fax: (403) 251-5453  
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






























Dr. David Blaine OPTOMETRIST   Dr. Shikha Garg OPTOMETRIST   Dr. Anthony Iuliano OPTOMETRIST   Dr. Shazeen Manji OPTOMETRIST

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**WE DIRECT BILL TO:**

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Phone: 403-238-9222 • Email: [info@swcrc.ca](mailto:info@swcrc.ca) • [www.swcrc.ca](http://www.swcrc.ca)



**The SouthWest Communities Resource Centre (SWCRC) proudly offers programs and services to families throughout 28 local communities.**

This fall the SWCRC will be offering some new programs and services along with our highly requested parenting workshops. We will also offer a speakers series over the year and have experts in their field speak to our residents. Stay tuned for more information.

We are now accepting registration for our "Positive Discipline and Everyday Parenting" on Tuesday mornings and "Parent Talk" on Thursday mornings starting September 20th. Please contact our office at 403 238-9222 to register.

The work we do couldn't be done without great volunteers supporting our efforts. As we expand our program offerings we are also seeking new volunteers.

Consider volunteering close to home:

- Tuesday/Thursday mornings we can always use your help with child minding for two hours.
- We are looking for our brightest and smartest south west residents who can volunteer a couple of hours a week as a tutor for grades 6 – 12. Our tutoring program runs early Wednesday evening and goes throughout the year. Parents can also register their children/youth by contacting our office.
- How about your office skills? The SWCRC is also looking for volunteers to mind our phones and provide general office support. These positions are for one half day per week. Give us a call

Our office is located in the Oakridge Co-op Plaza and would love to show you our newly renovated space! Please stop by and learn more about the programs and services offered in your communities.

Visit us on Facebook: [www.facebook.com/calgaryswcrc](http://www.facebook.com/calgaryswcrc)  
Follow us on twitter: @swcrc\_yyc

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 or call 403-251-3469  
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## IN & AROUND CALGARY

### Nominate Your Neighbours for a 2016 Community Volunteer Award!

Do you know a hard-working and dedicated volunteer who goes above and beyond to make your community a great place to live? Someone who always steps up to help out without being asked, or who takes on big events and sparks excitement among others? If so, nominate them for one of the Federation of Calgary Communities four annual Community Volunteer Awards!

The four award categories are:

#### Step Up Award

This award winner is a community volunteer who shoulders the responsibility for things that regularly go unnoticed. This individual steps up to help out without hesitation or need for recognition.

#### Spark Award

This award winner is a community volunteer who engages people to be a part of their community in unique and exciting ways. Through their community work this individual sparks a sense of excitement among residents.

#### Be Part of It Group Award

This award honours a group of community volunteers whose community contribution improved neighbourhood life and created a sense of belonging.

#### Community Builder Award

This lifetime achievement award recognizes individuals, organizations or companies whose lifelong dedication to community has impacted and enhanced the quality of life in Calgary.

If you know someone who fits one of the above award descriptions, nominate them today!

Visit [calgarycommunities.com](http://calgarycommunities.com) for more information and the nomination form.

**The nomination deadline is Friday, September 16, 2016.**

## Evergreen mybabysitterlist

Name	Age	Contact	Course
Anastasia	16	587-580-5929	Yes
Ashley	31	587-226-2692	Yes
Aurora	15	403-266-2806	Yes
Bronte	16	403-880-1572	Yes
Cristina	15	403-245-5184	Yes
Danita	22	403-990-0205	Yes
Diana	15	587-481-4810	Yes
Gabrielle	15	403-201-0528	Yes
Hannah	16	403-993-0740	Yes
Holly	14	587-890-9295	Yes
Jack	13	403-201-0528	Yes
Janelle	24	403-808-2505	Yes
Jessica	19	403-826-6276	No
Jill Ann	16	587-834-4771	Yes
Jordan	14	587-225-0555	Yes
Joy	44	403-606-6236	Yes
Kalysta	14	403-926-0563	No
Kasandra	17	403-926-9056	Yes
Kenzie	18	403-861-9671	No
Maddie	17	403-201-7075	Yes
Mel	14	403-629-8404	Yes
Michelle	15	403-256-4366	Yes
Natalie	34	780-237-5331	Yes
Noah	13	403-477-5209	Yes
Ria	20	403-470-9783	No
Sarah	16	403-998-9639	No
Valeria	15	403-830-7991	Yes
Valeria	15	403-830-7991	Yes
William	15	587-352-7162	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).

## experience the Highlights of High River

**September 21-25, 2016**

### Heritage Inn International Balloon Festival

**Sept. 21 to 25**

Complete schedule available online



**Balloon Night Glow**  
**Fri., Sept. 23, 2016,**  
**8 p.m., Spitzee Elementary School**  
 (Alternate night Sept. 24)  
**Fly-in Breakfast**  
**Sun., Sept. 25, 8-11 a.m.,**  
**High River Reg. Airport**

### Historic Homes Tour



**Sat., Sept. 24,**  
**10-5 p.m.,** Plan a day  
 in beautiful High River  
 and enjoy touring ten  
 fascinating historic homes.

### River City Classics 14<sup>th</sup> Annual Show n' Shine



**Burnout Event**  
**Sat., Sept. 24,**  
**6-9 p.m., Centre Street**  
**Show n' Shine**  
**Sun., Sept. 25,**  
**10 a.m.-4 p.m., downtown**

**Be sure to check out**  
**the High River Art Walk,**  
**Geocaching and more!**

**[www.highrivertourism.com](http://www.highrivertourism.com)**



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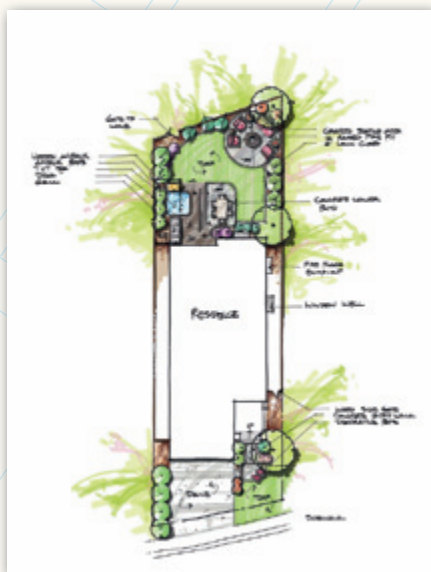


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## Evergreen

### Real Estate Update

Last 12 Months Evergreen  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$467,000.00	\$462,000.00
June 2016	\$473,200.00	\$462,500.00
May 2016	\$476,700.00	\$463,000.00
April 2016	\$474,900.00	\$464,500.00
March 2016	\$439,900.00	\$437,000.00
February 2016	\$497,450.00	\$481,500.00
January 2016	\$473,900.00	\$462,000.00
December 2015	\$464,999.00	\$463,999.00
November 2015	\$488,900.00	\$473,000.00
October 2015	\$451,900.00	\$448,694.00
September 2015	\$514,950.00	\$507,500.00
August 2015	\$442,450.00	\$437,000.00

Last 12 Months Evergreen  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2016	32	21
June 2016	50	34
May 2016	39	28
April 2016	35	27
March 2016	44	21
February 2016	24	14
January 2016	23	8
December 2015	5	15
November 2015	23	17
October 2015	26	18
September 2015	26	18
August 2015	29	26

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [evergreen.great-news.ca](http://evergreen.great-news.ca)



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PUBLIC  
LIBRARY

## CALGARY PUBLIC LIBRARY

### Introducing Engine 23 Tours

Your school or daycare can get to know the 20-tonne fire truck in Central Library—book your tours at [calgarylibrary.ca/library-tours](http://calgarylibrary.ca/library-tours).

Don't forget the special Engine 23 storytimes that happen every week. Share stories and learn about fire safety from a firefighter! For details, visit [calgarylibrary.ca](http://calgarylibrary.ca).

### Words & Wiggles

A brand new Library program for preschoolers that uses the six types of play to build confidence, vocabulary, creativity, problem-solving skills, coordination, socialization, and movement. You and your preschooler will love the stories, songs, and fun-filled activities! For details, visit [calgarylibrary.ca](http://calgarylibrary.ca).

### Get Inspired with Micheline Maylor

Micheline Maylor starts as Calgary Public Library's 2016 Author in Residence on September 1.

She will deliver programs and act a mentor to writers in the community, reviewing manuscripts, and providing critiques and advice during individual consultations. Join us as we welcome Michele Maylor and launch the Author in Residence program at the Nicholls Family Library, September 16 at 6:30 pm. For details, visit [calgarylibrary.ca/author-in-residence](http://calgarylibrary.ca/author-in-residence)

### Homework Help

Get FREE homework help online! Students can take advantage of free online tutoring with Brainfuse (Grades 1–12), online study guides through Solaro (Grades 3–12), and so much more. Find them at [calgarylibrary.ca/online-resources](http://calgarylibrary.ca/online-resources)

## Trivia

Aspirin went on sale as the first pharmaceutical drug in 1899, after Felix Hoffman, a German chemist at the drug company Bayer, successfully modified Salicylic Acid, a compound found in willow bark to produce Aspirin.



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## IN & AROUND CALGARY

### When your smoke detectors do go off, now what?

September greetings from your Calgary Fire Department!

#### GET OUT...STAY OUT...CALL 911!

Making and rehearsing a home escape plan is essential for your family's safety in the event that there is an emergency in your home

Draw a floor plan of your home making note of all windows and doors.

- Every room in your home requires two ways out. The first way out would likely be the door, the second way out could be a window... IF it can be done safely.
- Make sure all windows can be opened easily by the occupant.
- Windows in basement bedrooms NEED to be a minimum of 3.76 Square feet, AND any security bars that may be on the window need to allow opening without keys or special tools. When planning, consideration needs to be giving on how the occupant of that bedroom will get up to and safely out of the window
- If you live in a multi-level building, when alarms are going off and you are evacuating, use the stairs, never the elevator,
- It is important that you familiarize yourself with the fire safety plan for your building.
- Once you do get out, determine a meeting place such as a tree in a neighbour's yard. When the first arriving fire truck pulls up, you'll be able to tell firefighters that everyone is either out safely or still in the building. This is **important** information for the fire crews.
- Practice your home escape plan at least twice a year, perhaps once during the day, and once at night.
- Once you get out, STAY OUT!
- For further information visit [Calgary.ca](http://Calgary.ca) and watch this fire safety video with your family



## IN & AROUND CALGARY

### Autumn in Fish Creek

[www.friendsoffishcreek.org](http://www.friendsoffishcreek.org)

#### A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser

Friday, September 16, 2016; 6:30pm - 9:00pm

Meadow Muse Pavilion, Bow Valley Ranch, Fish Creek Provincial Park

Show your support for one of Calgary's most cherished green spaces by contributing to the Friends of Fish Creek's conservation efforts here in Fish Creek Provincial Park. Celebrate over 20 years of community based environmental stewardship in Fish Creek Provincial Park by attending A Taste of Autumn. Bid on amazing silent auction items, enjoy a variety of delicious appetizers, sample beer and wine from local producers, and meet with Keynote Speaker Chris Fisher, ecologist and co-author of Birds of Alberta. Must be 18 years of age or older to purchase tickets. Sponsorship opportunities are available! To purchase tickets, contact the Friends of Fish Creek at 403-238-3841 or visit [www.friendsoffishcreek.org/event/autumn](http://www.friendsoffishcreek.org/event/autumn).

#### Autumn Birding Course

Autumn is a good time to begin birding. As the leaves drop off the trees, many of the smaller birds, which will be migrating, are much easier to see. All sessions are held in the great outdoors - in Fish Creek Provincial Park and other natural areas in Calgary. Outings are conducted by Gus Yaki, a lifelong naturalist who has birded around the world - and other experienced instructors. Each outing is approx. 2.5 hours. 15-week course starts Aug 29. Registration required and fees apply. For course times and to register visit [www.friendsoffishcreek.org/programs/birding-course](http://www.friendsoffishcreek.org/programs/birding-course).

#### Painting in Fish Creek

With the park as your backdrop, join the Friends in a restorative session of outdoor painting, facilitated by one of several experienced local artists. Three different classes are offered, all with a focus on acrylic media.

**Painting in the Autumn Breeze:** Sep. 14, 5:00 – 7:30 pm, Instructed by Sylvia Prochownik

**Paint What You See:** Sep. 24, 10:00 am – 2:00 pm, Instructed by Jim Pescott

For more info or to register for these or other Wellness programs, including Yoga, Qi Gong and Full Moon Meditations, visit: [www.friendsoffishcreek.org/programs/wellness-clinics](http://www.friendsoffishcreek.org/programs/wellness-clinics).

#### Geology on your Doorstep: Exposed Rocks and Fossils within an Hour's Drive from Calgary

Thursday, September 22, 2016 7:00 pm - 8:00 pm

Presented by Jon Noad, Geological Consultant

Calgary lies on the eastern edge of the Rocky Mountains, at the junction between very different geological settings. Fortunately, there are abundant rock outcrops that provide us with windows into the past. From these clues we can build the story of Calgary's geological history, beginning more than 1.6 billion years ago and continuing to the present. In this presentation you will be introduced to arid deserts before life made its way onto land, to warm seas where thick limestones formed, and to a Mesozoic world where thick coals formed in swamps. Jon is an exploration geologist with 18 years of experience in the oil industry. He has worked for Shell and Husky, among others, and his work has brought it to the Middle East, South Africa, Borneo and Western Canada. **For more information or to register visit [www.friendsoffishcreek.org/event/geology](http://www.friendsoffishcreek.org/event/geology).**

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

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**IN & AROUND  
CALGARY**

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The Federation of Calgary Communities is pleased to introduce our newest resource: Planning Cue Cards. Planning Cue Cards are the absolute beginners guide to the urban planning system in Calgary in fun and easy way! The cue cards will help you understand planning acronyms, the hierarchy of planning policies, implementation tools, and more.

These versatile cue cards are great for both the beginner to jump right into, or for the mature planning representative who needs a brush up on their knowledge. They are available for purchase at the extremely affordable price of only \$5 a set, and can be purchased in sets of one, five or ten in our online store at calgarycommunities.com/online-store.

Need a bit more convincing? Read a testimony from Bryan Ellert of the Downtown West Community Association:

*Thank you for developing the Planning Cue Cards! I think you did a great job of making the planning hierarchies more understandable. In my view, the cards help make it a lot easier for members of communities to understand the "big picture" planning policies and where their work needs to "fit in" to help them achieve their goals.*



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**BRAIN GAMES** **SUDOKU**

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**FIND SOLUTION ON PAGE 24**

**Do TAXES have you PUZZLED?**

**Vanessa A. Brown**  
Chartered Professional Accountant, CA, CMA

corporate tax  
partnerships  
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GST  
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## SEPTEMBER 8 TO OCTOBER 16 ILLUMINASIA LANTERN AND GARDEN FESTIVAL

Illuminasia returns to the Calgary Zoo for its second year. This year, the theme is the four seasons and the four noble plants of Chinese culture — one plant is used to represent each season. [www.illuminasiacalgaryzoo.com](http://www.illuminasiacalgaryzoo.com)



## SEPTEMBER 30 – OCTOBER 1 THE PRINT IT YOURSELF FESTIVAL

Learn about the various techniques behind printmaking at the sixth annual Print It Yourself Festival. Learn what goes into making a piece of print art, engage in the process and create a piece of artwork yourself. [www.albertaprintmakers.com](http://www.albertaprintmakers.com)



IMAGE COURTESY  
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## OCTOBER 27 TO 29 DRACULA

The Alberta Ballet presents the classical ballet Dracula at the end of October. Special effects, impressive costumes (Dracula wears a 23-foot-long cape) and exquisite choreography bring this horror story to life. [www.albertaballet50.com](http://www.albertaballet50.com)



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

**September 21 to October 2 - Calgary International Film Festival (CIFF):** The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. [www.calgaryfilm.com](http://www.calgaryfilm.com)

**October 1 - A Little Light Music:** This is a chamber music concert with a special focus on well-known Canadian composers. There will be a fun, playful line-up of music in this concert with everything from A Little Light Music to Viva Gershwin. [www.scpa.ucalgary.ca/events/little-light-music](http://www.scpa.ucalgary.ca/events/little-light-music)

**October 6 - An Evening With Bethany Hamilton, Soul Surfer:** Bethany Hamilton has become a source of inspiration to millions through her story of determination, faith and hope. Hear Hamilton discuss her surfing career and her charitable contributions in this inspirational talk. [www.ticketmaster.ca/event/110050A6A6225E87](http://www.ticketmaster.ca/event/110050A6A6225E87)

**October 7 to 8 - Disney In Concert: Tale As Old As Time:** Start Thanksgiving weekend with some classic Disney tunes performed by the Calgary Philharmonic Orchestra. The popular Disney songs from these films are played alongside clips from the movies. [www.calgaryphil.com](http://www.calgaryphil.com)

**October 11 to 29 - Boom:** Using images and video, the show explores the musicians, politicians and cultural icons around from 1945 to 1969 that shaped the baby boom generation. [www.theatrecalgary.com](http://www.theatrecalgary.com)

**October 12 to 15 - Intensional Particle + Split Flow:** Hiroaki Umeda is a Japanese multi-disciplinary artist. He's a dancer, a sound, image and lighting designer, and a choreography. He brings two new solo shows to Theatre Junction. [www.theatrejunction.com](http://www.theatrejunction.com)

**October 14 to 29 - Fluid Festival:** This year marks the 11<sup>th</sup> Fluid Festival, and just like the inaugural event, this year's Fluid Festival will celebrate dance and physical performance. [www.springboardperformance.com](http://www.springboardperformance.com)

**October 15 - Calgary Stampeders PinkPower Game:** This football game joins in the fight against women's cancers. Arrive early to the game to purchase limited edition PinkPower merchandise, then watch the Calgary Stampeders take on the Montréal Alouettes. [www.stampeders.com](http://www.stampeders.com)

# CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca)

## What's new at the CBE

The beginning of a new school year is always an exciting time. It's a time when friends reconnect with friends, teachers welcome new and returning students and we set out our shared goals and objectives for the year.

## Opening new schools

This year is particularly exciting as we're opening an unprecedented number of new and replacement schools while updating others with new equipment and modern classroom configurations. All of this construction is expected to ease the space crunch for the over 118,000 students we are welcoming this year, while opening up new learning possibilities in our schools.

With all of these openings, there will be changes throughout the year for students and staff. Some of our existing schools will have fewer students in September as many students will be attending a new school in their community. Even if your community isn't impacted by students leaving, your schools may be welcoming a new principal, teachers or support staff. Certainly, every school will welcome new students! We are working together to ensure we make the transition as welcoming and positive an experience as possible for everyone.

To learn more about our new schools and our ongoing construction projects please visit [cbe.ab.ca/newschools](http://cbe.ab.ca/newschools).

## Building a new approach to community engagement

The CBE is committed to involving people in decisions that affect them. To do this more effectively, we have developed a new system-wide approach to commu-

nity engagement called the Dialogue Framework. This framework will help us plan engagement activities on topics that we know are important to our staff, parents, students and other community members. In addition to gathering input on building the framework last school year, we also connected with people on transportation services, schools impacted by the opening of new schools, our budget and more. We heard from thousands of people and your perspectives have helped us develop plans for the future. You can expect to hear more about these engagements and opportunities to share your perspectives this fall as we continue to involve you in issues that affect you or your family. We all have a part to play in the education of our young people and by working together, we can make a difference for our students and our community.

For more information on CBE's community engagement initiatives, please visit [cbe.ab.ca/dialogue](http://cbe.ab.ca/dialogue).

We look forward to another great school year at the CBE. The start of the school year is an exciting time, especially for families with students beginning school for the first time. We look forward to meeting you! Welcome back to all of our returning students and staff members. We hope you had a restful summer and are ready for an exciting year of learning.

If you are interested in learning more about how the Board of Trustees advocates to protect public education and student success, we'd love to speak with you. Contact us at [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca)

Follow the Calgary Board of Education on Twitter @yycbedu



## EDIBLE SIX-PACK RING

The first fully edible beer can packaging has been made from by-products of the brewing process such as wheat and barley, their six-pack holders are fully biodegradable and completely digestible. Rather than ensnaring curious animals in a corset of litter, the company's six-pack rings could serve as a satisfying snack. And if nothing is biting, the rings quickly decompose.

-Discover magazine

# Do you tip the pizza delivery guy or gal?

If so, how much? Below are some facts and figures to help you out.

Tom Allum

If you get food delivered, whether it is Chinese, pizza or your standard fare, there normally is a delivery charge. The amount of the delivery charge varies from each establishment but is normally between three and four dollars per trip. This amount usually goes to the driver at the end of each shift. The driver supplies their car, fuel and insurance and maintenance. 99% of drivers are on contract basis only. They average 12 trips per shift. This equals \$42.00 for a five to 10 hour shift. Not including tips if any.

Most pizza places have a defined area of delivery which is about eight kilometres to the furthest delivery point. With an average of five kilometres one way per trip, and round trip equals of 10 kilometres. The government (CRA) allows independent contractors a 0.54 cent per kilometre allowance. At 120 kilometres per shift this equates to the driver going into the red for about \$20. So why do it? Most do not make enough to pay rent or even claim the 0.54 cent allowance. Most drivers pay out approximately \$15 for gas per shift which to them equals a positive cash flow of \$27 per shift. (Not including tips, if any.)

Which brings us to the question of do you tip or not and, if you do, how much? There are of course no set guidelines, established rules or common practices such as in



sit down restaurants. (Restaurant staffs expect 10 to 20% of your total bill as a tip which they normally share.)

So what should you tip? But, before we get to that, let's explore some of the demographics regarding pizza deliveries and how different groups tip.

Office staffs ordering during the day often tip a minimum of 15% or \$10. I am sure they do not want to look cheap in front of their coworkers and most can expense this. Senior citizens always tip (there are a few exceptions) normally \$5 and sometimes as little as \$2. Low income do not tip well at all although some do make an effort. People who live in million dollar homes are normally not good tipppers. Working class people normally are the best tipppers. College and high school students are very poor tipppers (unless ordering from a party). **And the big one - women are better tipppers than men (although there are exceptions).**

A decent tip would be minimum of \$5 - \$10 for orders up to \$50, \$10 to \$15 for orders up to \$100, anything over a \$100 a minimum of \$20 would be nice.

So they do it for the cash and the tips. Some are retired and cannot live on the amount they receive; others cannot find a steady job or are limited due to personal circumstances that prevent full time employment.



Quinine, one of the most important drugs known to man, is obtained from the dried bark of an evergreen tree native to South America.

# How to get your risk profile right

Suzanne Smith-Demers – Consultant

Every investor fears losing money but if you're feeling panic then your risk profile isn't right.

Of course, investing is about picking securities that will make money, it's also about choosing investments in line with your risk tolerance. Determining your risk tolerance can be difficult but when you get it right, investing will be that much easier. Here's how.

**Start with your goals** You need to know what you're trying to achieve before you can set your asset mix – in other words, define your financial goals. Age is also a factor, be conscious of how much time you have to cope with market corrections.

**Understand real market risk** You may feel riskier than you really are when the stock market is producing spectacular gains. But when you experience an episode of market volatility, you get a better understanding of your real risk-tolerance.

Some investors can absorb a 20% loss a year and feel comfortable because they know that markets will eventually recover and rise. Others may panic and sell at a loss.

**Define your real risk tolerance** The first step is to define your time horizon, is it short-term or long-term? Then define your true comfort level with risk by asking yourself how much you're comfortable potentially losing in the short term. Don't just use percentages – "I'd be okay with losing 10% or 15%." — use dollar terms — "If I have X amount invested, I will be comfortable losing Y amount."

By establishing your correct expectations from day one, you won't panic with inevitable market volatility.

Your professional advisor will have a questionnaire to help you achieve the correct risk profile and investment mix for your situation. Make sure you are talking about what really matters to you, beyond the questionnaire.

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Photograph: [www.alamy.com](http://www.alamy.com)

# WHEN A CHILD FALLS BEHIND:

## TIPS FROM A PSYCHOLOGIST & FORMER TEACHER

By Joyce Achtnig BEd, MC, CCC, Provisional Psychologist & Canadian Certified Counsellor

### What Can You do if Your Child is Struggling in School?

Is your child underachieving academically? Or do you think your child may be gifted and is underachieving due to boredom and lack of challenge? Parents and teachers are often the first to voice concerns regarding a child's struggles and need for help. When teachers suspect that issues like Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), or a learning disability may be at the root of a child's challenges at school, they will often recommend a psycho-educational evaluation. Current research demonstrates that early identification, understanding, and appropriate intervention is the key to a child's success.

### What are School Psycho-educational Assessments and What Benefits do They Offer?

It is understandable that many parents are unclear about exactly what a psycho-educational assessment is when school staff or a physician recommend it. A psycho-educational assessment will evaluate your child's thinking/reasoning abilities and underlying psychological processes (e.g., attention, processing, fluid reasoning, memory). It also assesses academic achievement (e.g., expressive and receptive language, reading, writing composition, math), social development, emotional functioning, and behaviour. This is generally accomplished through standardized testing, informal assessments, interviews, questionnaires, observations, and review of previous records or reports.

The end result is a rich and comprehensive assessment that helps parents and educators by making sense of a child's struggles and uncovering his or her strengths. A psycho-educational assessment is a powerful tool because it creates a more accurate and complete picture of your child that can change the way your child is perceived and ensure that appropriate resources, educational programming, and accommodations necessary for success are recommended. In addition, information in the assessment may also be used to qualify the child for disability services, or to guide physicians in choosing appropriate medication, etc.

### How Can Parents Obtain a Psycho-educational Assessment?

Parents may ask the school to complete a psycho-educational assessment; this is done by school board psychologists, at no cost to parents. Unfortunately, there are waitlists and only the most severe or in need students will qualify for the few assessment opportunities that have been allocated to each school for that year. The fastest way to obtain an assessment for your child is to use a psychologist in private practice; we can usually book an appointment in less than a month, and have the report completed between four to six weeks after testing. In Calgary, the cost for a psycho-educational assessment ranges from approximately \$1,400 to \$2,800, depending on the psychologist you choose and the assessment tools and time required. In many cases, a parent's insurance plan through work can pay for at least some of this expense.



# The Course of the Elbow River

Ever wonder where the water in our Elbow River comes from and where it goes? A new map developed by Canadian Geographic Education and the Lake Winnipeg Foundation under the OPEN Water Program answers that question.

The meandering Elbow River is just 120 km long but is part of the vast, million square kilometer, Lake Winnipeg watershed that spans 4 provinces and 4 states. The river and its valley was formed toward the end of the last ice age, some 12,000 years ago.

The source of the Elbow River is the Rae Glacier, so named for Dr. John Rae, a Scottish explorer hired by the Hudson Bay Company to survey 2500 km of arctic coast. In 1847 Rae discovered the fate of the Franklin Expedition, and it was Rae, not Franklin, that found the final link to the North West passage. In 1864 Rae's last main survey was for a route for a telegraph line through the Rockies.

About 600 meters downslope from the glacier, sits the pristine Elbow Lake in the upper Elbow Valley below Elpoca Mountain. Here the Elbow River watershed is 40 km wide, narrowing to 5 km past the Glenmore Dam and just 1 km where it empties into the Bow. The glacier is retreating at a rate of 6 meters per year, but the river is fed by snow melt and storm water; sometimes extreme, like we saw in 2013.

The Elbow's water joins with the Bow River at Fort Calgary, then the Bow joins the Oldman River from the south, just west of Medicine Hat, forming the South Saskatchewan River. The South and North Saskatchewan Rivers merge near St. Albert, Saskatchewan, ultimately flowing into the north eastern region of Lake Winnipeg.

So untreated water moving over inner-city Calgary roads and properties, can reach Lake Winnipeg, more than 1,800 kilometres away, in as little as two to three weeks. After that it moves north, ultimately mixing with the salt water of Hudson Bay.

Lake Winnipeg is the 10th largest freshwater lake in the world. Threatened by the waste of millions of people, agriculture and industry in the watershed, symptoms of the lake's ill health are toxic algae blooms, invasive species, impacts on the fishery, beach closures, drinking water advisories and so on. Hands-on citizen science and education initiatives like this new map, supplement research and efforts to clean up the lake.

Sources: [lakewinnipegfoundation.org](http://lakewinnipegfoundation.org), [cangeoeducation.ca](http://cangeoeducation.ca), and "Mountains to Metropolis" by Diane Coleman (2014).

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at [S2Gplusinfo@gmail.com](mailto:S2Gplusinfo@gmail.com). Follow us on [facebook.com/S2Gplus](https://facebook.com/S2Gplus)



# IN & AROUND CALGARY

## Graffiti Vandalism

*A message from the Federation of Calgary Communities Building Safe Communities Program*

Graffiti vandalism is figures, letters, drawings or stickers applied, scribbled, scratched, etched, sprayed or attached on or to the surface of any premises, structure, or other property. It can be done by a variety of methods including spray paint, markers, etching and pens to name a few. Graffiti done without the owner's permission is vandalism and is a crime carrying serious consequences. Most graffiti vandalism IS not gang related, but if graffiti vandalism is left unchecked, other criminal activities may begin to start in the area as the perception of the community is that no one cares or is taking care of the area. **Graffiti vandalism needs to be reported to 311.** If graffiti vandalism is not removed quickly, this inaction may be interpreted as a sign of low neighbourhood pride, and graffiti vandalism will spread to other buildings, streets and properties.

What to do:

1. Record the graffiti vandalism by taking a photograph (if possible) of the damage
2. Note the location
3. Report the graffiti by calling 311
4. Remove the graffiti if it is on your property or with permission of the property owner. The longer it is left for viewing the more likely other graffiti will appear in the area.

Please visit [www.graffitifreecalgary.ca](http://www.graffitifreecalgary.ca) for more information on graffiti vandalism and how you can make a difference in your community to address graffiti vandalism. Special thanks to the Calgary Police Service Graffiti Coordinator Constable Dave Ladic for input in this article.



## Property Tax Assistance Program

Property Tax Assistance Program: Help is available. The City of Calgary may provide a grant/credit of the increase in residential property taxes from 2015 to 2016.

To be eligible, the applicant must:

- Experience an increase in property taxes from 2015 to 2016.
- Live in the principal residence for a minimum of one year.
- Own no other property.
- Must meet low income guidelines of the Fair Entry Program. Visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry) or call 311.
- Provide an acceptable proof of household income for all members 18 years of age and older. Visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry) or call 311.
- Apply for the grant/credit by Dec. 1, 2016. Visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry) or call 311.
- Even if you are not eligible for the Property Tax Assistance Program, we may be able to help you access other community resources.

**Please note:** Even though an application has been made to the Property Tax Assistance Program, all property taxes must be paid in full by the due date, June 30, 2016, to avoid a seven per cent penalty.

For more information, or to apply, please contact 311 or visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry).

## New to Canada?

Arriving in a new city can be overwhelming. In Calgary, there are many resources and services to assist newcomers, community organizations to help you get settled, and immigrant serving agencies who can help if you're new to Canada.

The Newcomers Guide to Calgary (available in English and Arabic) provides important information for new residents in an easy to download and print format.

For more information, visit [calgary.ca/newcomers](http://calgary.ca/newcomers).

# IN & AROUND CALGARY

## Alberta Health Services EMS

### Back to School safety

Alberta Health Services EMS would like to remind parents and children about a few road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Avoid talking on a cell phone, texting, or any other behaviour that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school, or playground zones, during posted hours.

### Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- When activating overhead crossing lights, pause and make eye contact with all drivers before stepping off the curb. This is to ensure that motorists in both directions have seen you and come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the "walk" sign and only when all vehicles have come to a complete stop;
- If you are with young children, or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;



- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

## Mandatory bylaw for building maintenance approved by City Council

What goes up shouldn't come down.

In the last few years, there have been several incidents of materials and debris falling off tall buildings, particularly in the downtown core. City of Calgary investigations into these events revealed that there's more to be done to prevent potentially hazardous situations and protect public safety. That's why the Building Maintenance Bylaw was developed.

It will require buildings that are five storeys or higher and 10 years and older to complete visual exterior assessments every five years.

The bylaw comes into force on Jan. 1, 2017. To learn more, visit [calgary.ca/buildingmaintenancebylaw](http://calgary.ca/buildingmaintenancebylaw).





# Calling All Neighbours!

To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to [EVG@great-news.ca](mailto:EVG@great-news.ca)



# SUDOKU

2	9	3	8	7	5	1	4	6
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9	2	7	3	5	1	8	6	4
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*by Elisabeth Fayt*

What a message, loud and clear. Men just want the facts, Jack. The problem is, as women, we love to do this seductive pole dance around the punch-line, keeping our listener captive with every detail before we get to the point, if we *ever* get there. Shocker, ladies, this drives our men crazy!

It can be done, and we grow spiritually the more we're able to combine the two. It happens with practice, with of our bosses, partners and friends, so bring on those relationships that push your buttons and take you to the next level.



*Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.*

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week (more than 55 in the summer months), use the gymnasium, swim in our newly refurbished pool, skate, or play shinny. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.) Plus with a membership you get 20% off hundreds of fun, active registered programs.

Online registration is open and ongoing! We have something for everyone: swimming lessons, skating lessons (and NEW learn to figure skate program), adult fitness, older adult fitness and wellness, and programs for parent & tot, preschool, and children & youth. Lots of new programs; see [www.tricocentre.ca](http://www.tricocentre.ca) for our Fall/Winter Program Guide or pick up a copy in facility. You can register online or by calling Guest Services at 403-278-7542.

Our newly refurbished pool is open NOW – come and check it out. We will be celebrating on September 24, 2-9pm. Swim lessons for all ages (including adult.) Canadian Swim Patrol. Private Swim lessons are also available.

Lots of parent & tot registered programs. New combo classes for Fall: Bubble Buddies, morning of songs, rhymes & action games – then blow bubbles in a parent & tot swim lesson. Also new, Dance with Me! Messy Masterpiece & Tiny Tot Sports n' Play. Also check out our parent and tot drop-ins – free with membership. Thirty different registered preschool options: art, dance, active movement, sports. New for Fall: Registered programs, ABC-123, combo classes: Art N' Gymnastics, Funky Fridays (each week focuses on a different theme) & Ballet/



## Children & Youth

## Adults

## Older Adults

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities like yours pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.



# The Tiny but Mighty Bufflehead

Article by J.G. Turner

Photo by Mdf

This very small, compact, buoyant diving duck can be identified by its large, dark, puffy looking head with short, wide, greyish bill. The Bufflehead has an average length of just 36 cm or 14.5 inches, wingspan of about 53 cm or 21 inches, and weight of approximately 411 g or 15 ounces. The best places to spot a Bufflehead are small lakes with marshy edges and open centres, and areas where there are lots of poplar trees and aspen woodlands in central Alberta from the Spring through to late Autumn.

## Fun Facts:

- The Bufflehead migrates from Mexico or the Gulf Coast of the United States to breed in Canada, and even as far north as Alaska.
- Buffleheads are one of the last ducks to leave Alberta before winter arrives.
- Where open water remains over the winter, this little duck sometimes stays year round.
- When mature, a female Bufflehead will return each year to the area where she was born to search for a nest cavity in which to lay her eggs.
- She will often choose an abandoned woodpecker's nest and absolutely loves the nest holes carved out by the Northern Flicker.
- As a diving duck, its legs are near the back of its body, so they must 'run' across the surface of the water to gain the momentum needed to take off and fly.
- The Bufflehead is Canada's smallest duck and they can

squeeze through holes only eight centimeters wide!

- Buffleheads are territorial: males will defend a female by diving under water and popping up underneath a rival male. Females will defend the water where they rear their young.

The Bufflehead is one of the scarcest ducks in North America and its numbers continue to suffer from logging and agricultural clearing of poplar stands and aspen woodlands, decreased numbers of Northern Flickers in an area, and human hunting activities.

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.calgary-wildlife.org](http://www.calgary-wildlife.org) for more information.



## Immortality

While we humans obsess about achieving immortality, other organisms seem to do it effortlessly. In 2014, scientists revived *Pithovirus sibericum*, a virus preserved for 30,000 years in Siberian permafrost, simply by letting it thaw.

-Discover magazine

# Is this an emergency or not?

I was on holidays this summer and neighbors of the cabin we rented asked my advice about a pet which suddenly started paroxysmal coughing and bringing up white foam late on a holiday night. They also reached out for advice to a veterinary emergency clinic two hours away and their regular veterinarian three hours away.

As veterinarians we were all in a professional quagmire even though we all tried to help these people and their pet. I am not licensed in B.C. and cannot provide veterinary care and advice, but I offered an opinion when asked after examining the pet using only the tools at hand, my senses and experience. The veterinarians on the end of the two phone calls are legally liable if they provide an opinion and they must trust the information being provided by the owner is correct.

We, all three, gave the same advice given the information at hand; information that every pet owner should consider. Airway, breathing, and circulation were considered. The pet's airway was OK with no hoarseness or evidence of blockage, when she lay down she breathed easily without any impediment, and her heart rate was normal with strong even pulses. When I checked the color of her gums they were pink and if pressed to make them white they immediately pinked up again. So her heart was doing its job.

Bella was not in any apparent pain, given a tiny cookie she swallowed normally, and finally her demeanor, while she was confused she was not panicking and quite calm. The owners were told to give her small amounts of water at intervals and we all suspected that she had injured her throat with some foreign object. She did not appear to be in imminent danger. If something had been stuck she would likely not be able to stop coughing and relax. We all recommended waiting until morning.

The next day her owners transported her to her regular veterinarian for her throat to be x-rayed for a fishhook and thoroughly examined with sedation if necessary. Bella, the Labrador, was pronounced ok and that she would likely have a full recovery with time for a minor injury to her throat. This was the case.

Those emergencies when you are far from help can be terrifying and the veterinarian on the phone must err on the side of caution. Any painful condition related to the eye is an emergency in my book, any respiratory problem that doesn't respond to quiet rest, pale mucous membranes or gums, and unrelenting pain all require seeking immediate help. Fractures, lacerations, and most gastrointestinal disorders all require hands on assessment and treatment. Use the same judgment you would use for your child or spouse, but remember this patient can't articulate what they are feeling, which is why sight, sound, touch, and smell are imperative to reach your decision to head for help or not. Sometimes you may over react but that is infinitely preferable to the alternative outcome.

I hope everyone and their pets had a safe and relaxing summer.

Jennifer L. Scott, D.V.M.

## Insect Trivia



Mosquitoes dislike citronella because it irritates their feet.





## CULINARY FILE:

# Feta Turkey Burgers with Sautéed Red Pepper and Onions

Written by Rae-Ann Hagen, Registered Dietitian

Turkey Burgers have become a family staple over the past couple of years. This recipe was originally my husband's creation that has since evolved into this quick and easy meal. Not only is this super quick but they always make for a delicious healthy meal which makes this recipe perfect for both a weeknight family meal or a weekend BBQ with friends. To make these burgers I recommend you start with your favourite fresh whole wheat bun. Follow the recipes for the feta turkey burger patties and sautéed red pepper and onion topping listed below. I find that fresh arugula adds a nice peppery flavour but any green will compliment these turkey burgers well. I love to serve these with a yummy summer salad on the side to keep it light and fresh.

### Feta Turkey Burger Patties

Ingredients:

- 1 package of ground turkey
- 1/4 cup of feta cheese
- 1 tsp dried oregano
- freshly ground pepper to taste

Directions:

1. In a medium bowl, combine all ingredients. Divide into 4 equal parts and form into patties. If time allows

let the patties rest in the fridge for an hour prior to cooking.

2. Cook the patties on a medium grill. Cooking time can vary but is typically around 20 minutes. Check the internal temperature is at least 165 °F to ensure the patties are fully cooked.
3. Serve on a fresh bun, top with the red pepper onion topping and fresh arugula.

### Sautéed Red Pepper & Onion Topping

Ingredients:

- 1/2 red pepper thinly sliced
- 1/4 white onion thinly sliced
- 1 tbsp. canola oil
- sprinkle of Montreal Steak spice

Directions:

1. Put red peppers, onions, canola oil and Montreal steak spice together in a pan. Cook on a medium heat until soft, around 5 minutes.
2. Place on top of your grilled feta turkey burger.

Enjoy these with family and friends during this fabulous barbeque season!



# How Accurate Is Your Body Image?

By Carol Fredrek, Registered Psychologist

Do you measure your self-esteem by how you look or find yourself preoccupied with your weight, letting the numbers on the scale define who you are? Do your relationship to food and your body interfere with your life or prevent you from enjoying everyday activities?

Body image and weight obsession in our culture is rampant. According to the article 11 Facts About Body Image "91% of women are unhappy with their bodies and resort to dieting to achieve their ideal body shape". [www.dosomething.org](http://www.dosomething.org)

### Body image exists on many levels:

1. **Visual** – how you see yourself when you look in the mirror or when you picture yourself in your mind.
2. **Mental** – what you believe about your appearance.
3. **Emotional** – how you feel about your body, including your height, shape and weight.
4. **Kinesthetic** – how you sense and control your body as you move.
5. **Historical** – a lifetime of experience including pleasure and pain, praise and criticism.

Your body image is always changing as your body changes with age or illness, hunger or fatigue. Your feelings, attitudes and values are so easily shifted by external factors. A slight comment by someone such as "You look great today. Have you lost weight?" or "Perhaps those black pants would be more slimming" can alter your body image. Stepping on the scale in the morning can determine how you feel about yourself for the day.

### Negative Body Image: Body Loathing

- You have a distorted perception of your shape.
- You are convinced that only other people are attractive and that your body size or shape is a sign of personal failure.
- There is a feeling of preoccupation and dissatisfaction with your appearance.

- You feel ashamed, self-conscious, and anxious about your body.

### Positive Body Image: Body Love

- You have a clear, true perception of your shape.
- You experience a mixture of emotions, attitudes and actions that let you enjoy the way your body looks and the way it feels.
- You celebrate and appreciate your natural body shape.
- You feel proud and accepting of your unique body and refuse to spend an unreasonable amount of time worrying about food, weight and calories.
- You feel comfortable and confident in your body.

### Body Loathing to Body Love

First it is important to understand the relationship between body image and self-esteem. Poor body image has very little to do with how you actually look. Studies have shown that there is very little connection between a woman's actual physical attractiveness (as rated by others) and her satisfaction with body image. In addition, there is little connection between physical attractiveness and feelings of self-worth.

A self-esteem survey was given to both attractive and unattractive people and their

scores were very similar; however, there is a strong relationship between body image and self-esteem. What this means is that despite appearance, people who view their bodies positively also tend to have higher self-esteem. On the contrary, those who see their bodies negatively are apt to have lower self-esteem. (Freedman, R. 1988)

**Body Love** is not about making a perfect body but rather about being in this world contentedly in an imperfect one.

*Carol Fredrek, MA, R. Psych. is a Registered Psychologist that has worked in the areas of women's issues, disordered eating and body image for over two decades.*



## COUNCILLOR, WARD 13 DIANE COLLEY-URQUHART

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### SW Transitway Project Update

For the past many, many months, I have heard continuing concerns and questions being raised about the SW Transitway project. I too have had mounting concerns about many aspects of this leg of the Calgary BRT grid system.

Based on my discussions and meetings with you, I continued to take these concerns back to City Administration and my colleagues on City Council. I share your concerns about the project, which included the ballooning of the budget (\$40M - \$85M), the acceleration of project timelines, moving ahead while several other developments and redevelopments were occurring at the same time along the same corridors, and ATCO's Urban Pipeline Replacement (UPR) Program to convert high-pressure oil and gas lines to low-pressure lines in 2018. Most of all you were extremely disappointed with the cancellation of community meetings and citizen engagement. All of these concerns require extensive citizen participation and thorough engagement. To learn more, I invite you to view my YouTube video at <https://youtu.be/Ww4ZGk8gndA>.

It became abundantly clear that I needed to hold my own Town Hall meeting with my constituents to thoroughly discuss the project and to fully engage and listen to what you had to say. On June 8<sup>th</sup>, several thoughtful questions and comments were raised in the nearly 3-hour long meeting. My staff recorded all your feedback which I was able to present back to my constituents at the Transportation & Transit (T&T) Committee meeting on July 20<sup>th</sup>. This meeting started at 9:30am and ended at 2:30am the next day.

There were over 100 attendees, 80 speakers and 16 hours of thoughtful discussion at the July 20<sup>th</sup> meeting. Committee members listened to both positive and opposing feedback from constituents. I want to sincerely thank City Administration for the extensive work they undertook to thoroughly respond to each and every question raised.

This meeting was to discuss the update report on four of the BRT projects which was originally presented to the April 20<sup>th</sup> Committee meeting. The report was referred back to Administration to prepare thorough responses to the 62 questions and issues that were asked by the presenters. (<http://www.calgary.ca/Transportation/TI/Documents/Transit-projects/sw-transitway/sw-transitway-response-public-questions->



Speaking with constituents at my SW Transitway Town Hall on June 8, 2016 at Woodcreek Community Association

**jul2016.pdf**). As a result of this T&T meeting, the pace of this project has been slowed down significantly. The City will undertake extensive consultation and fully engage with the public and stakeholders to address project concerns. It is vital to have all public input thoughtfully considered as The City completes the plan for the SW Transitway corridor.

Committee directed Administration on the following recommendations (please email my office for the complete list):

To continue working closely with ATCO on the development of an efficient staging plan, in conjunction with the BRT phasing plan, for construction on the 14 St SW corridor which maximizes mobility and minimizes disruption to the surrounding communities, while ensuring construction is completed in a cost effective and timely manner.

That Program 566 is not to exceed the previously approved Council budget of \$208 million. Within the approved Program 566 budget, Administration can redistribute the funding between the North Crosstown, South Crosstown, 17 Avenue SE and Southwest Bus Rapid Transit projects with a consistent scope to these projects to effectively deliver a BRT network for Calgarians. **I voted against this recommendation, as I am vehemently opposed to taking funds from other projects to fund project escalating costs on the SW Transitway project.**

**I made a new recommendation - To undertake a facilitated citizen involvement approach for the proposed Southwest Bus Rapid Transit project south of Glenmore Trail, as soon as possible, to include but not limited to:**

- Utilizing the latest online tools;
- Workshops; and
- Citizen opportunities to provide input on project components (stations and sound attenuation), community impacts, risks (safety) and phasing.

Based on the feedback I heard, I had also asked Administration to revisit the ridership numbers in Woodbine. I also have asked for a report on whether it makes sense to have the SW BRT to turnaround at the end of 90<sup>th</sup> Avenue SW instead of in Woodbine because the ridership just isn't there.

I will continue to be actively involved in the upcoming citizen engagement process on this project and I urge you to get involved and continue to give me your feedback. I deeply appreciate all the time, effort and concerns citizens have raised.

## IN & AROUND CALGARY Southland Leisure Centre

### #GetMovingYYC - Free Family Events

Creating a vibrant and prosperous Calgary depends, in many ways, on the health and happiness of our citizens. In 2015 we launched the #GetMovingYYC initiative to get *more Calgarians, more active, more often*. Join us in the *movement* to get Calgarians moving more where they live, work and play. Together we can turn the curve on sedentary behaviour and lifestyles in Calgary. For upcoming events and schedules Check out [calgary.ca/get-moving](http://calgary.ca/get-moving) Events may include family dance, indoor cycle & movie, obstacle course and more!

### Try It For a Toonie:

Ever thought about signing up for a registered class, but wanted to try it first? Now is your chance! There is something for everyone to try, and something new every day. If you love a class, you can sign up for a whole session starting just a few weeks later! Admission to facility amenities is not included.

### Age: 16Y and up

Sep 19-22 \$2.00/person Drop-in  
Sep 19 M 07:05 pm-08:05 pm YYC Circuit  
Sep 20 T 07:15 pm-08:15 am HIIT  
Sep 21 W 07:00 pm-08:00 pm Pilates Reformer-Intro  
Sep 21 W 08:15 pm-09:15 pm Real Men do Yoga  
Sep 22 Th 09:00 am-10:00 am Body Weight Bootcamp

### Friday Night Dance Party – Sept 30 from 7:15-10:00pm

Admission to the Party includes a dance lesson (primary movements, rhythmic structure, posture, leading and following), social dance, as well as refreshments. No Partner Required!  
Wednesday Soccer Drop-in  
Age: All ages

### Drop-in Climbing and Gymnastics

### Drop-in Badminton and Basketball

### PLAYSCHOOL

Southland Leisure Centre's Playschool is recreation-based and includes educational activities which allows children to learn through play. Playschool programs are for two to four year olds from September to June.

NEW Prepare your preschooler for an active social experience where children are encouraged to play and learn through games, song, exploration and art.

### Every Sunday, 8 am to noon. Family Swim

It's a designated family swim time. Come enjoy our waterpark, including a trip or two to the AquaPlay structure. Be prepared to get wet! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies.

### MEND Mind, Exercise, Nutrition...

#### Do it!

Child obesity is a significant issue in Alberta. There is substantial evidence linking obesity to preventable chronic diseases and psychological impacts on children. MEND is a community, family-based healthy lifestyle program. These programs are provided at NO COST to participants and provide a comfortable environment for families to interact and learn how to make healthy lifestyle choices. The program will provide you with the tools and support you need to help you and your family transition to a healthier lifestyle. If you are interested in hearing more about MEND or wanting to register, please contact:  
403-648-6576 for 2Y – 4Y  
403-366-3926 for 5Y – 13Y  
Ages 2Y – 4Y: 10 week healthy eating and activity program for families.  
Ages 5Y – 7Y: 10 week early prevention program for families with children at risk or above healthy weight, encourages healthy eating and physical activity.  
Ages 7Y – 13Y: 10 week (20 sessions) program for families with children that are above a healthy weight.



## TRIVIA An active social life helps you live longer

Maintaining a strong social network may foster good health in part because support from sympathetic friends and family helps cushion the impact of life's blows. When you lead a less anxious life, you're less prone to certain chronic conditions, such as cardiovascular disease.

—Discover magazine



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Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
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