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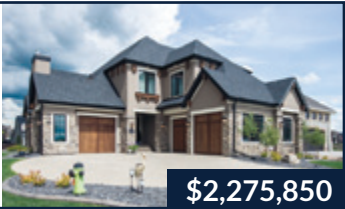


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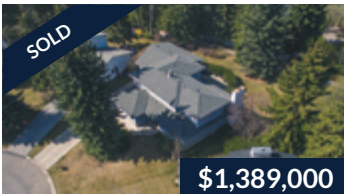


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Lakeview Community Association

Elected Officials



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Calgary, AB, Canada T2P 2M5
Phone: 403-268-2430
Fax: 403-268-8091
Email: ward11@calgary.ca
Web: www.calgary.ca/ward11



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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING
LAKEVIEW FOR 3 YEARS!

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

Back to School

Tips from a Psychologist & Former Teacher

The warm, golden summer days are dwindling and the new school year imminently approaches. Many parents may worry about their children starting a new school, riding the bus for the first time, or meeting the increased academic demands of a higher grade. The transition from relaxed summer days back to the expectations and work students associate with school can be an abrupt and harsh reality. There are things parents can do to make it easier.

Create a Morning Routine the First Day

If your morning school routine ran smoothly last year, congratulations! If you found last year the mornings were less than perfect, rest assured, you're DEFINITELY not alone. The good news is, a few changes can result in major payoffs. Kick it up a notch this year by injecting some new strategies. For example, try a loud alarm clock to jumpstart the day, or a gradual wake up light alarm clock that simulates the natural sunrise for a more gentle waking; laminate morning checklists (e.g., brush teeth, wash face, get dressed, pack backpack) so they can check tasks off as they complete them; use a visual timer (shows how much time is left in red chunks that get smaller as time passes) for the last half-hour countdown to out the door time.

Start a Healthy Sleep Routine

Start progressively, until you get to a wakeup time that's reasonable for school days. Make a firm No Screens Policy 1.5-2 hours before bed; ample research demon-

strates this promotes a better sleep. Consider blackout blinds to darken the room, this helps signal the brain to produce melatonin and transition from wakefulness to restfulness. As adults, we know how our brains can shut down and how irritable we can become when we don't get a good sleep. Our kids feel the same way, only they don't have the developed coping mechanisms and maturity we do.

Prepare Everything in Advance

Request children get into the habit of choosing clothing the night before school, this eliminates additional decisions in the morning when bodies and minds are tired and more prone to meltdowns. Get them involved and eventually to assume the responsibility of packing their own lunch the night before school (yes, it's possible).

When to Consult a Psychologist

It's normal for some children to experience anxiety. Fortunately, this usually lessens within the first 3-4 weeks. However, if anxiety persists and other concerning behaviours emerge such as, sleep disturbance, school refusal, acting out or physical complaints (e.g., stomach aches and/or headaches), consult the teacher or counsellor. If issues don't resolve, it may be beneficial to seek services from a licensed psychologist who has experience with children and school assessments; we can help you understand your child's challenges and strengths and recommend interventions to support personal and academic success.



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Dr. Andrew Wong
Dr. Muhammad Raza
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Editorial Content DEADLINE
1st of each month for the next month's issue

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BRAIN GAMES

SUDOKU

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FIND SOLUTION ON PAGE 9

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Lakeview mybabysitterlist

Name	Age	Contact	Course
Alison	24	587-999-1278	Yes
Alix	15	587-998-2201	Yes
Anya	14	403-478-4996	Yes
Clara	13	403-283-4412	Yes
Elizabeth	23	587-999-5901	Yes
Emma	18	587-439-7989	Yes
Erika	19	403-685-4645	Yes
Olivia	14	403-209-3957	Yes
Shelby	16	403-860-7994	Yes

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS Visit 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.

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Lakeview Real Estate Update

Last 12 Months Lakeview MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$954,450.00	\$827,500.00
June 2016	\$649,900.00	\$637,000.00
May 2016	\$649,900.00	\$631,355.00
April 2016	\$595,000.00	\$570,000.00
March 2016	\$515,000.00	\$492,500.00
February 2016	\$524,000.00	\$509,500.00
January 2016	\$1,150,000.00	\$922,500.00
December 2015	\$639,900.00	\$619,000.00
November 2015	\$649,900.00	\$640,000.00
October 2015	\$579,000.00	\$560,000.00
September 2015	\$794,000.00	\$760,308.50
August 2015	\$624,900.00	\$618,000.00

Last 12 Months Lakeview MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2016	3	2
June 2016	11	9
May 2016	11	9
April 2016	10	3
March 2016	8	5
February 2016	5	3
January 2016	7	3
December 2015	4	5
November 2015	4	5
October 2015	9	5
September 2015	10	6
August 2015	8	7

To view the specific SOLD Listings that comprise the above MLS averages please visit lakeview.great-news.ca



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 Calgary, AB Canada T2V 5A8
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 Email: calgary.glenmore@assembly.ab.ca

Dear Constituents:

Thank you to all the constituents who attended our MLA Stampede Breakfast at Heritage Park on July 13, 2016. I was very happy to see you and pleased you took the time to make the event a success. Also, I apologize for the misquote in the July community association newsletters about Canada Day 150- we are in the 150th year now and we are moving towards the celebration of that all year, so we wanted to say “towards our 150th birthday”. Thank you for your understanding.

Alberta Registry Renewal Reminders: I would like to remind you that the paper reminders from Service Alberta will no longer be issued for the renewal of license plates, driver’s licenses and other government IDs. Therefore, please register online at www.reminders.e-registry.ca to receive electronic reminders and review the documents for their expiration dates.

Electricity Prices/Carbon Levy: It is worth noting that current and expected transmission cost increases are due to entirely new transmission builds that were approved in 2008. While it is crucial we have a reliable electricity grid that keeps pace with a growing province, decision makers at the time were not clear with Albertans about what the costs would be and who would pay for their decisions.

The government is putting a price on carbon pollution across the entire economy, and every bit of the revenue generated from our price on carbon will be reinvested back into Alberta’s economy, including the pocket-books of Alberta families and to diversify our economy and create good, mortgage-paying jobs through investments in renewables and infrastructure.

This plan is cost neutral for most Albertans. Two-thirds of Albertans will receive a rebate to ensure the direct costs of emissions do not place an unfair burden on them and that their efforts to reduce their energy consumption are rewarded. Please note that even once the carbon levy is fully implemented, Alberta will still have the lowest taxes in the country.

The government has announced the creation of a new energy efficient agency, Energy Efficiency Alberta, to help families, businesses and municipalities reduce both their energy costs and greenhouse gas emissions. These efforts will help Albertans save on energy bills, and create new jobs in insulation, retrofitting and rebuilding. Until now, Alberta has been the only province without a plan to improve energy efficiency of our homes, workplaces, and public buildings and was long past due. More details will be available soon.

There will also be an adjustment program to assist coal-dependent communities, Indigenous communities, low-income families, and small business to adjust to and succeed in a diversified, lower carbon economy.

Alberta’s government has an investment plan that will fully recycle revenues from Alberta’s carbon levy into renewable energy, innovation, public transit, and other measures that will reduce the carbon intensity of our economy.

Alberta Jobs Plan: Please check the link for details on the government’s initiatives to create jobs in the province: www.alberta.ca/alberta-jobs-plan.cfm

Facebook: [Anam Kazim MLA Calgary-Glenmore](https://www.facebook.com/AnamKazimMLA)
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BRAIN GAMES

SUDOKU

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

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Thank you for taking the time to join in on the budget discussion through June and July. I valued the thoughts, comments and feedback you added to the discussion. If you missed it, please check out the blog series on my website at www.ward11calgary.ca. If you do not have internet access, please know you are welcome to contact my office, and will find an alternate way to share the information with you.

To ensure that you're part of the conversation, I would like to encourage you to contact me and sign up to receive updates from my office. I send out one or two email updates a month to let residents of Ward 11 know about upcoming events in your community, city programs and opportunities to have input into the city's public engagement programs. You can sign up by emailing my office at ward11@calgary.ca and asking to start receiving our updates.


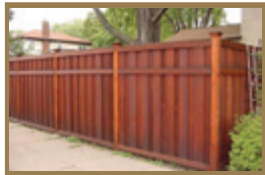
The summer is a great time to consider joining your community association. Community Associations work for you at the very local level of your neighbourhood. The people who volunteer with your community association are committed to making your community better. They plan events, work to represent you to the City and to me, and are always looking for new ways to help neighbours connect with neighbours. They are a very important part of what makes our communities great. Please support your community association by getting a membership, by volunteering and helping out to make your neighbourhood event better.

There are a ton of events taking place in Ward 11, and in Calgary, this summer, and I would like to encourage everyone to take part in some of them! Ward 11 is blessed with very active community associations that are hosting stampede breakfasts and parade, pub nights, movie-in-the-park nights and all kinds of other events. Enjoy the festivities, I hope you have a safe and great summer!



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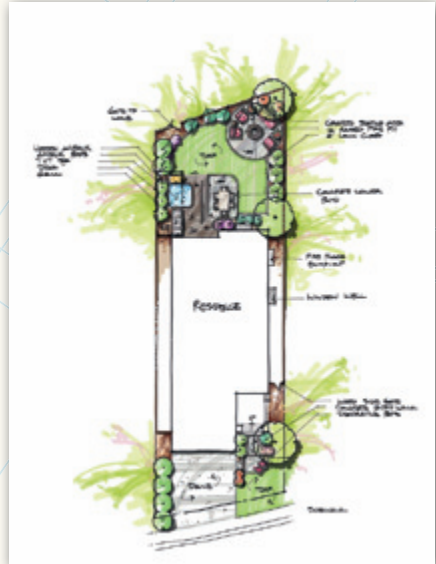



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 Vice-President, Estate Planning Specialist



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 3:00 pm - 5:00 pm

LOCATION: Canada's Sports Hall of Fame
 169 Canada Olympic Road S.W.
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 Calgary, AB T3B 6B7

RSVP: Kara Weber
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kara.weber@rbc.com

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