

SEPTEMBER 2016

DELIVERED MONTHLY TO 3,300 HOUSEHOLDS

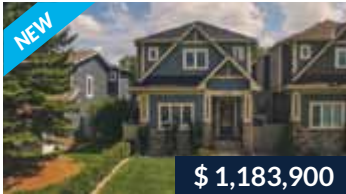
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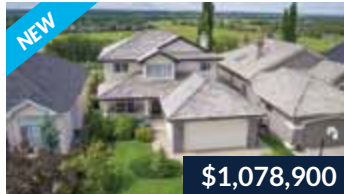
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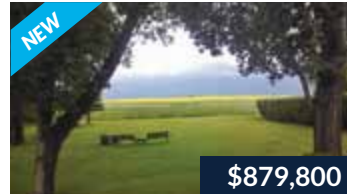
**\$ 1,183,900**

**4722 21A Street SW**  
Rare opportunity with total of 6 bedrooms, 4 up in Garrison Woods C4074711



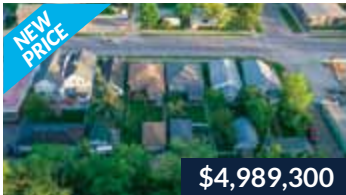
**\$1,078,900**

**45 Mt Alberta View SE**  
Million dollar panoramic view. Walk out basement. C4076206



**\$879,800**

**338154 144 St E**  
8.9 acres located north of Okotoks. Amazing panoramic views. 1 1/2 storey home with out buildings. C4076207



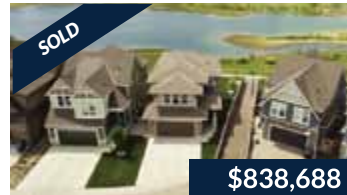
**\$4,989,300**

**1212, 1214 & 1218 5th Ave NW**  
Backing onto Riley Park with downtown views. Zoned residential and commercial. C4067930



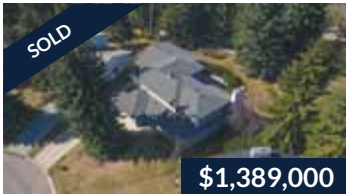
**\$2,275,850**

**7 Mahogany Island SE**  
Island living in the city. Over 5800 square feet. Private dock. C4071864



**\$838,688**

**39 Marquis Crescent SE**  
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**\$1,389,000**

**6901 Lefroy Court SW**  
2640 sq ft, 4 bdrms, 2 baths. Main floor master suite. Family home on quiet cul-de-sac. C4059093



**\$179,800**

**#303 2130 17th St SW**  
480 sq ft studio apartment, great location minutes to downtown, U of C or MRU. Perfect for investors or first time buyers. C4066807



**\$1,325,800**

**2964 Lathom Crescent SW**  
Luxurious family home in lakeview. Chef's dream kitchen. New build with original foundation. C4061056



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## Lakeview Community Association

### Elected Officials



**Councillor Brian Pincott**  
**Ward 11 Office**

P.O. Box 2100, Station M  
Calgary, AB, Canada T2P 2M5  
Phone: 403-268-2430  
Fax: 403-268-8091  
Email: ward11@calgary.ca  
Web: www.calgary.ca/ward11



**MLA Anam Kazim**  
**Calgary-Glenmore**

#A208, 1600 - 90th Avenue SW  
Calgary, AB Canada T2V 5A8  
Phone: (403) 216-5421  
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Photograph: 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 per-

ceived 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.

news@great-news.ca

**Editorial Content DEADLINE**

**1st** of each month for the next month's issue

www.kilbco.com

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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 TO 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 OF ALBERTA PRINTMAKERS

**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...**

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**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.theatre Calgary.com](http://www.theatre Calgary.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)

**Lakeview  
my babysitter list**

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

**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).

**BRAIN GAMES SUDOKU**

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				1	9			
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FIND SOLUTION ON PAGE 14

**STEP INTO FALL**

Are you thinking of becoming more active? The University of Calgary is recruiting volunteers for a 12-week physical activity study.

**To participate you must be:**

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

**By completing the 3 questionnaires you will receive:**

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

**To participate contact:**  
Research Coordinator  
403.210.7044 or [perryr@ucalgary.ca](mailto:perryr@ucalgary.ca)

Ethics ID: REB15-2944  
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

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## 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.**

## 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).

## Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit [calgary.ca/fairentry](http://calgary.ca/fairentry).



## 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.

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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.



## 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!



Canadian Cancer Society  
Société canadienne du cancer

## Harvest summer's fresh bounty

By Paula Trotter  
The Canadian Cancer Society,  
Alberta/NWT Division

There's no better time of the year than now to eat more fruit and vegetables.

Alberta summers offer a bounty of fresh produce. You name it; this season's got it – cucumber, carrots, summer squash, sweet corn, strawberries, blackberries, cherries and more.

It should come as no surprise that eating plenty of vegetables and fruit is good for your health. But did you know a diet that includes a variety of produce helps to reduce your risk of developing cancer?

Research has shown that vegetables and fruit may help protect against certain types of cancer, such as head and neck, esophageal, stomach and cervical cancers. And, because produce is low in calories and high in fibre, eating a variety of fruits and vegetables can help you reach and maintain a healthy body weight, which in turn helps to reduce your risk of developing cancer (being overweight or obese puts you at a higher risk of cancer).

You can't go wrong with eating more fruit and vegetables. They're good for you, and delicious too.

Here are some Canadian Cancer Society tips to help you add more fruit and vegetables to your diet:

- Prepare a weekly meal plan and shopping list that includes plenty of fruits and vegetables. This way you know how you'll use all that produce so it won't go to waste.
- Make a veggie version of your favourite pasta, pizza, curry or chili. You could even try having meat-free meals for an entire day once a week.
- Fire up the barbecue and grill fresh fruit slices such as peaches and pineapple for a healthy, sweet dessert.
- Go for a rainbow of colour. Different coloured veggies and fruit provide different nutrients.
- Think of vegetables and fruit as natural convenience foods. Bananas, apples and oranges all come in their own packaging and can be eaten on the go. So can most raw veggies.
- Liven up the food you eat with crunch and colour. Put tomatoes, cucumber, peppers and radishes in sandwiches, berries in yogurt or cereal, and extra vegetables in pasta, rice, stir-fries and soups.
- If time is an issue, buy packages of pre-cut carrots, peppers, leafy greens or mixed fruit to make life and cooking a little easier.


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 Garrison Open House, October 1  
 2 Hour Discover Curling, October 1  
 More info on our website  
[www.garrisoncurling.com](http://www.garrisoncurling.com) | [info@garrisoncurling.com](mailto:info@garrisoncurling.com)



**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 [LV@great-news.ca](mailto:LV@great-news.ca)

**Lakeview**  
**Real Estate Update**



Last 12 Months Lakeview  
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$548,900.00	\$535,000.00
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

Last 12 Months Lakeview  
 MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2016	7	5
July 2016	3	2
June 2016	10	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
August 2015	8	7

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



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 wa-

ter 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.*



## MLA CALGARY-GLENMORE ANAM KAZIM

#A208, 1600 - 90th Avenue SW  
Calgary, AB Canada T2V 5A8  
Ph: (403) 216-5421, Fax: (403) 216-5423  
Email: calgary.glenmore@assembly.ab.ca

Dear Constituents:

As we transition to autumn, I hope all of you were able to make the most of summer and get ready for the new school year and upcoming ventures. It was a great time for myself to do a self-reflection and I want to ask yourselves about the best possible ways I can best serve you as your MLA. I would be delighted to learn about how I can be the best I can be as the MLA representing you. Therefore, please contact me at the contact information provided to share your thoughts and suggestions. I look forward to having your feedback.

I, your MLA along with the government have been working very hard to create jobs in Alberta and boost our province's economy. The collapse in oil prices has caused economic pain and anxiety throughout the province. For this reason, in this newsletter I would like to share information about the **Alberta Jobs Plan** in-depth.

**Alberta Investor Tax Credit:** \$90 Million for the new Alberta Investor Tax Credit provides a credit to those investing in small-and-medium sized enterprises.

**Capital Investment Tax Credit:** \$75 Million for this credit provides credits for the first-time acquisition of new or used property or spending in value-added agriculture, tourism infrastructure, culture, manufacturing and processing industries.

**The Entrepreneurship Incubator Program:** It helps entrepreneurs and small and medium sized businesses bring their ideas to market.

**Reduction in the Small Business Income Tax Rate:** The income tax rate for small businesses have been reduced from three percent to two percent and is effective January 1, 2017.

**The New Alberta Child Benefit and Enhancements to the Alberta Family Employment Tax Credit:** This provides approximately \$340 Million in combined benefits to 199,000 families and will help children get a good start in life. Also, it helps Albertans in need get back on their feet and under this plan, 380,000 children will be better off.

**The Climate Leadership Plan:** Invests in public transit, energy efficiency, new cleaner electricity and continuous strong negotiations with provincial and federal partners to build new pipelines-The safest and most efficient way to deliver Alberta's traditional energy products to new markets.

**The Alberta Jobs Plan** also provides help for apprentices to complete their training/work experience requirements and supports the Training for Work Program. For further details on the Alberta Jobs Plan please check the website [www.alberta.ca/alberta-jobs-plan.aspx](http://www.alberta.ca/alberta-jobs-plan.aspx) as well as the website for Alberta Ministry of Economic Development and Trade at [www.economic.alberta.ca](http://www.economic.alberta.ca).

The Government of Alberta could have chosen to make cuts during these rough times to the services people rely on but, it has chosen to support Albertans by creating jobs and investing in infrastructure.

**The Alberta Jobs Plan Invests:**

- \$3.5 Billion to build and modernize schools
- \$9 Billion in funding to municipalities
- \$900 Million to ensure Albertans live in affordable homes
- \$365 Million to continuing care

For further details, please do not hesitate to contact me.

## BRAIN GAMES SUDOKU

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

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## COUNCILLOR, WARD 11 BRIAN PINCOTT

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Another summer has come and gone. I hope you enjoyed all it had to offer in and around our city. The City of Calgary and our Community Associations held many great events to get out moving and socializing like the Canada Day celebrations in the downtown, Stampede breakfasts, festivals, and mobile skateparks.

Council is back in session after the August break, along with all Councillor appointments to special committees. I'm involved in many facets of City and partner functions, and I love these opportunities to work with great organizations and make positive changes. Here's a bit about what I have been and will be up to. I sit on two Standing Policy Committees: on Community and Protective Services, and on Transportation and Transit. I also serve on Audit Committee and the Intergovernmental Affairs Committee.

I am on the board of Attainable Homes Calgary Corporation (AHCC), Calgary Housing Company (CHC), and the Calgary Homeless Foundation (CHF). These three committees represent the continuum of ensuring Calgary's citizens are able to address their housing needs. By helping to create strategies to get Calgarians into homes, stay sheltered if they face physical or financial hurdles, and move out of the system and into home ownership, I am able to recommend policy proposals which make sense within the larger picture.

My work on the boards of Family and Community Support Services Association of Alberta (FCSSAA), and the Federation of Canadian Municipalities (FCM) allows me to guide municipal policy development in conjunction with initiatives at the federal and provincial levels, and vice versa. FCSSAA meetings take me up to Edmonton once a month and FCM meetings take me all over Canada every few months to meet with colleagues in other Canadian municipalities. With FCM, I am the Chair of the Executive Committee, on the Governance Committee, part of the Prairies and Territories Regional Caucus, on the Standing Committee on Environmental Issues and Sustainable Development, the Chair of the network of francophone municipalities, the Standing Committee

on Increasing Women's Participation in Municipal Government, Chair of the Standing Committee on Social-Economic Development, on the National Municipal Energy Infrastructure Task Force and the Governance Representative for Haiti projects.

The City of Calgary is the sole shareholder of ENMAX (while the City "owns all the chips", it doesn't play them). In my role on the ENMAX Board of Directors, I am really excited about the future possibilities of electrical distribution. ENMAX is a separate legal organization, and pays the City of Calgary dividends when able. I prefer that the City use these dividends for re-investment, such as into the ENMAX Legacy Parks Fund. This is the funding mechanism behind the Sandy Beach/River Park rehabilitation project.

I also act in an advisory capacity to the BiodiverCity Advisory Committee, the Climate Change Action Advisory and the National Zero Waste Council. Healthy native flora and fauna populations give our city increased resilience in the face of climate change. Especially at the municipal level, it's important to address waste, and the real cost of waste to both the municipality and our environment.

I also serve on the Calgary Arts Development Authority board. Besides my past involvement in and love of the arts community, there is a real economic argument for the arts that we as a City need to support.

As we gear up for a busy fall, be sure to subscribe to your Ward 11 update at [www.ward11calgary.ca](http://www.ward11calgary.ca) to receive an email or two a month letting you know about important happenings in your community and city.

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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
<b>HOSPITALS / URGENT CARE</b>	
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
<b>OTHER</b>	
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Calgary Parking Authority	403.537.7000
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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
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RNR Lockworks Ltd.	403.479.6161
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Weather Information	
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## Writings about Reading

### Parents as Partners

It's 'back to school' and the perfect time to revisit how you can be the best partner in your child's education. You, as parent, grandparent or caregiver have been helping your child to learn since they were a tiny baby . . . and your role continues. Here are ways to help your child build their language and reading skills:

### Get to know your child's teacher

You'll build a connection and be able to ask questions. The teacher will suggest ways you can help your child at home.

### Read aloud with your child every day

In order to read fluently, your child needs lots of practice with hearing how good reading sounds. Take turns reading aloud a story; the more familiar the words become the easier it will be for your child to read.

### Incorporate literacy activities anywhere

Literacy skills are used in all kinds of situations. Encourage your child when reading food labels, talking with other children, discussing a movie with the family, or when writing lists to be posted on the refrigerator.

### Teach phonemic awareness and phonics (letter names and their sounds)

Young children hear "dog," but not the "duh"- "aw"- "guh." To become readers, they have to learn to hear these sounds (or phonemes). And, a child can't sound out words or write them without knowing the letter sounds. There are lots of websites and ABC books to help.

### Keep the fun and encouragement flowing!

Write notes to your child in their lunch kit so they feel supported during the first days of school. Ask specific questions at the end of their day: what games did you play today? Who is in your class? Did you teacher read a great book today, what was it about?

**For resources to help your child develop critical literacy skills and the joy of reading, visit calgaryreads.com.**



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**LAKEVIEW**  
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