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At a Glance Real Estate Stats 9,11,14 My Babysitter List Calgary Humane Society Reap What You Sow...

GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING EVERGREEN FOR 4 YEARS!



NOVEMBER 5 ROTHNEY ASTROPHYSICAL OBSERVATORY

Dark Night Star Light Open House: A discussion on light pollution and a tour of the many telescopes at the RAO. 8 – 11PM, \$20 per car or \$10 per person. www.ucalgary.ca/rao



NOVEMBER 22 - DECEMBER 31 SLIPPER

A Distinctly Calgarian Cinderella Story: Rebecca Northan brings Calgary a new, family-friendly show for the holidays. It involves time travel, a male fairy godmother and a modern-day, Calgarian Cinderella. www.atplive.com



NOVEMBER 26 COL. CHRIS HADFIELD

Enjoy an evening hosted by Canadian astronaut Chris Hadfield, who stunned the earth with his rendition of David Bowie's, Space Oddity, during his five month stay on the International Space Station. This event is part of Mount Royal **University Conservatory's Northern Lights Series.** www.mtroval.ca



YOUR COMMUNITY/CITY EVENTS

AT A GLANCE...

October 2016 - January 2017, Glenbow Museum presents: 1920s Modernism in Montreal: The Beaver Hall Group painted many portraits that convey the guest for modernism; these works rank among the most remarkable in the history of Canadian art. www.glenbow.org

November 5, Calgary Hitmen vs. Swift Current Broncos: The puck drops at 7:00PM at the Scotiabank Saddledome. www.hitmenhockey.com

November 16, Moscow Ballet's Great Russian Nutcracker: For one night only, the Moscow Ballet performs this seasonal classic. Get into the Christmas spirit and watch the story of Klara and the Nutcracker Prince come to life on the stage. www.artscommons.ca

November 17 – 20, Art Market Art and Craft Show: Get a head start on your Christmas shopping at one of Calgary's biggest Christmas arts and crafts markets. Over four days, more than 200 Canadian artisans and makers showcase and sell their work, www.artmarketcraftsale.com

November 22, 6th Annual Why Whisper Fundraising Gala: Proceeds support the YWCA, and to date, this fundraising event has raised more than \$2 million. This year, the keynote speaker at the YWCA's fundraising event is Monica Lewinsky. www.ywcaofcalgary.com

November 25, Calgary Philharmonic presents, Neil Cockburn, Organ Masterpieces: Made of 6040 impressive pipes, the Carthy Organ is the grand and imposing centerpiece of the Jack Singer Concert Hall. Calgary-based Cockburn's talents will make the organ sing during this one night only performance. www. calgaryphil.com

November 25 - December 23, Disney's Beauty and the Beast: The Story Book Theatre brings this beloved fairytale, adapted from the animated Disney film, to the stage in all its splendour to delight Calgarian audiences. Featuring all the beloved songs from the movie and beautiful costumes, this one's not to be missed. www. storybooktheatre.org

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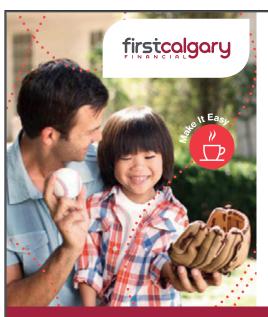


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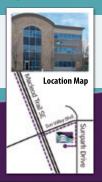
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Millrise Community Association

Last 12 Months Millrise

MLS Real Estate Sale Price Update

	Average Asking Price			
September 2016	\$399,950.00	\$388,500.00		
August 2016	\$464,800.00	\$450,250.00		
July 2016	\$384,900.00	\$374,750.00		
June 2016	\$465,888.00	\$455,000.00		
May 2016	\$439,950.00	\$428,750.00		
April 2016	\$429,950.00	\$421,500.00		
March 2016	\$466,000.00	\$454,250.00		
February 2016	\$458,800.00	\$443,500.00		
January 2016	\$404,900.00	\$386,500.00		
December 2015	\$402,350.00	\$386,000.00		
November 2015	\$437,450.00	\$425,000.00		
October 2015	\$409,900.00	\$397,000.00		

Last 12 Months Millrise

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold	
September 2016	10	4	
August 2016	11	8	
July 2016	4	6	
June 2016	10	9	
May 2016	7	8	
April 2016	14	4	
March 2016	3	6	
February 2016	7	5	
January 2016	3	2	
December 2015	3	2	
November 2015	6 6		
October 2015	8	5	

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

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IN & AROUND CALGARY

Alberta Health Services: EMS

Halloween Safety

The members of Calgary's Halloween Partners for Safety: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31st approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Costumes

- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- · Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- · Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- · Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- · Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.



Shawnee-Evergreen Community Association

Last 12 Months Shawnee-Evergreen MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price	
September 2016	\$522,500.00	\$494,250.00	
August 2016	\$0.00	\$0.00	
July 2016	\$679,450.00	\$664,250.00	
June 2016	\$639,900.00	\$615,000.00	
May 2016	\$559,900.00	\$546,000.00	
April 2016	\$650,000.00	\$654,000.00	
March 2016	\$599,900.00	\$602,000.00	
February 2016	\$799,900.00	\$730,000.00	
January 2016	\$674,900.00	\$654,950.00	
December 2015	\$714,900.00	\$687,500.00	
November 2015	\$0.00 \$0.00		
October 2015	\$505,000.00	\$500,000.00	

Last 12 Months Shawnee-Evergreen MLS Real Estate Number of Listings Update

11-0 11-0 11-0 11-0 11-0 11-0 11-0 11-0				
	No. New Properties	No. Properties Sold		
September 2016	6	2		
August 2016	2	0		
July 2016	1	4		
June 2016	6	2		
May 2016	4	4		
April 2016	7	1		
March 2016	6	1		
February 2016	1	3		
January 2016	1	2		
December 2015	2	2		
November 2015	2	0		
October 2015	7	1		

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

COMMUNITY NEWSLETTER AD SALES



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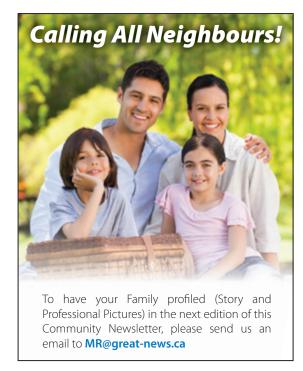
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October 8 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

October 15 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

October 22 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

October 30 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.











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Shawnessy Community Association

Last 12 Months Shawnee-Evergreen MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price		
September 2016	\$419,900.00	\$412,500.00		
August 2016	\$449,900.00	\$439,900.00		
July 2016	\$467,400.00	\$464,950.00		
June 2016	\$409,900.00	\$400,000.00		
May 2016	\$434,900.00	\$431,250.00		
April 2016	\$399,900.00	\$390,000.00		
March 2016	\$424,900.00	\$417,000.00		
February 2016	\$444,900.00	\$426,250.00		
January 2016	\$419,900.00	\$421,000.00		
December 2015	\$399,350.00	\$383,000.00		
November 2015	\$465,000.00	\$435,000.00		
October 2015	\$423,900.00	\$411,000.00		

Last 12 Months Shawnee-Evergreen MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold	
September 2016	9	9	
August 2016	13 11		
July 2016	11	10	
June 2016	9	9	
May 2016	12	7	
April 2016	17	7	
March 2016	9	9	
February 2016	9	5	
January 2016	7	3	
December 2015	4	8	
November 2015	8	9	
October 2015	13	10	

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

COMMUNITY NEWSLETTER AD SALES



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Millrise / Shawnessy my bobysitter list

Name	Age	Contact	Cours
Alyssa	15	403-801-6248	Yes
Amy	15	403-247-9228	Yes
Anna	14	587-999-5607	Yes
Belle	14	403-256-5551	Yes
Brandie	35	403-802-2940	Yes
Bryson	15	403-720-0345	No
Deborah	14	403-619-7037	Yes
Ella	17	778-212-9102	No
Faith	15	403-805-6988	Yes
Jacy	15	403-254-4949	Yes
Jeffery	14	403-256-7828	Yes
Kali	15	403-244-8814	Yes
Katie	19	403-540-3878	No
Leah	17	403-862-2487	Yes
Monika	17	403-805-1224	No
Polina	14	403-455-3067	Yes
Sierra	12	403-201-2164	Yes
Stephanie	25	403-991-9545	Yes
Stephanie	25	403-991-9545	Yes

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Writings about Reading

Nourishing a child's mind, body and spirit so they can learn!

Look for the Nourish van in your community! We may be coming to a neighbourhood near you soon. This colourful van will be 'stopping by' and 'popping up' at schools, parks and community events starting—now!

The Nourish van's lively team leads free, fun activities and games - and shares snacks, information, books and more with families and young children. The aim is to help nourish elementary-school-aged children-mind, body and spirit, so they can learn!

Calgary Reads is involved in Nourish, together with Brown Bagging for Calgary Kids, Humanity in Practice (H!P Kids), Kids Up Front and 'NSTEP. Each of the partners already provides a range of services and resources to help Calgary children thrive. Now, through the Nourish collaborative – we will bring fun activities, resources, nutrition, activities, event tickets, volunteering opportunities and books to families and children who might not otherwise have access to these.

We are grateful to community funders who have made the Nourish van possible, including Rotary Club of Calgary, KAYAK Foundation, Calgary Foundation, and Marlborough Ford.

Donations of new and gently-used books for children aged 0 to 8 are always welcome through the Calgary Reads Book Bank and they will be shared through the Nourish van with children who have few or no books of their own at home. Or, if you would like to help the Nourish collaborative in another way, please be in touch to: info@nourishyyc.org

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



Bill's Book Café

It's the creation of a literary landmark. Join us for the launch of Bill's Book Café with Bill Ptacek, CEO, Calgary Public Library, and a local luminary. Participants are encouraged to read the featured book and come prepared for a rich and lively conversation. Watch for Bill's Book Café at your community library, but feel free to come to them all!

The first event features South East Calgary Communities Local Luminary Tom Huffaker, VP Public & Government Affairs, Imperial Oil and President, Imperial Oil Foundation, who selected the first featured book: A River Runs Through It, and Other Stories by Norman Maclean.

Ouarry Park Library Friday, October 28 | 7:00 pm

Author In Residence

Get inspired with the Library's Micheline Maylor!

Life Is Strange & Other Brave Leaps In Poetic Impressionism

Poetry is non-linear in nature; its insights come in flashes. Learn methods for building meaning in poetry using leaps and pattern rather than linearity. Implicit examples from poets John Wall Barger, Selima Hill, and Don Coles.

Central | Wednesday, October 5 | 6:30 pm Improve Your Style & Find Your Voice

Improve your writing at the sentence and line level by learning the eight parts of speech and how best to craft them, as well as self-editing techniques. Every kind of writing will benefit.

Louise Riley | Tuesday, October 25 | 6:30 pm

Understanding Teens & Understanding Aging

Understanding Teens and Understanding Aging are two important series presented by the Library in partnership with Alberta Health Services. For full details, check the September-October Library Connect, available in libraries and at calgarylibrary.ca.







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

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MILLRISE · SHAWNESSY | OCTOBER 2016

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Ethics ID: REB15-2944

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board,





HALLOWEEN HAZARDS!

Keeping your Pet Safe

Happy October!

It's hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy the occasional mini chocolate bar!

While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. Just as families must take safety precautions to ensure a safe and happy Halloween for children, pet owners should be mindful of safety during the festivities. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

1. Keep candy out of reach of pets! Chocolate, artificial

sweeteners and certain types of nuts are toxic to animals.

- 2. Set up a safe space! Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
- 3. Leave Fido at home. Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.
- 4. Put a sign on the door asking trick or treaters to knock, especially if your pet reacts to the doorbell!
- 5. Be cautious with your costume, especially if your pet is easily frightened. Consider setting your pet up in a safe space before getting changed into your festive duds.
- 6. If your pet is dressing up, choose a costume that does not restrict your pet's airway or movement. Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.
- 7. Do not allow your cats to roam. A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.
- 8. Looking for more tools to help a stressed out pet at Halloween? Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for

your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!

IN & AROUND CALGARY

Did You Know?

Cloverdale Paint Now Offers Discounts to Community Association Members!

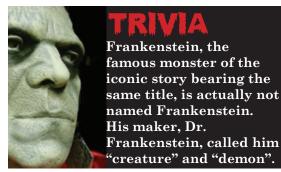
Cloverdale Paint is now offering club member pricing to community association members and organizational members of the Federation of Calgary Communities!

What does this mean for you? Well, whenever you need to buy paint you simply go to Cloverdale and say you are a "Federation of Calgary Communities Club Member" and you will receive more than 25% off paint and more than 15% off paint accessories!

Cloverdale Paint approached us to set up this discount program as they understand that community associations, their volunteers, and their members are at the heart of our city, and they wanted to give back in some way.

Thanks to Cloverdale Paint for their support and commitment to the community association network and for helping improve neighbourhood life in Calgary!





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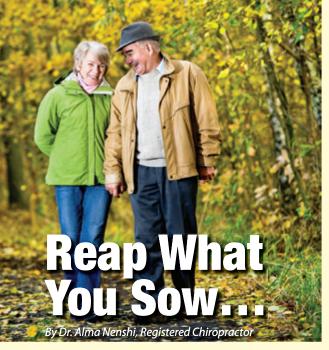


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What is your greatest asset? Is it your wealth, your kids, perhaps your intelligence? There is no greater asset than your health, without which you cannot live your life's full potential, physically, emotionally, or spiritually.

According to the World Health Organization, "Health is 100% function of every cell, tissue, organ and system, and not merely the absence of disease or infirmity." Anything less than 100 % function hints an underlying weakness that holds you back from living your life's full potential.

Let's take a moment to appreciate a few of the miracles of life. There are 100 billion nerve signals sending messages throughout your body this very moment! Your heart beats 3000 million beats in an average lifespan, and it's only the size of your fist! You have 100,000 miles of blood vessels in your body and you can hold 1 quadrillion (1 million billion) bits of information in your long-term memory over a lifetime. Ninety percent (90%) of your brain's resources are devoted to ensuring you are able to stand upright to gravity with good posture. You have breathed 24,000 times in the last 24 hours. And finally there are 7,000,000,000,000,000,000,000 0,000 (7 octillion) atoms that make up your adult body, all which started as two tiny cells that joined, multiplied, and differentiated in an organized fashion, creating your life and the wisdom within it to create life again.

You are naturally designed to be healthy, and the innate wisdom within you expresses health and healing through the nervous system as long as there is no interference in the communication pathways. The brain is the most adaptable organ in the human body as it has the ability to change physically and chemically based on experience and what is happening inside and outside the body. Eighty-five percent (85%) of the human genome is concerned with the brain and its development leaving only 15% for the rest of the body including the development of your heart, lungs, digestion etc.

A breakdown in spine flexibility causes a breakdown in brain-body communication, similar to driving in rush hour traffic. Signals want to move through rapidly but they may be slowed, diverted, or even blocked. Arthritis, curvatures, poor posture, unhealthy eating, inactivity, etc., all may produce constant, chronic, low levels of stress on the brain and nerves leading to functional breakdown of the cells they supply. The result may be headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, digestive concerns, allergies, bedwetting, learning and attention challenges, vertigo, etc.

Regular chiropractic care clinically clears the traffic jams, alleviating nerve stress and restoring your brain-body communication systems. This results in better posture and frontal lobe activation, the area of the brain that is responsible for human executive functions like learning, planning, reasoning, intelligence, and socialization. According to neurologist and Nobel Prize recipient Dr. Roger Sparry, "90% of ALL Nutrition and Stimulation to the brain comes from movement of the spine!"

So how invested are you in improving your life's greatest asset? You are worthy of enjoying the life of your dreams, it's all in your head just waiting to be nurtured and cultivated. So what's your next step?

Embrace your innate wisdom and appreciate all that your body provides. You are designed to be healthy, strong, and healing by nature. Reflect on your life and have gratitude for the gifts of experiences that have fashioned into this perfect You. Look ahead and visualize your desired future. Now make your vision a priority and resolve to take one action step today to enhance your health and move towards your goal.

After all, you do reap what you sow...



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 to find out more.

October at Trico Centre

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, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

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.)

Price Freeze

Recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase from September 2015 to April 2017.

Adults

- Register now for adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEPI3Y.
- More than 70 drop-in fitness classes every week including aquafitness in our newly refurbished pool.
 Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- October Wellness Workshops include: Foam Roller Workshop, Mindful Relaxation Intro Workshop, and

Straighten Up (free info session followed by a 4-eweek workshop – for youth and adults.)

Older Adults

- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multiweek registered programs start in November.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children & Youth

- All children's programs from tots to teens start in November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options.
- Li'l Spooks Halloween Party, Sunday, October 30 from 4:30 to 7:30pm. Join us for games, activities, and wave pool fun. Members \$15 per family, Non-Members \$20 per family.
- NEW: Get Certified: October certification classes include CPRC/AED original and recert, First Aid/CPR Full original and recert.
- Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.
- Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, youth shinny, and stick & puck.



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As School Councils start meeting for the new school

year, as well as community leagues and associations resuming business, I want to take this opportunity to thank all the volunteers who assume these roles and take on these responsibilities. It can be a thankless job, so I really want to take this opportunity to say thanks for all the hard work you put in. If there is any way that I or my office can be of assistance, please let us know. We are happy to attend any meeting or have any formal one on one meetings with representatives.

Pressures on schools

I am very well aware about the capacity issues we are facing at our schools in the South end of the city. I see it every day, with my two sons attending school in the riding. It is unfortunate that past administrations allowed us to fall behind; however, we are working hard to ensure that our over 200

new builds and revitalizations are done on time and on budget. New schools, like the middle school in Evergreen and the new high school in Legacy, will help remove the pressure that schools in this riding continue to face.

Supporting small business

Over the summer I met many people who were building new startup businesses, growing existing ones or starting them at home. It has been remarkable to see how resilient people are during these tough economic times. I would be more than happy to sit down with any small businesses and discuss some of the opportunities that are available for them. Whether it be improving access to capital or supporting the reduction in the small business tax rate, I am always here to stand and support small businesses in Alberta.

Moving to reduce spending

It is no secret that the fire in Fort McMurray has had an impact on our budget. It is also no secret that the low

price of oil has led to low returns in royalties. As we face this hard economic time, people rely even more on our social services and our health care system. We cannot let people who depend on these services down by laying-off nurses and social workers. What we can do and have been doing is to work to find efficiencies in the system. Every ministry has been tasked to bend the curve

in their spending. We have also embarked on a review of agencies, boards and commissions, and have disbanded or amalgamated nearly 30, to provide significant savings to the tax payers. We will continue to work hard to do what we can to reduce and control spending in Alberta.

Indigenous outreach

A month ago I had the opportunity to participate in a round table discussion at St. Mary's University on urban Aboriginal challenges faced off reserve. It was great to have the Minister of Indigenous Relations, Richard Feehan, come to the riding. He understands the opportunities we have here in Calgary and the fact that we need our local supports and resource

centers to assist with challenges. I want to thank Métis Calgary Family Services located in Sundance for the support they have provided to me to help our government address opportunities and to move forward on the recommendations of the Truth and Reconciliation Commission.



KIVIA

Frankenstein, the famous monster of the iconic story bearing the same title, is actually not named Frankenstein.
His maker, Dr.
Frankenstein, called him "creature" and "demon".





COUNCILLOR, WARD 13

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Ward 13 Traffic Safety Town Hall – October 12, 2016

I have invited the Calgary Police Service (CPS), the City Safer Mobility Operations Team and Traffic Section Management Team to join me at my upcoming Traffic Safety Community Town Hall for my Ward 13 communities. Traffic concerns are the number one issue raised. Please come out on October 12th, 2016 from 7pm - 9pm at the **Canyon Meadows Community Association (844 Canta**brian Drive SW). I need your feedback on hotspots.

Water Fluoridation in The City of Calgary

Over the past many months since the research study on "Measuring the Short-Term Impact of Fluoridation Cessation on Dental Caries in Grade 2 Children" was released by lead author and Albertan, Dr. Lindsay McLaren, I have been meeting frequently with Councillors Demong and Pootmans to consider not only the findings, but to determine what an objective go-forward plan could be for Calgary City Council to consider.

An important aspect of our meetings has included seeking professional expertise and advice from the University of Calgary's O'Brien Institute for Public Health (OIPH) and from Dr. Richard Musto, MD, FRCPC - Medical Officer of Health - Calgary Zone - Alberta Health Services. While Dr. Musto is certainly an advocate for fluoridation, that is contrasted by Dr. William Ghali, the Scientific Director of the OIPH who approaches matters such as this from a purely scientific non-advocacy perspective.

It is because of these conversations and advice, that we have developed the approach outlined in our Notice of Motion (presented to Council on September 12th). The Institute has established deep engagement and longitudinal partnerships with governments, health systems, and public health agencies that shape policies that influence our health. The OIPH is a credible agency to undertake this work. I would like to continue hearing from you on all pros and cons of this debate to use in our evaluation and research process. To learn more, please email my office for links on my recent coverage in the media.

0% Property Tax Increase

For weeks prior to the Strategic Meeting of Councilon June 27th, I asked what it would look like if property taxes were not raised to the proposed 4.7 percent (through ActionPlan), and instead, somewhere between zero and 3.2 percent.

On June 11th held my Mobile Town Hall to help me get a better understanding of the needs of my constituents. The event gave me a forum to hear your concerns and your feedback helped to open my eyes to the needs of our Ward.

With the notion of a zero percent tax increase, services would have to be re-examined, adjusted, and possibly even cut. After speaking with my constituents, as well as my fellow Calgarians outside of Ward 13, I'm seeing more and more of an understanding that to see some sort of tax relief, it would mean a less strict quality of service target for City services. Although answers to which services citizens would lessen or cut altogether is a different story. That's the million dollar question.

When City Council approved the Four-Year Budget in 2014, financially, it was a much more optimistic and different time. Our City's economic outlook was prosperous. Much has changed and we need to change with them. In our current financial situation, City Council approved a vote to utilize the City's Fiscal Stability Reserve Fund, to be used in times of need.

With the economic downturn felt in our City, we as your elected officials need to make decisions that help to not only sustain us but to ensure prosperity in the future, while also giving credit to Administration in finding efficiencies that have already saved our City tens of millions of dollars.



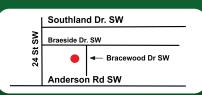
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