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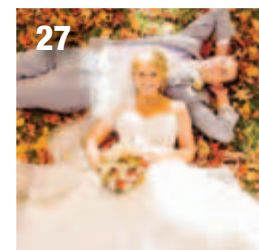
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MILLRISE/SHAWNESSY/ SHAWNEE-EVERGREEN

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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
Web: www.calgary.ca/ward13



Dave Rodney
Calgary-Lougheed
#311A, 2525 Woodview Drive SW
Calgary, AB Canada T2W 4N4
Phone: (403) 238-1212
Fax: (403) 251-5453
Email: calgary.lougheed@assembly.ab.ca



MLA Graham Sucha
Calgary-Shaw
#328, 22 Midlake Blvd SE
Calgary, AB Canada T2X 2X7
Phone: (403) 256-8969
Fax: (403) 256-8970
Email: calgary.shaw@assembly.ab.ca

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women’s Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children’s Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	511
Gamblers Anonymous	403-237-0654



Shawnessy Board Meetings

Board meetings take place at 8:30 pm at the Barn, on the first Monday of the month, every month between September and June, unless otherwise announced on the website and/or in the newsletter—The Shawnessy and Millrise Chronicle. In the event the first Monday of the month is a holiday, the board meeting will be held on the following Monday, same time, same place.



Covenant Christian Reformed Church
403-254-2505; 50 Millrise Blvd SW

Peace Lutheran Church
403-256-1439; 14640 6 St SW

South Gate Alliance
(not to be confused with the Baptist church of the same name)
403-254-1030; 1436 James Mckevitt Rd SW

Southgate Baptist Church
(not to be confused with the Alliance church of the same name)
403-561-6648; 115 Shannon Dr. SW at Samuel W. Shaw School

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Shawnee-Evergreen Real Estate Update

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

	Average Asking Price	Average Sold Price
July 2017	\$498,400	\$482,500
June 2017	\$679,900	\$661,000
May 2017	\$599,900	\$577,500
April 2017	\$624,900	\$603,000
March 2017	\$634,950	\$619,250
February 2017	\$683,400	\$693,500
January 2017	\$509,900	\$493,750
December 2016	\$749,900	\$730,000
November 2016	\$612,400	\$595,444
October 2016	\$649,950	\$627,500
September 2016	\$522,500	\$494,250
August 2016	\$0	\$0

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

	No. New Properties	No. Properties Sold
July 2017	3	2
June 2017	4	5
May 2017	4	5
April 2017	0	2
March 2017	6	2
February 2017	5	2
January 2017	3	2
December 2016	0	1
November 2016	2	2
October 2016	4	2
September 2016	3	2
August 2016	2	0

To view more detailed information that comprise the above MLS averages please visit shawnee_slopes.great-news.ca

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South West Communities Resource Centre



Located in the Professional Wing of the Oakridge Co-Op Mall

#42 2580 Southland Drive SW, T2V 4J8

Phone: 403-238-9222 • Email: info@swcrc.ca • www.swcrc.ca

It's the start of a new season, and a perfect opportunity to try something new.

Did you know that residents living in South West Communities have free access to all our programs and services? This September we are introducing new programs and opportunities to make a difference in the lives of our families:

- Parenting Courses: "Positive Discipline" - an 8-week program for parents of children of all ages. Starts Tuesday September 19th.
- Speaker series: "Brain development of young children" - 5 sessions start September 13th
- Youth Tutoring: Wednesday evenings 6:00 pm for grades 7 - 12. Starts September 27th (Consider becoming one of our volunteer tutors/mentors for the year).
- Stress Management: an 8-week program with the Canadian Mental Health Association. Starts September 20th.
- Skill building workshops: finding employment, using a computer, money management and more! Dates to be confirmed.

If you are interested in any of these please give our office a call at 403 238-9222 for more information.

If you're not sure what you are looking for, come visit our Community Resource Workers. Marylou and Aynsley would be happy to talk about what you may need and help you access the right information and resources. Everyone is welcome in our Community Resource Centre.

Back to Cruel

Didaskaleinophobia is the fear of going to school, which 2.4 per cent of children world-wide suffer from.

Don't give your money the silent treatment

By Suzanne Smith-Demers – Consultant

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

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

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

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

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

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

Sources:

*<http://www.reuters.com/article/us-money-conversation-idUS-BREA2Q1UN20140327>

**<https://www.psychologytoday.com/blog/in-therapy/201606/talking-about-money>



Millrise Real Estate Update

Last 12 Months Millrise

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2017	\$400,000	\$387,500
June 2017	\$439,500	\$434,000
May 2017	\$487,400	\$485,500
April 2017	\$419,900	\$404,000
March 2017	\$449,900	\$442,500
February 2017	\$409,950	\$403,500
January 2017	\$407,444	\$394,550
December 2016	\$472,350	\$463,500
November 2016	\$414,949	\$402,500
October 2016	\$457,400	\$444,500
September 2016	\$399,950	\$388,500
August 2016	\$464,800	\$450,250

Last 12 Months Millrise

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2017	6	9
June 2017	13	7
May 2017	8	4
April 2017	8	3
March 2017	3	7
February 2017	9	8
January 2017	6	4
December 2016	6	4
November 2016	2	4
October 2016	6	10
September 2016	8	4
August 2016	11	8

To view more detailed information that comprise the above MLS averages please visit millrise.great-news.ca

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If your kids are heading back to school this fall, we've got them covered. Free homework help, available through a variety of in-person and online programs, is available at the Library. Here's a sampling:

School Support is for students aged 10 to 14. Drop in with your English Language Arts or math assignments to get help from trained volunteers. Visit calgarylibrary.ca, click programs, and search 'School Support' to find out where and when the program is offered.

Students in Grade 2 to Grade 12 can access free online tutoring at calgarylibrary.ca/resource/brainfuse. Students in Grade 3 to 12 can prepare for tests and final exams, take lessons, and review coursework at calgarylibrary.ca/resource/solaro. Both resources are aligned with the Alberta curriculum.

2017 Author in Residence

Calgary Public Library's 2017 Author in Residence is Bruce Hunter, an award-winning writer and poet. Hunter will offer public programs, readings, and individual manuscript consultations, from September 11 to November 24. Whether you're a beginner or established writer, you can meet with Hunter at Central Library. Email air@calgarylibrary.ca starting August 28 to book an appointment.

Saddletowne Early Learning Centre

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

Looking for more places to play? Check out the Early Learning Centres at Fish Creek, Shawnessy, Quarry Park, and Village Square Libraries. Central Library hosts *The New Adventures of Engine 23* interactive fire-truck exhibit, and the Forest Lawn Library Nature Playground opened in August. Come play!



Shawnessy Real Estate Update

Last 12 Months Shawnessy
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2017	\$433,700	\$420,500
June 2017	\$416,000	\$413,500
May 2017	\$429,900	\$422,000
April 2017	\$454,944	\$445,000
March 2017	\$424,900	\$405,000
February 2017	\$415,416	\$399,666
January 2017	\$355,000	\$348,500
December 2016	\$449,900	\$430,000
November 2016	\$415,000	\$395,000
October 2016	\$444,700	\$436,500
September 2016	\$419,900	\$412,500
August 2016	\$449,900	\$439,900

Last 12 Months Shawnessy
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2017	9	6
June 2017	17	13
May 2017	24	11
April 2017	12	12
March 2017	13	9
February 2017	10	6
January 2017	8	3
December 2016	0	7
November 2016	3	3
October 2016	7	10
September 2016	9	9
August 2016	13	11

To view more detailed information that comprise the above
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September at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, 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. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

Registration for Fall Programs

- Registration for Fall programs is ongoing. Check the new program guide – online and in our stands.

Canada 150 Play List Event at Trico Centre

- Saturday, September 2 from 10am to 2pm – come to Trico Centre and complete 20+ events from the Canada 150 Play List including dodgeball, boxing, rowing, skating, karate, Pilates, cycling, tag, kinball, stick pull, and more. Check www.tricocentre.ca for details.

Children & Youth

- Skating lessons for all ages (2yrs to teen/adult) and private lessons too. Intro to Figure Skating, Powerskating & Hockey, Recreational Hockey, and Intro to Hockey for Adults and Children.
- Swimming lessons for all ages (parent and tot to swim patrol to adult.)
- Registered programs for children and youth: dance, sports, gymnastics, creative, and more. See Fall 2017/ Winter 2018 Program Guide for all the details. Lots of new options for all ages.
- New for children and youth: Circus Arts, Rhythmic Gymnastics, YogArt for Teens, Youth Yoga, Badminton & Volleyball, Cross Country Running, First Serve Tennis, Floor Hockey, and HIT the Gym.
- A.B.L.E is an inclusive activity program designed for individuals with adaptive needs. Whether they are mental, social, physical or visual challenges, this program will give kids an open space to Adapt, Believe, Learn, and Experience. 3-6 yrs, 7-11 yrs, 12-17 yrs.



Adults/Older Adults

- Adult registered fitness starting in September Cardio Dance, Cardio Kickboxing, Ballet Barre Blast and more
- Cool new adult fitness options: Buti Yoga, Fitness Sampler for Beginners, Yoga Sampler for Beginners.
- Older adult options: Balance Builders Level 1: Fall Prevention for Older Adults, Bones and Balance, Chair Yoga, and the brand-new Walking Pole Clinic.
- Baby & Me: Mommy and Me Fitness, Mommy and Me Barre, Stroller Fit, and Mommy and Me Aquafit.
- Small group training: Only 4 participants in these programs! Trim & Tone, Focus on Lifting, Posture Training.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 33

HISTORIC CALGARY



Bow Valley Ranch House est. 1896 – Fish Creek Park

The Bow Valley Ranch House and property serve as an excellent reminder of the wealth generated by Calgary's leading pioneer ranchers. The villa-like brick house was erected in 1896 by William Roper Hull, one of Calgary's most prominent citizens. It replaced an earlier log structure which has been built in the 1870s by homesteader John Glenn and which was the first permanent farm in the Bow Valley area. In 1902, Patrick Burns purchased the 4,000-acre ranch, by 1937 other family members operated the ranch and did so until the early 1970s. The house and 1,400 acres of the ranch now form part of the Fish Creek Provincial Park.

The house is a very good example of Queen Anne style. The symmetry of the facade around the central

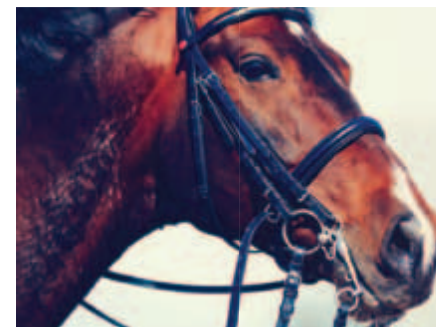
entranceway creates a strong sense of formality. The highly-articulated hipped roof, with half timbering in its many gables, helps to relieve any bulkiness of the massing. The protruding verandah on the main facade has been enclosed to create two sunrooms. Bay windows protrude on the east and west sides. Architects Rule, Wynn and Rule took great pains to match a 1957 addition with the main building. The interior of the 1896 structure features 11-foot ceilings and original plank floors. The ranch house exhibits very good detail and stylistic features, and is notable for the early use of brick.

The Foreman's House was restored and rehabilitated as "Annie's Cafe" in 1998. The main house was restored and rehabilitated to accommodate a restaurant in 1998-99, including an addition with a kitchen and office.

Heritage Significance

The site was originally settled in 1873 by John Glenn, a trapper and former gold prospector. Glenn was the first settler in the Calgary area. He built a log house and barns and lived here until 1879. The property was subsequently purchased by the government as an instructional farm for aboriginal peoples. In 1892, William Roper Hull, a successful rancher and businessman, purchased the property. When the original log ranch house burned down, he built the brick, two-storey house, now known as Bow Valley Ranch, at a cost of 12,000 dollars. The structure was finely detailed, with elegant furnishings chosen by Mrs. Hull. In 1902, Patrick Burns, a leading Calgary rancher and meat packer, purchased the property, complete with Mrs. Hull's furnishings. Few modifications were made to the house. Pat Burns was one of the major forces behind the growth of ranching in Alberta. This was an active ranch until 1973.


Article and photo provided by Discover Historic Calgary via calgary.ca.



Mongolian Pony Express

The Mongol Empire invented an efficient horse-back mailing system that they called the *Yam*. Six centuries later, the *Yam* system would emerge again to be implemented in America, where it was known as the Pony Express.

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

Autumn Pumpkin Festival – Calgary Corn Maze & Fun Farm, Weekends in October
Celebrate Autumn each weekend in October at the corn maze, the fun farm and the petting zoo. Endless activities to keep the wee ones occupied and then pick a pumpkin to take home on your way home. Not all activities included in admission price. More info: calgarycornmaze.com.

The Great Grilled Cheese Cook-off – Jerome's Appliance Gallery, Oct. 1
Amateur and professional chefs will prepare their very own gourmet grilled cheese recipes in support of Brown Bagging for Calgary's Kids. Your mission is to taste 10 samples and then judge them along with a distinguished panel of judges, with a hand-crafted soda to wash it all down.

Piaf! The Show – Arts Commons, Oct. 4
A powerful and moving celebration of the life and music of the legendary French chanteuse, Edith Piaf. Starring Anne Carrere who has been hailed as "Edith Piaf's legitimate musical heiress," Piaf! The Show has received rave reviews around the globe. More info: artscommons.ca.

Wordfest – various venues, Oct. 10 – 15
Wordfest is a not-for-profit organization that hosts year-round literary events featuring the world's best writers at around 70 events in our city. More info: wordfest.com.

Reconciliation Journey: Walking a Path Together – Carriage House Inn, Oct. 12
This is the second conference planned this year by the Indigenous Advisory Committee through the Enough For All Catalyst Fund. Expect discussions of the organization's work on Reconciliation as they relate to the 94 Calls to Action, as well as special guests, keynote speakers and panel discussions about the exciting work happening across Calgary. More info: vibrantcalgary.com.

Ghoul's Night Out – Heritage Park, Oct. 26 – 27
Heritage Park will be transformed into a spooky extravaganza for families with children three to nine. Ghostly encounters, crafts, treats, festive festooning and so much more! Look for more info to come: heritagepark.ca.

OCTOBER OCTOBER OCTOBER

**HALLOWEENS – CALAWAY PARK
SEPT. 9 – OCT. 9**
Enjoy Calaway in full spooky splendour with the Boo Crew, and don't miss: face painting, Thriller dance lessons, scavenger hunts, special guests, family photos and more! There will even be a costume contest on Sept. 16. More info: calawaypark.com.



**ZACHARY LUCKY – GALLERY HOUSE
CONCERT SOCIETY, OCT. 2**
Check out this unapologetically old-school country performer. Armed with his husky, baritone voice, he has received comparisons to Gordon Lightfoot and Kris Kristofferson. He sings of Canadian places and people, and puts on a sultry and intimate performance. More info: galleryhouseconcerts.com.



**CANADA SOCCER'S TOYOTA NATIONAL
CHAMPIONSHIP U-15 CUP - CALGARY
SOCCER CENTRE, OCT. 5 – 9**
These championships are the definite amateur soccer event of the year, crowning the country's best community soccer clubs. Over 3,000 participants and spectators from across Canada are estimated to be part of the 2017 U-15 Cup in Calgary this year. More info: canadasoccer.com.



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**COUNCILLOR DIANE
COLLEY-URQUHART**

VOTE OCTOBER 16 

Councillor Diane's Personal Message to Shawnee Slopes Residents

Shawnee Slopes is unique in Ward 13 that unfortunately lost the Shawnee Slopes privately owned golf course. The 2017 Census notes that the population is 1,625 with 733 households. The population will grow significantly over the coming 10 years as major redevelopment of the former course occurs. This has significantly disrupted the quality of life of long-time residents and needs to be monitored closely by residents, myself and the City to minimize the impact.

In Ward 13, 46% are male and 54% are female with the average mean age being 44yrs. 21% of residents are a visible minority & 84% have post-secondary education and / or have completed a degree / post graduate degree. The average household income bracket is \$60,000 - \$140,000.

According to the Police stats & 311 requests, Shawnee Slopes crime rates are low, with the bulk of calls attributed to social disorder & theft from vehicles. Top service requests pertain to taxes, water outages & redevelopment. Only 60% of citizens say they get good value for their taxes. The #1 complaint to my office is about people speeding in their own community and the dust from redevelopment. My Ward 13 Traffic Tour with residents identified the need for a Speed Display Unit @ key sites like along Shawnee Drive and 6th Street SW. www.shawnee-evergreen.ca

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Councillor Diane's Personal Message to Shawnessy Residents

Development in the community of Shawnessy began in 1981, primarily in the form of single family housing. Shawnessy is named after British settler Samuel Shaw, who built a log house near Fish Creek in 1882. This history lives on through the almost 100 year-old barn that is now home to volunteers and the Shawnessy Community Association.

The 2017 Census notes that the population is 9,448 with 3,322 households. In Ward 13, 46% are male and 54% are female with the average mean age being 44yrs. 21% of residents are a visible minority & 84% have post-secondary education and / or have completed a degree / post graduate degree. The average household income bracket is \$60,000 - \$140,000.

According to the Police stats & 311 requests, Shawnessy crime rates are low, with the bulk of calls attributed to social disorder & theft from vehicles. Top service requests pertain to taxes and general construction inquiries. Only 60% of citizens say they get good value for their taxes. The #1 complaint to my office is about people speeding in their own community & through school zones. My Ward 13 Traffic Tour with residents identified the need for a Speed Display Unit @ key sites along with pedestrian markings and crosswalks. www.shawnessy.ca

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Councillor Diane's Personal Message to Millrise Residents

Millrise is a truly established community making it a great place to raise a family with many schools and neighbourhood amenities. The land was annexed to the City in 1961 and it was not until 1982 that Millrise began to develop as a predominantly single family residential community. The residents enjoy close proximity to major transportation routes, and to Fish Creek Provincial Park and its associated facilities.

The 2017 Census notes that the population is 6,990 with 2,645 households. In Ward 13, 46% are male and 54% are female with the average mean age being 44yrs. 21% of residents are a visible minority & 84% have post-secondary education and / or have completed a degree / post graduate degree. The average household income bracket is \$60,000 - \$140,000.

According to the Police stats & 311 requests, Millrise crime rates are low, with the bulk of calls attributed to social disorder & theft from vehicles. Top service requests pertain to taxes and animal license requests. Only 60% of citizens say they get good value for their taxes. The #1 complaint to my office is about people speeding in their own community & through school zones. My Ward 13 Traffic Tour with residents identified the need for a Speed Display Unit @ key sites like along James McKeivitt and Millrise Way. www.millrise.org

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Ask Charles

My elderly mother passed away at home. We are now selling her home; do we have to disclose that she died in the property?

Simply put, you are not required to disclose her death to potential buyers.

Sellers are required to disclose certain defects to potential buyers, but a death occurring in a home is not a defect.

When a death occurs in a home, the property may be considered a "stigmatized property." A stigmatized property is one that has an unfavourable quality that may make it less attractive to some buyers. That quality, though, is unrelated to the physical condition or features of the property.

As a seller, you are not required to disclose stigma to potential buyers. Stigmas are different from material latent defects, such as un-remediated hidden flood damage or mould, which sellers are required to disclose.

Some stigmas include:

- a suicide or death occurred in the property
- the property was the scene of a major crime
- the address of the property has the wrong numerals
- reports that the property is haunted

Potential buyers' different values, perceptions, and backgrounds will affect the significance of a potential "stigma". Some buyers won't care about a death occurring in the property, while others may be completely put off by it.

Although you are not required to disclose stigma to potential buyers, because some buyers may have concerns about stigmas, those buyers can ask their real estate representative to ask your representative about possible stigmas. You don't have to answer their questions, but if you choose to, you must do so honestly.

If you decide not to answer, a buyer has to decide if they are comfortable proceeding without an answer. Remember that not answering may turn the buyer off of your property more than simply responding honestly; it will depend on the specific buyer, their particular concerns, background, and perceptions.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



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TAKE ON WELLNESS



Back to School Health Checklist



It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most of the year ahead—taking care of your child's health. As the most important head-start you can give your child, beginning the year with good health is also simple with this back-to-school health check-list:

- **Immunization:** Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her important grade 5 and/or grade 9 immunizations.
- **Vision screening:** Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.
- **Hearing/speech screening:** If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.

- **Dental checkup:** Regular dental checkups start early! If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health. Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.
- **Emergency contacts:** Make sure the school has up-to-date emergency numbers for each of your children, including contact information for parents, physicians, etc.
- **Health conditions:** Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.
- **Backpack basics:** Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture. For more information visit: <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abk0958>
- **Nutrition plan:** Ensure your child has a healthy breakfast before heading to school in the mornings, and help him or her pack a nutritious lunch. Planning meals ahead of time and involving children in planning and preparation can make this task more manageable and fun. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>.

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Letter to the editor

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Financial Tips for Newlyweds

By Toddy Kam, CFP®, CFA

A marriage is a new financial start. When couples get together there are adjustments to be made, goals to be set, and financial adventures to take. Share information. Both partners should be fully aware of each other's financial situations, from spending to debt to investments. With full financial disclosure, you'll be better equipped to plan together. Review and establish goals. The sooner you set financial goals, the better your chances of reaching them.

Do you want to buy a new home or move up in the housing market? What about a retirement savings strategy? How much will those goals cost and how long will it take to reach them?

Budget. Create a budget that will allow you to save and invest enough to reach your goals. A good budget will help identify how much you earn and spend, and how to divert more income to savings. Decide how finances will be managed. Will one spouse be responsible for a larger percentage of bills and expenses, or will they be shared equally? Will you have joint savings and investments? Who will physically handle financial transactions? Pay down debt. If you owe money, particularly high-interest debt such as credit card balances, formulate a plan to pay it off. Consider ways to reduce bor-

rowing costs—for example, setting up a home equity line of credit if you own a house and quickly paying off any amounts you borrow.

Assess insurance needs. Life insurance is a necessity when you're married. The last thing you want is for your spouse or family to be left in dire financial straits if something happens to you. Consider disability and critical care insurance as well. Make or update wills. Both partners should have up-to-date wills. This means jointly discussing estate planning needs and goals. You should also have powers of attorney for financial and personal care, in case one of you is unable to manage your financial or personal affairs because of illness or injury.

Establish an emergency fund. Keep six to nine months' combined living expenses in an emergency fund. If you run into financial difficulty—perhaps one of you could fall ill or lose your job—an emergency fund can help you get through.

One final tip. It's a good idea to get help from financial experts. At this stage of life couples can benefit from professional advice, including the services of a financial advisor. With the right advice, you can ensure your financial life together gets started on the right note.

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

HOLY SPIRIT CWL CRAFT SALE: Saturday, November 18th, 10 a.m. to 3 p.m. 10827 – 24th Street S.W. Over 40 tables of handcrafted gifts. Contact hscwlcraftsale@gmail.com.

CURLERS WANTED: Day Ladies League – individuals and teams are welcome. For more information and registration dates email www.ALDCurling@gmail.com or phone the ARC at 403-255-1252.

NEED LEGAL HELP? FREE LEGAL CLINIC: Wednesday October 18 9:30 am to 3:30 pm. Calgary Public Library, 616 Macleod Trail SE. Book an appointment: call 403-541-4804 between 8 am and 5 pm, Sept 27 to Oct 11. Space is limited.

CHILD SCIENTISTS WANTED! Ch.I.L.D. Research Group at the University of Calgary requires kids under 14 years to participate in fun game-like projects to help us understand how children develop language and social understanding. If interested call 403-220-4955, email child@ucalgary.ca, or visit <https://psyc.ucalgary.ca/child/>

NATIONAL PHILATELIC STAMP SHOW: Exhibits, Dealer Tables, Seminars, Club Tables, and Auction. Free admission. Sept 1-3, 2017. At the Calgary Hyatt Regency, 700 Centre St SE. 1-888-591-1234. More details at online.

LOVE TO SING? A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a central location. Repertoire includes jazz, gospel, African, Canadian, Renaissance, pop, original contemporary. Vocal Latitudes puts on a winter and spring concert and participates in special events. For more information, see www.vocalitudes.org.



Name	Age	Contact	Course
Alyssa	16	403-801-6248	Yes
Amy	16	403-247-9228	Yes
Anna	15	587-999-5607	Yes
Belle	15	403-256-5551	Yes
Bryson	15	403-720-0345	No
Deborah	15	403-619-7037	Yes
Ella	18	778-212-9102	No
Faith	16	403-805-6988	Yes
Jacy	16	403-254-4949	Yes
Jeffery	15	403-256-7828	Yes
Kali	16	403-244-8814	Yes
Katie	20	403-540-3878	No
Laura	15	403-287-9380	Yes
Leah	18	403-862-2487	Yes
Monika	18	403-805-1224	No
Monika	18	403-805-1224	Yes
Polina	15	403-455-3067	Yes
Rhodora	36	403-690-7190	No
Sierra	12	403-201-2164	Yes
Stephanie	26	403-991-9545	Yes
Rhodora	36	403-690-7190	No
Sierra	12	403-201-2164	Yes
Stephanie	26	403-991-9545	Yes

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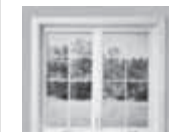
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PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

HOME DELIVERY BY DELIVERX.COM: Fast-Food, Beer, Wine, Liquor (Alcohol delivery must be Legal Age, ID and Signature required). Wendy's, Burger King, McDonalds, A&W, DQ and more! Walmart groceries pick-up/delivery! Convenience store. Favourite restaurants: Greek, Mexican, Indian etc. Visit DeliverX.com for all your delivery needs!

LIVING KINDNESS YOGA Classes at the Parkland Community Hall. Peaceful Meditative Movements: a flowing and gentle hatha yoga. Classes for ages 3 to 50+. The Theory and Practice of Meditation: making effective use of Yogic, Buddhist & Christian meditative methods. Please see website www.livingkindnessyoga.ca for dates, times and registration details.

NOW HIRING: Delivery drivers, full and part-time. Independent contractors required for busy home delivery service. Be your own boss, use your own vehicle, and make money driving. Prior delivery experience would be helpful, but is not required. Sign-up at www.DeliveryDriversNeeded.com.

E.G.K. GENERAL CONTRACTING: Renovations / developments, drywalling, taping, texturing, tile work, painting, t-bar ceilings, carpentry, flooring, window and door replacements, plumbing and electrical, all handyman services and more! Serving Calgary and area for over 30 years! WCB and BBB accredited. Licensed and insured. Contact Erich at 403-606-2493, or email egkgencon@gmail.com.

WHAT IS HEALTH COACHING? Health coaching provides the right system, right support and accountability to help you transform your health and body for good. Who Benefits? If what you've been doing isn't working, and you're looking for something greater to get you what you want. Contact nicole.holisticcoach@gmail.com.

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K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

MASONRY CONCERNS? UGLY FIREPLACE? Contact Harry for all stone and brick repairs, old-new renovations, remodelling, face lifts, flooring, landscapes, interior and exterior, etc. 30 year Journeyman. Contact Harry at 403-256-1991 or email at harekat@shaw.ca.

~cont'd next page~

BUSINESS CLASSIFIEDS CONT'D

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

GUITAR, PIANO AND FLUTE LESSONS: Experienced teacher. All ages welcome. Private lessons, classical and pop methods taught. RCM. Practical and theory exam. Preparation available. Suzuki classical guitar private and group. Daytime and evening lessons. For more information contact: mandy@sundancemusicstudio.com or call 403-256-7276, sundancemusicstudio.com.

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MUSIC LESSONS: Piano, music theory, music history, early childhood music and Royal Conservatory of Music exam preparations. Customized instruction and attention - please call Haige at 780-690-5652 or visit www.PlumTreeMusicCalgary.com.

ROCK'IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 25+ years' experience, informative, reliable. Call Ken 403-259-5226.

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GARAGE DOORS AND OPENERS: Sales, repairs, replacements, quick service on broken springs and emergencies. 25 years of experience. Door sales on now! 403-891-3534. Support local business. sales@thomsondoors.com www.thomsondoors.com.

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DOG WALKING & PET SITTING SERVICES

As a dog lover and owner of a large dog, I will be happy to provide pet sitting and dog walking for ANY kind of dogs.

Call Dana at 587-434-2106 and leave a message

Hue Knew?

When the company got its start, blue, black, brown, green, orange, red, violet, and yellow were the eight original crayon colours that Crayola made in 1903. Now they make an array of 120 colours!



MLA Calgary-Shaw
Graham D. Sucha
 #328, 22 Midlake Blvd SE
 Calgary, AB Canada T2X 2X7
 403-256-8969 403-256-8970
 calgary.shaw@assembly.ab.ca

Happy autumn, everyone! I hope you all had a terrific summer. I would like to wish all constituents a happy school year for 2017-2018. For many a new school year is exciting. A new school year provides an opportunity to meet up with old friends, make new ones and meet our new teachers. With south Calgary growing quickly, our government will continue to support new school builds and funding for education.

Like many of you, I had a very busy summer. I had a great Stampede season and got to meet with many Calgary Shaw organizations and see the excellent work they are doing. I would like to thank St. Mary's University, Father Lacombe Care Centre, Shawnessy YMCA, River of Life Church, and local community associations for having me at their Stampede breakfasts and BBQs. Stampede is one of my favorite times of the year because I get to visit so many people in Calgary Shaw.

My office's second annual Stampede BBQ was an incredible success. It was wonderful to see, meet and chat with hundreds of constituents. We served close to 800 burgers and hot dogs, but of course this wouldn't be possible if it weren't for our super volunteers. Thank you to everyone who made it out and a special thank-you to Metis Calgary Family Services in Sundance for partnering with us this year. I would also like to thank Friends of Fish Creek, Energy Efficiency Alberta, and the Calgary Public Library for setting up displays at the BBQ.

Shortly after the Stampede I had the opportunity to attend the Pacific Northwest Economic Region (PNWER) Summit in Portland, Oregon. This summit deals with trade and economic development for the pan Pacific provinces and states. This year I was fortunate to be elected the Canadian VP for the summit. I had many great trade discussions with my colleagues and made sure an Alberta voice was heard. It was an honour for me to represent Alberta's interests at this summit.

Despite this busy summer I was still able to take time to visit with many constituents and hear what is important to them. I have recently heard a lot of comments about people's negative experiences with condo boards. If you have any feedback about this please let my office know at calgary.shaw@assembly.ab.ca.

As always my office can provide Notary Public and Commissioner for Oaths services. However, it is a good idea to make an appointment well ahead of when you need the document signed. I am not always available on short notice. If you need a few provincial pins just connect with my constituency assistants, Michelle and Katharina. They are happy to help you out and can be reached at 403-256-8969.

to-may-to, to-mah-to:

Tomatoes are originally from Central and South America. The name comes from the word tomatl in the Aztec Nahuatl language, which translates roughly as "fat thing". While technically a fruit, you don't want to put a tomato in a fruit salad!

BRAIN GAMES SUDOKU

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



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Top Left: YOU ARE INVITED TO MLA DAVE RODNEY'S ANNUAL PICNIC at Shannon Terrace in Fish Creek Park on Sat Sept 23 from 11 am - 1 pm. Join us for great food and conversation about Alberta—with Free Spolumbo's!

Top Middle: It was a great honour to lead soldiers and civilians again on "Reaching the Summit of Mental Health and Wellness" for PTSD/OSI—congratulations to fine constituent and Canadian Barry Ashton for Spearheading the Event!

Top Right: An honour to participate in every "Heroes Behind the Heroes" Canada Day Run at Spruce Meadows!

Lower Left: Thanks to all in our Polish community for your warm welcome at another successful cultural event!

Lower Centre: Happy for the Matusof family and the entire Chabad Lubavitch community—congrats on your new home!

Lower Right: Pleased to participate once again in the "AWA's Climb for Wilderness"—this time at the Bow Tower!

Albertans are Making History—Now!

Over the summer, Albertans voted almost unanimously in favour of endorsing the creation of a single United Conservative Party: Albertans of various stripes put their political differences aside, and united—for the greater good of Albertans. This was truly a victory for the people of this province and the democratic process: tens of thousands of Albertans voted to ratify an agreement to bring the two conservatives together. Albertans have driven this process from the very beginning; and

the decision was overwhelming—on both sides, 95% said yes to unity—a massive mandate to move forward. Now that the unity vote is history, our United Conservative Party caucus we move on to the next step: a new leader will be chosen on October 28. In the meantime, the United Conservative Party entity has been registered with Elections Alberta, and the Speaker has recognized the UC caucus as Alberta's official opposition. As the leadership campaigns become a larger focus for Albertans, it is vital to remember the work of the Legislature is of the utmost importance; and I am honoured to continue my work as MLA Calgary-Lougheed, and also as Advocate for Education, Advanced Education, Indigenous Relations, and Wellness. I am also privileged to serve as the first United Conservative Party Deputy Caucus Chair. Our interim leader Nathan Cooper, the MLA for Olds-Didsbury-Three Hills, will be at the helm of the United Conservative Party caucus until Oct 28—holding the NDP government to account, and managing Legislature operations. While the policies of the new United Conservative Party are being debated, it's important to remember that our MLAs remain dedicated—first and foremost—to their constituents. As the NDP government continues to fall short for working Alberta families by imposing risky ideas that cause job losses, our caucus is united in its goal of advocating strong, common sense alternatives that create jobs for Albertans—while opposing NDP policies that scare investment away. Every member of our caucus will their decisions based on what's best for the working families of this province—not insiders or special interest groups—and we promise to make the next chapter of Alberta's history the greatest chapter yet...with and for you! With my sincere thanks and best wishes...

To receive this newsletter a month early and be on our "E-list" for timely updates, & for further information on critical issues affecting Calgary-Lougheed residents: please call, fax, e-mail, drop by our office, follow me live on twitter @DaveRodneyMLA, or visit https://twitter.com/DaveRodneyMLA or www.daverodney.ca



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