

OCTOBER 2017

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NORTH GLENMORE PARK CONNECTOR

THE OFFICIAL NORTH GLENMORE PARK COMMUNITY NEWSLETTER

A photograph of three women standing outdoors in front of a light-colored brick wall. The woman on the left is wearing a dark blazer over a striped shirt. The woman in the center is wearing a black top and is smiling while holding a green folder. The woman on the right is wearing a denim jacket over a grey top and is also smiling. They are all looking towards the camera. The folder they are holding is open, showing a document with a table and some text.

**GRANT FUNDING HELPED MAKE A NEW
COMMUNITY PLAYGROUND POSSIBLE**

SEE INSIDE FOR DETAILS



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#526, 3130 -66 Ave SW
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#305, 3131-63 Ave SW
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\$439,000



#1301, 3240-66 Ave SW
2 Bed / 2.5 Bath
\$389,000



2424 Sandhurst Ave SW
4 Bed / 3 Bath
\$1,349,000



#401 23 Burma Star Rd SW
2 Bed / 2.5 Bath
\$1,399,000



453 Walden Dr SE
2 Bed / 2.5 Bath
\$359,000



416 Dover PT SE
2 Bed / 2 Bath
159,900



#11, 740 Bracewood Dr SW
2 Bed / 1.5 Bath
\$229,000



2923 Lindstrom Dr SW
4 Bed / 3.5 Bath
\$1,499,000





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NORTH GLENMORE PARK COMMUNITY ASSOCIATION

2231 Longridge Dr. SW, Calgary, AB T3E 5N5
 Phone: 403.246.4243
 admin@ngpca.ca • www.ngpca.ca

Delivered monthly to 3,100 households and businesses for 8 years!

Editorial Submissions

generalmanager@ngpca.ca
 All editorial content must be submitted by the 1st of the month for the following month's publication.

Advertising Opportunities

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 All advertisements must be submitted by the 1st of the month for the following month's publication.

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The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and North Glenmore Park Community Association

The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and North Glenmore Park Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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	
Weather Information	511
Gamblers Anonymous	403-237-0654

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NGPCA PHOTO CONTEST

Send us your photos of North Glenmore Park!

We're always looking for photos to feature on the cover of the newsletter. Pictures can highlight North Glenmore Park's natural beauty, or residents enjoying their favourite activities within the community. Please send your high-resolution photos in jpeg format to generalmanager@ngpca.ca.

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NGP COMMUNITY ASSOCIATION



BOARD OF DIRECTORS

President	Jill Mitchell	president@ngpca.ca
Vice President	Vacant	
Treasurer	Janice Major	treasurer@ngpca.ca
Secretary	Vacant	
Directors at Large:	Jim Dejewski Andre Drouillard Amir Eisenberg Nicole Kiss Beth Michener Chris Policarpo Trish Snethun Peter Tepler Kyla Zalapski	2231 Longridge Drive SW Calgary, Alberta T3E 5N5 Ph: 403-246-4243

Committees

Executive	Jill Mitchell	president@ngpca.ca
Finance & Audit	Janice Major	treasurer@ngpca.ca
HR & Governance	Peter Tepler	admin@ngpca.ca
Facility Life Cycle & Building	Jim Dejewski	admin@ngpca.ca
Community Engagement	Volunteers Needed	
Area Redevelopment	Kyla Zalapski	admin@ngpca.ca
Traffic	Amir Eisenberg	admin@ngpca.ca
Fundraising	Volunteers Needed	

Staff

General Manager	Leah Wilson	generalmanager@ngpca.ca
Office Coordinator	Renee Desroches	admin@ngpca.ca

NORTH GLENMORE PARK SCHOOLS

Schools in and around North Glenmore Park include:

- Bishop Carroll High School (CCSD)
- Bishop Pinkham Junior High School (CBE)
- Career & Technology at Lord Shaugnessy (CBE)
- Central Memorial High School (CBE)
- Calgary Girls' School (charter)
- Connect Charter School
- Emily Follensbee School (CBE)
- Jennie Elliott Elementary (CBE)
- St. James Elementary & Junior High (CCSD)

PRESIDENT'S MESSAGE

By Jill Mitchell

Wanted: New Board Members



We're looking for enthusiastic community members to sit on our volunteer Board of Directors. The Board is ultimately responsible for carrying out the vision of the North Glenmore Park Community Association - to promote and foster the social, civic and recreational activities that will ensure a premium quality of life for the residents of North Glenmore Park. Our vision is to be a collaborative and innovative organization that is future focused, community driven and committed to connecting our members.

Are you a good fit? We have a wide variety of roles to fill and are looking for action-oriented community members with a range of interests and expertise to join our positive and productive Board. Do you have an interest or talent in communications, fundraising, event planning, finance, governance, or facility maintenance and operations...or anything in between?! We'd love to speak with you about potentially joining the Board.

Commitment and Expectations:

- The Board meets on the first Monday of every month from September through June (except when a holiday falls on that day, in which case the meeting is moved to the following Monday). In addition, a separate strategic planning session is held in the spring.
- Board members are required to sign a Code of Conduct which includes an expectation of regular attendance.
- Every board member is expected to join and participate on a sub-committee such as the governance, communications, finance or facility committee. Those groups tend to meet separately on a monthly basis.

Why consider joining the Board: Becoming a board member is a great way to contribute your expertise to your community, and to learn more about other areas that interest you. It's a great way to discover more about what is happening in North Glenmore Park, and to have an impact on the future of the community. And, it's a fantastic way to meet your neighbours!

How to join the Board of Directors: If you're interested in joining the Board, or learning more about the role of a director, please contact Leah Wilson no later than October 13 at generalmanager@ngpca.ca or by calling the office at 403-246-4243. From there, you would be nominated for possible election at the Annual General Meeting which is scheduled for Monday, October 23, 2017.

Thank you for considering joining the North Glenmore Park Community Association's Board of Directors!

On the Cover

Association President Jill Mitchell (middle) and Playground Project Team member Jennifer Ring McClure (right) gratefully accepted a \$100,000 cheque from Calgary-Glenmore MLA Anam Kazim. The grant funds were made possible through the provincial Community Facility Enhancement Program (CFEP).

CFEP aims to foster healthy, vibrant communities across Alberta. One of the key objectives of the program is to support organizations such as North Glenmore Park Community Association in supporting the creation, and enhancing the lifespan, of public-use community facilities.

The CFEP grant was a great contribution to the playground committee's fundraising and after countless hours spent securing funding and finalizing the design, the project team was thrilled to build the new playground at 52 Avenue and 21 Street SW.

The playground committee sincerely thanks everyone who helped fund the project and volunteered for the build, and encourages all North Glenmore Park residents to check out this great new addition to the community!



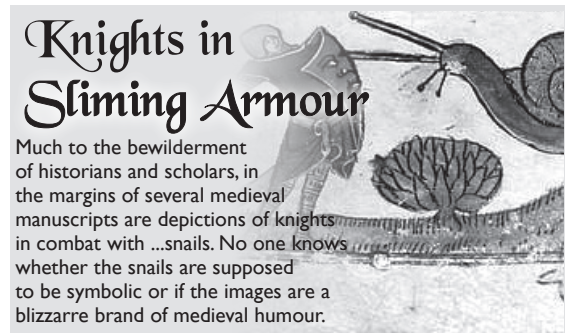
NGPCA UPCOMING COMMUNITY PROGRAMS AND EVENTS

FREE indoor pickleball. Drop in for FREE pickleball on Sunday afternoons between 1pm and 3pm until December 16. Please contact the North Glenmore Park Community Association office (403-246-4243 or admin@ngpca.ca) for more information, or if you are interested in volunteering as a court host.

FREE FUN on Friday afternoons! Members can play in the gym at no cost between 3:30pm and 6pm on Fridays (please call ahead to check gym availability for other times during the week). With access to our equipment room, participants can play dodgeball, basketball, volleyball, soccer, badminton, and floor hockey. Or make up your own games! Non-members are welcome to join the fun for a \$2 drop-in fee.

Gentle Fitness for Older Adults. The fall session commenced the week of September 18 with the option to participate in one or two classes per week until December 18. It's not too late to join! Please see page 9 for more details.

Craft Fair and Kids' Christmas Party. Join us on Saturday, December 2 for a craft fair and kids' holiday party including photos with Santa. If you're interested in selling your homemade goods, please contact Renee at 403-246-4243 or email admin@ngpca.ca to book a table (cost is \$20 for community members and \$25 for non-members).



CHURCHES IN & AROUND NORTH GLENMORE PARK

St. James Catholic Parish

Pastor: Fr. Edmund Vargas
5504 - 20 Street SW • Telephone: 403-243-2680
Webiste: www.stjamescalgary.org
Weekday Mass times: Tuesday thru Friday 9:00am
Weekend Mass times: Saturday 5pm,
Sunday: 8:30am, 10:00am & 12:00 noon

Lakeview United Church

Minister: Jope Langejans
3023 63 Ave SW • Telephone: 403-242-5760
Website: www.lakeviewunitedchurch.com
Sunday Services: 10:00am

Lakeview Baptist Church

Pastor: Reverend Rick Gordon
5336 Lakeview Drive SW • Telephone: 403-249-7359
Website: www.lakeviewbc.ca
Sunday Services: 9:30am

St. Laurence Anglican Church

Part-time Priest: Carolyn Herold
Rector: Rev. Anna Greenwood-Lee
5940 Lakeview Dr. SW • Telephone: 403-249-6184
Website: www.stlaurence.ca
Sunday Services: 10:00am

Rainbow Christian Church

Pastor: Yi Zheng
5336 Lakeview Dr., SW • Telephone: 403-452-8872
Website: www.rainbowchurch.ca
Sunday Services: Chinese Sunday service: 11:15am
English service: 9:30am

First Church of the Nazarene

Pastor: Bryan Roller
65 Richard Way SW • Telephone: 403-242-1718
Website: www.firstnaz.ca
Sunday Services: 10:45am

Free Reformed Church of Calgary

Pastor: Hans Overduin
2419-54 Avenue, SW
Telephone: 403-259-6591
Website: www.calgaryfrc.com
Sunday Service: 9:30 a.m. & 4:00 p.m.

MONDAYS & THURSDAYS 11:00AM

GENTLE FITNESS FOR OLDER ADULTS

At North Glenmore Park Community Association

FIRST CLASS FREE

Fall session starts September 18.
Come once a week, twice a week,
or drop-in.

To register:
call: 403-246-4243
email: admin@ngpca.ca
come by: 2231 Longridge Dr. SW

13 weeks @ 1/week: \$70
13 weeks @ 2/week: \$140
10 class pass: \$65
20 class pass: \$130
Drop-in: \$8

10% discount with membership

Neighbour Tip

Introduce yourself

Simple but effective, introducing yourself is the easiest way to start a great relationship with your neighbours.

Already know them? Why not introduce them to other neighbours they may not know yet.

YOUR CITY OF CALGARY

Follow these three steps for collecting and setting out yard waste for pick-up



1. Fill your green cart with leaves and other yard waste like old annuals, vegetable plants, pine cones, etc.



2. If your green cart is full, use paper yard waste bags. Be sure the bags are rolled up and can be easily lifted.



3. Set extra yard waste bags at least 30 cm (1 ft.) to the side of your cart.



Joey's Corner

Since I was a pup, I've spent time each year in the Manitoba countryside where my humans' family have a grain farm. My time there allows me to do what dogs do best - roam without leashes; protect the yard from intruders; join the kids on walking or quad excursions; get sprayed by skunks (oops!); and, become a little too acquainted with porcupines (ouch!).

Some lessons were easier to learn than others, but one takeaway was clear - pets and wildlife don't always mix! I felt invincible in my youth, chasing anything I could, from squirrels to coyotes. Though the skunks and porcupines hurt me the most, my owners quickly realized that I wasn't the most trustworthy soul out on the golf course where coyotes roam, or down in the Weaselhead where beavers live. If encounters were a possibility, I wore a leash for my own protection and the safety of the wildlife. On the farm, I was allowed to chase the odd gaggle of geese off of the grain fields because they ate our harvest. In the city, however, my bird-chasing urges were dissuaded.

We are fortunate to live in a city with such varied wildlife, but I've learned that they deserve just as much respect as any other neighbour. Who said neighbours are human only, anyway?!

-Joey

PS - I thought I'd wear my Halloween costume for October's photo. Enjoy!



OPEN GYM

FRIDAYS FROM 3:30-6:00PM

FREE with membership

or \$2 drop-in fee

Other evening and weekend times available when gym is not booked; please call to confirm daily availability

403-246-4243 | www.ngpca.ca | admin@ngpca.ca

2231 Longridge Dr. SW



Halloween Safety

Alberta Health Services EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31st approaches. Take some time to review these simple tips and reminders to help ensure your Halloween is a fun and safe night for everyone.

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.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.
- 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.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- 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.
- 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.



North Glenmore Park Real Estate Update

Last 12 Months North Glenmore Park MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
August 2017	\$849,450	\$817,750
July 2017	\$899,900	\$880,000
June 2017	\$648,450	\$615,000
May 2017	\$949,900	\$872,000
April 2017	\$769,900	\$745,000
March 2017	\$936,000	\$880,000
February 2017	\$599,900	\$586,750
January 2017	\$622,157.50	\$592,000
December 2016	\$0	\$0
November 2016	\$875,000	\$847,000
October 2016	\$602,500	\$595,000
September 2016	\$664,450	\$652,450

Last 12 Months North Glenmore Park MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
August 2017	2	2
July 2017	4	3
June 2017	4	4
May 2017	5	5
April 2017	8	3
March 2017	3	4
February 2017	5	4
January 2017	4	2
December 2016	3	0
November 2016	3	3
October 2016	4	4
September 2016	7	4

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

North Glenmore Park Community Association

Low-commitment, high-fun volunteer openings:

Get involved in your community with one of these volunteer positions!

• Kids Holiday Party Planner(s):

Help organize our 2017 kids Christmas party!

• Garrison Green Correspondent(s):

Help keep our staff informed on all things happening in Garrison Green! Send photos or updates for social media.

• North Glenmore Park Correspondent(s):

Help keep our staff informed of all things happening in North Glenmore Park! Send photos or updates for social media.

• Photographer(s):

Photograph our facility, events, or programs for website and marketing. Students welcome!



Contact Renee if interested!

403-246-4243 or admin@ngpca.ca

MEMBER BENEFITS

Purchasing an annual North Glenmore Park Community Association membership is a cost-effective investment in your community and comes with many benefits including:

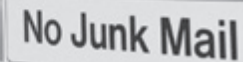
- Free and discounted programs and events. The Association hosts several annual events including a Christmas Art Market and Family Fun Day, the Stampede Breakfast, Mobile Skate Park, and special events such as Public Art Affair. Programs include summer day camps for kids aged 6 – 12 and gentle fitness for older adults. These events are a fun, cost-effective way to get to know your neighbours. There's something for community members of all ages!
- Free drop-in gym times. Members can drop in to our scheduled open gym times for free. We supply a variety of sports equipment for families to enjoy.
- Free indoor pickleball. Members can drop in for free indoor pickleball on Sunday afternoons from 1pm – 3pm until December 16.
- Free Family Skating at Calgary Flames Arenas. A membership entitles you to free family skating at

Calgary Flames Arenas during the winter months. Check with the arena for current skate times.

- Discounted birthday party packages. Take advantage of a 10% discount on birthday party packages. A bouncy castle, gym (including sports equipment), and attached kitchen add up to birthday parties that are fun for kids and hassle-free for parents!
- Discounted room rentals. Members are entitled to a 10% discount when renting our gym, multi-purpose rooms or newly renovated lounge with attached kitchen. Call the office at 403-246-4243 or visit www.ngpca.ca for rental rates, room specs, or to schedule a facility tour.
- A liaison for social, environmental, and civic affairs. The Association keeps updated on key issues including rezoning, transportation and re-development. We advocate for the community on behalf of members, providing community representation to the City. When you purchase a membership, you add your voice to the vision of North Glenmore Park.

YOUR CITY OF CALGARY

What to Do About Unwelcome Junk Mail



While most of us do our best to be good neighbours, sometimes we need a little guidance to do the right thing. That's where the Community Standards Bylaw comes in. Updated at the end of 2016, the bylaw promotes good neighbour relationships and addresses community concerns by regulating noise, fire pit use, untidy properties, weeds and grass, graffiti—and nuisances such as flyers.

One of the areas updated in the 2016 review refers to flyers, including non-commercial flyers. If you have a 'no flyer' sign visibly posted at your home, it's a violation of the bylaw to deliver flyers to your door. With the municipal election just around the corner, you should be aware that election advertising is exempt from this bylaw along with newspaper subscriptions, community newsletters and information provided by government and elected officials.

For more information, visit Calgary.ca and enter Community Standards Bylaw in the search bar. If you do continue to receive flyers despite having a 'no flyer' sign at your home, you can call 311 or submit a service request using our 311 app or on The City's web site.



Membership Registration Form

Name(s): _____
(Please include full names of both partners, if applicable)

Children's names: _____

Address: _____

Postal Code: _____ Phone Number: _____

E-mail: _____

I authorize NGPCA to send me e-mails regarding community news, events & programs: Yes No
Your personal information will be used for NGPCA purposes only and will never be given or sold to third parties.

Yes, I would consider volunteering my time, interest, or experience in the areas of...

Communications & Marketing Special Events
 Membership Fundraising

Membership Fees:

Family: A resident Family membership shall include up to two (2) adults and their children (up to and including the age of 17 years) living in the same household. A resident member must live within the community association boundaries and is entitled to vote at NGPCA general meetings. **FEE = \$25** \$ _____

Senior: A resident Senior membership shall include up to two (2) adults over the age of 65 living in the same household. A senior member must live within the community association boundaries in order to vote at NGPCA general meetings. **FEE = \$10** \$ _____

Associate: An Associate membership shall include up to two (2) adults and their children (up to and including the age of 17 years) living in the same household. A non-resident member is someone who lives outside the community association boundaries. A non-resident is not entitled to vote at the NGPCA general meetings. **FEE = \$35** \$ _____

Additional donation: \$ _____
Tax receipt will be provided

Payment:

In person: With cash, cheque, debit, Visa, or Mastercard
 By mail or email:
 I have enclosed a cheque Please process my credit card (Visa or Mastercard)

Card Number: _____ Expiry: _____

Name on card: _____ Signature: _____



NORTH GLENMORE
PARK COMMUNITY
ASSOCIATION'S

ANNUAL GENERAL MEETING

Everyone welcome!
Current membership required
to vote.

OCTOBER 23, 2017
7:00PM
2231 LONGRIDGE DR. SW

Pickleball

At the North Glenmore Park
Community Association!
2231 Longridge Dr. SW



SUNDAYS 1 - 3 PM

FREE with membership or \$2 drop-in
For more info:
www.ngpca.ca or 403-246-4243



Are you looking for Adventure?

Then, Scouting is the place for you!



We are a volunteer organization for youth aged 5-26 years. If you are interested in volunteering or registering your child, please visit our website at myscouts.ca for information and group locations. We are an inclusive organization and financial assistance is available.

Helpdesk toll free number: 1-888-855-3336



Make an Informed Choice
On October 16, Calgaryians will cast votes to elect their mayor, city councillors, and school board trustees. To help you get to know the candidates better, Calgary Public Library has invited all candidates to respond to a few questions about the Library, books, and reading. Visit calgarylibrary.ca/election to read candidates' answers. Arm yourself with the information you need to make an informed choice that will help create a strong, vibrant Calgary.

Forest Lawn Library Nature Playground
Calgary Public Library's first outdoor Early Learning Centre is now open at Forest Lawn Library! The nature playground is designed to help Calgary's kids learn and develop foundational skills through play. It's a fully accessible space with special features and movable elements to encourage creative play and exploration.

Early Learning Centres at Calgary Public Library are vibrant and interactive spaces for children ages zero to five to engage in play-based learning. Check out the new Early Learning Centre inside Saddle Towne Library, and visit Early Learning Centres at Central, Fish Creek, Shawnessy, Quarry Park, and Village Square Libraries.

Free Access to Newspapers and Magazines
Did you know your Calgary Public Library card gives you free access to thousands of newspapers and magazines? Read more than 7,000 publications from 120 countries in their image-rich original layout at calgarylibrary.ca/resource/www-pressreader/ or by using the **Press-Reader** app when visiting any of our Library locations.

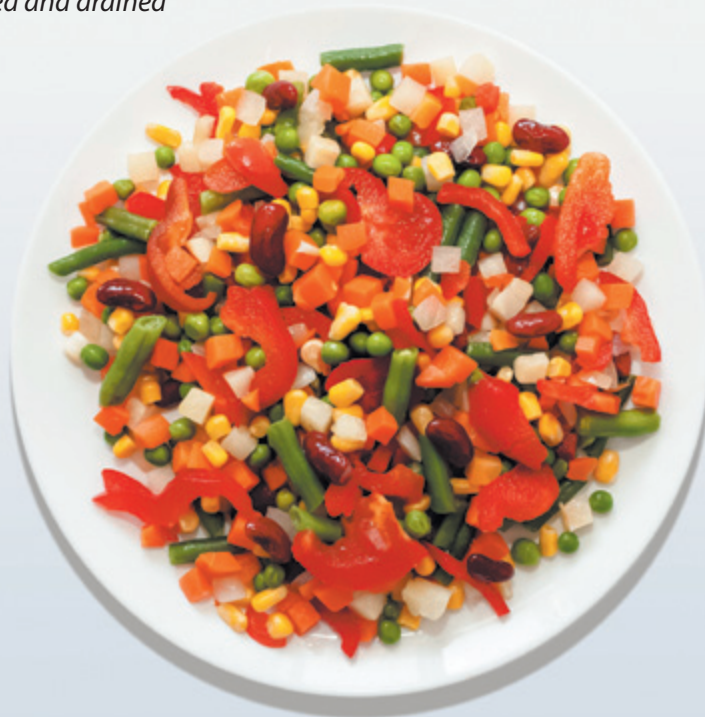
A Word from the Wise

Author J.R.R. Tolkien favoured the use of proverbs in his writing and even created a few proverbs himself. The most famous of his proverbs come from *The Fellowship of the Ring*: "All that is gold does not glitter." and "Not all those who wander are lost". Both lines are from the same poem.

MEXICAN BEAN SALAD

Ingredients:

- 1 (15 ounce) can black beans, *rinsed and drained*
- 1 (15 ounce) can kidney beans, *drained*
- 1 (15 ounce) can cannellini beans, *rinsed and drained*
- 1 green bell pepper, *chopped*
- 1 red bell pepper, *chopped*
- 1 (10 ounce) package frozen corn kernels
- 1 red onion, *chopped*
- ½ cup olive oil
- ½ cup red wine vinegar
- 2 tbsp fresh lime juice
- 1 tbsp lemon juice
- 2 tbsp white sugar
- 1 tbsp salt
- 1 clove crushed garlic
- ¼ cup chopped fresh cilantro
- ½ tbsp ground cumin
- ½ tbsp ground black pepper
- 1 dash hot pepper sauce
- ½ tsp chili powder



Method:

1. In a large bowl, combine beans, bell peppers, frozen corn, and red onion.
2. In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, salt, sugar, garlic, cilantro, cumin, and black pepper. Season to taste with sauce and chili powder.
3. Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve cold.

From www.allrecipes.com

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CONSERVATIVE
CHOICE

WWW.JEROMY.CA

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DOLLARS & SENSE

Helping Canadians with Disabilities Save

By Suzanne Smith-Demers – Consultant

Thousands of Canadians have opened a Registered Disability Savings Plan (RDSP) since the program was introduced in 2008. Thousands more who qualify have not. Here's what you need to know.

- An RDSP is a federal government savings program that encourages savings for the long-term financial security of an individual who is eligible for the Disability Tax Credit (DTC).
- Contributions can be made by anyone authorized by the holder of the plan up to maximum lifetime contributions of \$200,000 per beneficiary. Any investment growth and income generated will accumulate on a tax-deferred basis.
- The Canada Disability Savings Grants (CDSG) provide

matching grants of up to 300% of contributions, based on the amount contributed and the family income of the beneficiary. The maximum lifetime grants available are \$70,000.

- The Canada Disability Savings Bond (CDSB) is available to low and modest income Canadians irrespective of plan contributions. The maximum annual bond is \$1,000 per year, to a lifetime maximum of \$20,000.
- When money is paid from an RDSP to the beneficiary, it does not affect the eligibility for federal or provincial social assistance programs (in most provinces). Furthermore, savings within the RDSP will not affect Alberta asset tested benefit programs such as AISH (Assured Income for the Severely Handicapped).

RDSPs are intended for long term savings and certain penalties can occur if the funds are used early in the beneficiary's life. It is important to work with an adviser who is well versed in the program to ensure that you understand the implications to your unique situation.

5 Simple Ways to Ease Migraine Pain

by Dr. Alma Nenshi, Family Chiropractor

Most people associate migraine headaches with intense throbbing head pain lasting several hours to days, and sometimes accompanied by nausea, vomiting, visual disturbances, vertigo and sensitivity to lights, scents and sounds. Migraines are actually the result of increased electrical activity in the brain. Neurologically, they uniquely affect sensory perception and motor control of the body and can include a variety of symptoms that may or may not even include a headache.

So, what are some common stresses that trigger migraine headaches?

- Neurological stresses like excessive sensory stimulation from glare from the sun, loud noises, certain scents (whether pleasant or unpleasant), neck or head traumas, infections, intense physical exertion and chronic poor posture. Calgarians in particular are prone to headaches when their body can't adapt to the pressure changes from the Chinook winds.
- Chemical stresses include food triggers like red wine, caffeine, aged cheeses, chocolate, monosodium glutamate (MSG), dyes, pickled or fermented foods and nitrates found in deli meats. Skipping meals, fasting and hormone fluctuations may also cause migraines, as do certain medications such as acetaminophen, aspirin, non-steroidal anti-inflammatory drugs (NSAIDS), codeine, hydrocodone and birth control medications, just to name a few.
- Emotional Stress - Did you know over 90 percent of all chronic health challenges including cardiovascular disease, strokes, cancer, hormone imbalances, weight problems, accelerated aging, diabetes and neuro-degenerative diseases, are all related to the inability to deal with stress? Both getting too much or too little sleep can also trigger migraines.
- Migraines need to be properly diagnosed by a health care professional. If you ever feel like you are experi-

encing the worst headache of your life, it may be a medical emergency. Don't take any chances, contact 9-1-1 immediately.

Here are 5 easy ways to help you manage migraine symptoms at home:

1. Turn off your electronics! Constant, chronic low levels of electromagnetic stress impact brain and nervous system function. Migraine patients will find much relief from completely powering down their electronic devices (cell phones, computers, lights) and relaxing in a dark and cool room.
2. Drink some water! Staying hydrated has many health benefits, and for migraine sufferers, it can mean the difference between a manageable headache and a debilitating episode. Drink half your weight in ounces of water and non-caffeinated beverages everyday and don't forget to add an extra 2 cups of water for every cup of coffee you drink (yes this goes for decaf too!)
3. Smell some peppermint. Whether it's candy, essential oil or a peppermint teabag, a little at the start of your migraine will go a long way in helping to ease your symptoms.
4. Ice versus heat. Use heat to relax tense muscles in the early stages of your migraine before the throbbing starts. For a full-blown migraine, choose icing the affected areas for no more than 10 minutes at a time. Anything longer may trigger a reflex reaction that may increase the throbbing pain.
5. And now the best kept secret of all, when you have a full-blown migraine, soak your hands in hot water! This simple action will trigger your nervous system to direct blood away from your core, thereby easing the pressure and throbbing symptoms in your head and buy you time to get to your chiropractor for a proper assessment and treatment to ease your pain.

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With the ground breaking of Line 3 pipeline in Hardisty in August of this year, and the approval of Kinder Morgan's TMX expansion last year, we are moving forward in building this country for generations to come.

For too long now, Canadian middle-class families have found it hard to get ahead. That's why our government has a plan to grow the economy and strengthen the middle class. Canadians know that the environment and the economy go hand-in-hand. Our government has made a commitment to restore the confidence of Canadians in our natural resources development.

Our government is moving ahead with making smart, necessary investments. We've lowered taxes for 9 million Canadians, and introduced the Canada Child Benefit which will help 9 in 10 families to be better off. We've increased the Guaranteed Income Supplement for almost 1 million single seniors, and reached an historic agreement to strengthen the Canada Pension Plan to help provide Canadians with the strong, secure and stable retirement they deserve.

Moreover, our government is doing the hard work in partnership with provinces — through pricing carbon pollution, through the climate change plan, and through making the most significant investment ever to protect our oceans and coastlines — creating the conditions that will allow us to get our resources to market safely and sustainably.

If you'd like to read more, please visit my website at the below address.
www.KentHehrMP.ca/Pipelines

I am proud to be able to be an ally to the community and work with Canadians as your Member of Parliament in supporting good public policy. As always, my door is open to you. You can subscribe to e-updates online through my website at www.KentHehrMP.ca/ email-updates, come by my office at 950-6 Ave SW, call at 403.244.1880, or send me an email at kent.hehr@parl.gc.ca.



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YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Peace by Piece Christmas Marketplace – Cormack Hall, 903 75 Ave S.W., Nov. 4

This Christmas market comes just in time to beat the crowds and find interesting gifts to cross off your list this year. Made-by-hand items, home décor, beauty products, tasty treats, paper and fiber arts, hand-made jewellery, and wearables will be on offer. Doors open at 10 am and admission is free. More info [facebook.com/peacebypiecemarketplace](https://www.facebook.com/peacebypiecemarketplace).

A Night of Chicago Jazz featuring Ramsey Lewis – Jack Singer Concert Hall, Nov. 17

Ramsey Lewis is a jazz legend. The iconic jazz star is known for his light swinging jazz that never fails to set the mood, dabbling and shifting through genres and sound through his 50-year career. This prolific artist has recorded over 80 albums, and notably sat in on Earth, Wind & Fire's Sun Goddess. Joined by jazz singer Ann Hampton Callaway and trumpet player Marquis Hill, Lewis will take you on a night of jazz to remember. More info artscommons.ca.

Moscow Ballet's Great Russian Nutcracker – Jack Singer Concert Hall, Nov. 18

Marking the 25th Anniversary tour, Moscow Ballet's Great Russian Nutcracker features over-the-top production and world class Russian artists. Larger than life puppets, nesting dolls and gloriously hand-crafted costumes bring the Christmas spirit to life. More info artscommons.ca.

Murder Mystery Dinner Theatre: Clue: Murder is NOT a Game! – Fort Calgary, Nov. 17

Murder mystery dinners are an interactive evening featuring fabulous food and entertainment. In the billiards room with the candlestick? In the dining room with the revolver? You are called to Fort Calgary Mansion as a potential witness to the murder of Mr. Boddy. Join Colonel Dijon, Ms. Starlet, Ms. Partridge and Dr. Peach for a full investigation. 18+, 1930s attire (or business casual) encouraged. More info fortcalgary.com.

Professional Bull Riders at the Agrium Western Event Centre, Stampede Park – Nov. 24 & 25

Now slated for an additional night, this event aims to thrill. Featuring Canada's elite cowboys, alongside riders from up to five other countries, squaring off against the rankest bucking bulls from both Canada and the States. Fans will witness exhilarating 8-second rides and wrecks throughout the action-packed event as the PBR's courageous cowboys face off against their 2,000-pound opponents. More info pbrcanada.com.

NOVEMBER NOVEMBER NOVEMBER NOVEMBER NOVEMBER NOVEMBER NOVEMBER NOVEMBER NOVEMBER NOVEMBER

HIGHER STATES: GLENBOW MUSEUM, OCT. 7, 2017 – JAN. 7, 2018

Over 60 works of art make up this exhibition that shows another side of one of Canada's greatest artists. From mountains to states of mind, Lawren Harris aimed to always go higher. After his soaring depictions of mountains and icebergs made him famous and became quintessential Canadiana, the iconic landscape painter and member of the Group of Seven turned to abstraction, seeking to find or create "the spiritual in art." More info glenbow.org.



DOWNTON ABBEY ROAD – JUBILATIONS DINNER THEATRE,

NOV. 3, 2017 – FEB. 4, 2018

The Crawley family is all abuzz with anticipation for Lady Mary's birthday celebration, the problem with Downton is that everyone has a dark secret. With more drama than you can shake a 20th century riding stick at, this show will make your family look normal. And it's all set to the music of the most British rock band to ever cross the pond—the Beatles. More info jubilations.ca.



VINTAGE REDEFINED MARKET – 1390 17 AVE S.E., NOV. 3 & 4

Vendors from Calgary to various parts of Western Canada bring you everything the vintage and antique market has to offer! Over 25,000 sq ft of vendor space featuring: true vintage, collectibles, re-purposed, reclaimed, oil & gas, jewelry, antiques and more! More info eventbrite.ca.





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Dear Constituents:

I recently had the privilege to Chair the Seniors' Services Awards Committee on behalf of the Minister of Seniors and Housing. The purpose of the committee was to review nominee applications for extensive volunteer services towards support of seniors across Alberta. We look forward to this special award ceremony October 2, 2017 at the McDougall Centre to honor these contributions made by Albertans.

Age Amendments to the Alberta Human Rights Act: Our government will be adding "age" as a prohibited ground of discrimination, in sections 4 and 5 of the Act on January 6, 2018; as determined by the courts who granted a one year time period for government to address this issue.

We are reaching out to key stakeholders for feedback. We will consult with diverse stakeholders including: seniors' advocacy groups, seniors' housing and public housing groups, civil liberties and legal groups, condominium-related groups, rental accommodation groups, municipalities and related groups, large non-profit entities, community groups for people with disabilities, hospitality and accommodation industry groups to ensure minimal adverse effects by including "age" in sections 4 and 5.

We have already heard from Albertans who call condominiums home, purchased on the basis of by-laws in place at the time, as well as advocacy groups who want to ensure families and children may also call condominiums home. These considerations raise complex issues for the government, and Albertans, and cannot be properly addressed within a short time frame. Therefore, in the interim, our government intends to protect status quo on existing buildings with age restrictions in place.

MLA Open Office Hours – Friday, October 13, 2017 at 1PM - 3PM
10-minute one-on-one conversations on a drop-in basis. Please do not hesitate to reach out to my Calgary Glenmore team for further engagement.



MLA Calgary-Elbow
Greg Clark
Leader - Alberta Party
☎ 403 252-0346
✉ calgary.elbow@assembly.ab.ca
📧 @GregClark4AB

Occupational Health and Safety (OHS) Legislation

For the first time since it was enacted in 1976, The Government of Alberta is completing a comprehensive review of the Occupational Health and Safety (OHS) system. In addition to the legislation, they will be reviewing compliance, enforcement, education, awareness and prevention efforts. Topics include:

- clarifying employer and worker responsibilities in legislation
- improving worker engagement in OHS
- renewed focus on illness and injury prevention

To help ensure Albertans are working in healthy and safe workplaces the government is asking for public participation in the review by way of an online survey or written submission. The survey is open until midnight on October 16th and can be found at <https://www.alberta.ca/ohs-system-review.aspx>.

Jobs and the Economy

Calgary continues to experience high rates of unemployment. There are signs of improvement, but at the time I am writing this article Calgary still has the second highest unemployment rate of any major Canadian city.

In October 2016 and March 2017, I offered workshops for people experiencing unemployment and underemployment in Calgary. During those sessions a number of participants requested we focus next on networking. So, we are doing just that.

Catherine Brownlee, President and CEO of CBI is volunteering her time and expertise to lead this session at no cost. "Networking 101" will give participants the opportunity to learn how to begin conversations, ask appropriate questions, and follow up for results. Participants should come dressed for success, carrying business cards, and ready with their 30 second 'elevator pitch'. Industry professionals will on hand to provide useful feedback.

The event takes place on November 9th. If you are interested in attending, please visit www.calgaryelbow.ca to register. Space is limited.

As always, I welcome the opportunity to hear from constituents. My office can be reached at [Calgary.elbow@assembly.ab.ca](mailto:calgary.elbow@assembly.ab.ca) or by phone at 403-252-0346.



Calgary-Heritage
Bob Benzen, MP
1010 – 10201 Southport Rd SW
T2W 4X9
☎ 403-253-7990
✉ bob.benzen@parl.gc.ca

Dear Constituents,

I wanted to write to you this month about something I have been reflecting on for some time: the concept of civility.

Over the past few months we have witnessed many tumultuous events in the world. Indeed, the drama south of the border has been more intense than anything I've witnessed in recent history.

These seemingly endless events have led to a wide assortment of reactions. I am a strong believer in free speech and expression, and I respect those who hold and express passionate opinions. However, something I have noticed is an increase in the vitriol and negativity that surrounds public conversations about the news of the day.

That vitriol and negativity increasingly takes the form of questioning and condemning a person's value, intentions, and motives. It is one thing to believe that those who disagree with you on an issue are wrong; it is an entirely different thing to believe those people are bad or morally suspect. The pervasiveness of this attitude has a corrosive effect on our public conversations and disagreements.

We live in a multicultural, pluralistic society that contains a wide diversity of viewpoints and opinions. We should strive to be civil with each other, especially when in disagreement with one another, regardless of the issue. Disagreement is inevitable, and it is also a good thing. Disagreement helps us interrogate ideas and decide the best course of action. How we handle disagreement says a lot about the health of our society.

I for one, will strive to maintain and practice civility as your elected representative in Ottawa. When I argue or oppose the government on a given issue, I will always try to do so in a constructive way that adds, not subtracts, from the health of our public discourse.

As always, please do not hesitate to contact me with your thoughts or concerns. I can be reached at bob.benzen@parl.gc.ca or by phone at (403) 253-7990.

Linda Johnson

FOR CALGARY WARD 11



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- ✓ Hear you through honest, meaningful conversations.
- ✓ Live within our economic means without raising taxes or fees.
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