

AUGUST 2016

DELIVERED MONTHLY TO 2,500 HOUSEHOLDS

ROSS-CHARACTER

THE OFFICIAL ROSSCARROCK COMMUNITY NEWSLETTER



Calgary



On behalf of Community Standards & Waste and Recycling Services

Thank you Rosscarrock & Westgate

Congratulations on a successful **Community Cleanup** on June 12, 2016.

The weights collected for this year:

Garbage: 13835 kgs

Organics: 3370 kgs

Total: 17205 kgs

Truck Loads Hauled: 5

Thank you to the Community Association and residents for your commitment to help create healthy, safe and vibrant communities.



Rosscarrock Community Association

4411-10 Avenue SW, Calgary, AB - T3C 0L9

Phone: 403.242.0212 • Fax: 403.242.8354

www.rosscarrock.org • info@rosscarrock.org

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NEWSLETTER AD SALES

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Momentum Health

CLINIC LOCATIONS

SE - Momentum Health Ogden Lynnwood Shopping Centre #1C7009 18th Street SE P. 403-236-0106	SW - Momentum Health Westbrook Corus Centre #312 3220 17th Avenue SW P. 403-454-1600	NW - Momentum Health Creekside Creekside Medical Clinic #4 12192 Simmons Valley Road NW P. 403-239-6773
SE - Momentum Health Seton Seton Professional Centre #129 3815 Front Street SE P. 403-455-6865	SW - Momentum Health West Springs West 85th #2200 8561 8A Avenue SW P. 403-453-3373	NW - Evidence Sport and Spinal Therapy Cambrian Wellness Centre #201 2000 Veteran's Place NW P. 403-210-9969 Physiotherapy & Physiatry services only *Not redeemable at this location
SE - Momentum Health Mahogany Mahogany Gate Shopping Centre #7 110 Mahogany Plaza SE P. 403-454-8460	DT - Momentum Health Mission Mission Centre #909 2203 4th Street SW P. 403-228-7968	

OUR SERVICES:

- Physiotherapy
- Chiropractic
- Massage Therapy
- Physiatry & Sports Medicine
- Psychology
- Naturopathic Medicine
- Therapeutic Yoga
- Manipulative Therapy
- Acupuncture
- Intramuscular Stimulation (IMS)
- Muscle Release Techniques
- Exercise Therapy
- Prolotherapy & PRP
- Shockwave Therapy
- Custom Braces, Splinting & Orthotics
- WCB • Motor Vehicle • Insurance • Private
- Women's Health
- Vestibular Rehabilitation

\$25 OFF

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To reach our Board of Directors please contact
info@rosscarrock.org or call 403-242-0212.

COMMUNITY CONTACTS

James Runge	Neighbourhood Partnership Coordinator james.runge@calgary.ca 403-476-7171
Lemlem Haile	Community Social Worker lemlem.haile@calgary.ca 403-476-7180
Evan Woolley	City Councillor-Ward 8 evan.woolley@calgary.ca 403-268-2431

**Editorial
Content
Deadline**

Last Tuesday of
the month for the
next month's issue

info@rosscarrock.org

Rosscarrock Community Association Membership

4411 10 Avenue S.W., Calgary AB.
403-242-0212 info@rosscarrock.org
www.rosscarrock.org

Family \$15.00 _____ Single \$10.00 _____

Senior \$5.00 _____ Business \$25.00 _____

Name: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

**Do you want to receive emails regarding
future events?**

Do you want to get involved?

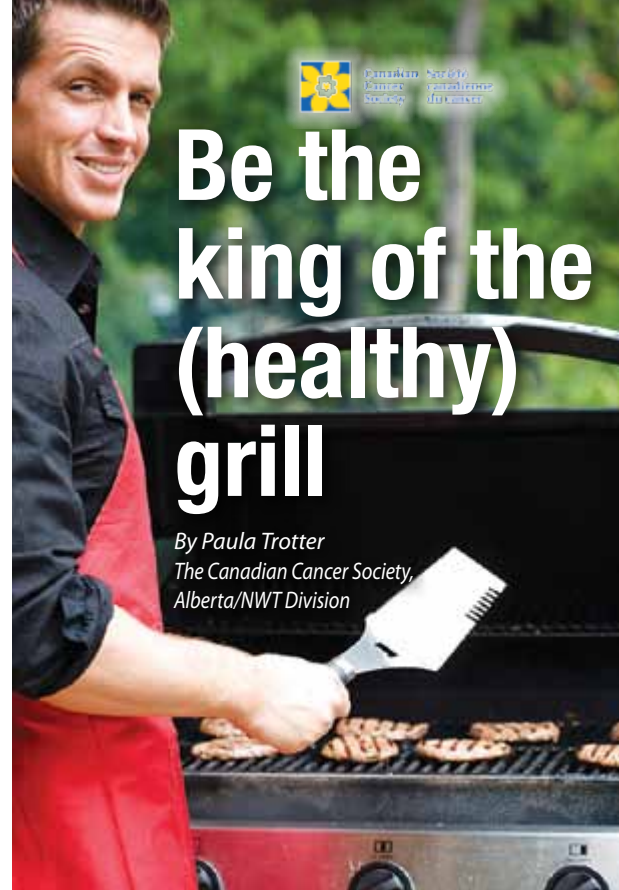
We are always looking for volunteers to help us with
the community. If you are interested in anything listed
below, please check it off and we will contact you!

- Board of Directors
- Casino Volunteer
- Special Events
- Canada Day Party
- Spring Clean-up Day
- Community Garden
- Newsletter
- Snow Angels
- Anything else you can think of? _____

Office use only

Card# _____

Paid _____



Be the king of the (healthy) grill

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

Canadians love to grill.

And rightfully so – there's nothing quite like a summer
barbecue with family and friends.

So I know being told to limit barbecuing meat can be
tough to hear. But studies have shown that eating a lot
of well-done and charred meat cooked at high tem-

peratures may increase your risk of developing certain
cancers, such as colorectal cancer.

That's because cooking meat, poultry and fish at high
temperatures – including barbecuing, broiling and frying
– creates chemicals that are associated with an increased
risk of developing cancer.

I'm not telling you to stop grilling outright – instead,
cut back on how much barbecued meat you eat.

And when you do fire up the barbecue, follow these
Canadian Cancer Society tips to safely prepare your
grilled food:

- Marinate meat, poultry and fish in vinegar or lemon
juice and your favourite herbs before cooking. This will
reduce the formation of the chemicals that increase
the risk of cancer.
- Choose lean cuts of meat, poultry and seafood over
higher-fat meat, and trim off any visible fat (including
the skin from poultry). This will reduce the amount of
harmful chemicals from the smoke created by burning
fats.
- Barbecue slowly and prevent charring by keeping the
food away from the hot coals so that flames are less
likely to engulf the food.
- Skewer a kebab. Smaller cuts of meat cook faster,
which means there is less time for chemicals to form.
- Partially cook your meat before throwing it on the grill.
The less time your meat is on the grill, the less it will be
exposed to chemicals.

Bonus tip: Learn to enjoy slow cooking. Choose to
cook your meats at lower temperatures by braising,
stewing, steaming or roasting more often. Then serve
with a side of barbecued vegetables – most experts
agree plant-based foods do not form cancer-causing
chemicals when cooked at high temperatures. Grilled
fruit is also delicious for dessert.



Registration, September 8th, 2016 7 - 8:30 pm
St. Michael School

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Now an Olympic sport under
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Weekend Workshop:

MOVING ON – after your relationship ends

When a relationship ends, it is a difficult and confusing time.

You may be:

- Lost
- Fearful
- Overwhelmed
- Feel too much or are numb

We are here to:

- Help you feel whole again
- Renew your confidence
- Offer possibilities
- Help you plan and design your new life

The MOVING ON program (previously known as REBUILDING) was designed specifically to help individuals recover from the ending of a relationship. MOVING ON takes you through a step-by-step process that will provide you with the knowledge, skills and tools so you can make a successful adjustment in your life. This practical support program is the first step to letting go of the past and making healthy choices for your future.

Our upcoming fall sessions are:

- September 15 - 18
- October 20 - 23
- December 1 - 4

Times:

- Thursday and Friday (6:30 p.m. – 9:30 p.m.)
- Saturday and Sunday (9:30 a.m. – 4:30 p.m.)

Location: The Rosscarrock Community Hall, 4411 10 Avenue SW, Calgary

The workshop cost is \$595 (plus GST) and includes the Moving On book by Howard and Kerry Parsons. If you register one month prior to the start of the workshop receive a 5% discount.

- Call David Richardson for an introductory discussion at 403-804-8432 or Sharon Richardson at 403-660-9558
- Visit our website at www.movingonafterdivorce.com
- Like our Facebook page [movingonafterdivorce](https://www.facebook.com/movingonafterdivorce)

IN & AROUND CALGARY

Get growing this summer with the **Calgary Re-Tree YYC initiative**

The Under Story

Are you finding it difficult to grow anything under that tree in your backyard? In the Under Story you will learn all about successful ways to plan and create a personalized garden under and around your trees. This program describes a variety of plant species that could be perfect for planting near your tree. We also show you real garden examples of how an understory can evolve over time. After this program you will walk away with a wealth of information that you can apply to 'spruce' up the area around your trees.

Date: August 10, 2016

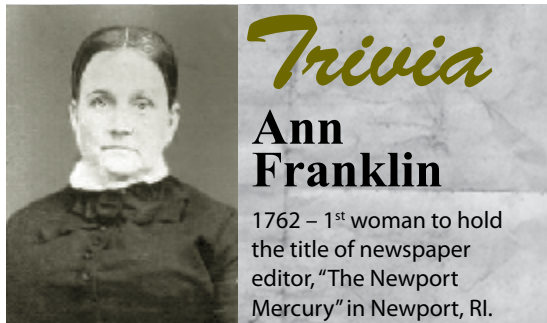
Time: 6:30 p.m.

Location: The Rosscarrock Community Hall, 4411 10 Avenue SW

Cost: Free!

These free educational programs are being offered through the new Re-Tree YYC initiative hosted by the City of Calgary and your community garden Coordinator Tammy Brigidear.

Space is limited! RSVP to tammybrigidear@gmail.com and stay tuned for details about further programming.



IN & AROUND CALGARY

Centre Street Bridge celebrates 100-year anniversary

2016 marks the 100-year anniversary of one of The City of Calgary's most iconic landmarks – The Centre Street Bridge.

The Centre Street Bridge, which crosses the Bow River along Centre Street, has been a part of the city skyline since 1916 with its four arches, upper and lower traffic decks and lion sculptures.

It was built by The City of Calgary 100 years ago for \$375,000. It replaced the MacArthur Bridge, a steel truss bridge built in 1907 by land developer A.J. MacArthur who had acquired the land that would become Crescent Heights and wanted people to have easy access to it.

Local historian and author Harry Sanders says the original bridge was built without any consideration for alignment with the roads. "(MacArthur) gets some investors and forms a stock company and they build a little bridge. They have no permission to build this bridge. All they did was acquire the land at either end and built a bridge across it. He hopes people will now live in Crescent Heights, which they do."

Once the bridge was in use, they offered to sell it to The City for \$17,000, which The City turned down. Then they offered it for \$5,000 but taxpayers voted against purchasing it. Eventually, The City agreed to pay \$1,300 for it.

"But now The City is thinking about a beautiful new bridge as Calgary is undergoing an enormous period of growth and wealth," explains Sanders. "So, in 1914, ratepayers approved a plan to build a more modest bridge."

The Centre Street Bridge was opened to traffic on Dec. 18, 1916, 17 months after the original MacArthur bridge was destroyed in a flood in 1915.

Roads Director Troy McLeod says the bridge, which was constructed to be resilient, is now seen as a symbol of the strength in our city. "What has been consistent in Calgary over the past 100 years is the resilience of our

people and the Centre Street Bridge is a perfect reminder of this strength in our community," he says.

The Centre Street Bridge was protected as a Municipal Historic Resource in 1992. It is historically significant as the second oldest bridge to span the Bow River and has long-served as one of the main links between downtown Calgary and areas north of the Bow River. As such, it was instrumental in the early development of neighbourhoods north of the Bow River, especially Crescent Heights, Mount Pleasant, Tuxedo Park, Winston Heights and Renfrew.

To learn more about the Centre Street Bridge's 100-year anniversary, visit Calgary.ca/roads.



Workers on the bridge during its construction in 1916. Glenbow Archives



The Centre Street Bridge has long served as one of the main links between downtown Calgary and areas north of the Bow River. The first vehicles crossed the Centre Street Bridge on December 18, 1916. Pictured are City of Calgary Engineer George W. Craig, Bridge Designer John F. Greene along with driver Tom Hornebrook. Glenbow Archives.

Art Classes with Noreen Procter

My experience includes teaching art in Calgary schools, working with the Alberta curriculum teaching kindergarten to grade 12 students. Instruction has been in all visual art media: pencil sketching, watercolors, pastels, acrylics, and silk painting.

Participants in my classes come from diverse backgrounds and age ranges. I have taught art in rehabilitation hospitals, working with people who have suffered from head injuries, loss of limbs, strokes, and other serious illnesses and injuries.

At one Junior High School where I taught, I launched an art gallery where the students proudly displayed their art. Students initiated a voluntary speech on the benefits of the art program, and how it affected their lives in positive ways. I also design workshops for professional development days and have facilitated various art programs and art workshops. I have taught after-school-art for children in my community of Glendale. I have taught art at The Mustard Seed, with youth at The Red Cross and with at-risk-youth at Woods Homes. I have taught adults art programs and work with corporate clients teaching art and doing team building workshops.

My silk art clients include the Prime Minister's Office, the former Mayor of Calgary, our former Premier and large corporations. My work has been well received internationally, and has been featured in major media publications nationally and in Germany.

All classes offered at Rosscarrock Community Hall

Trees

Date: August 20, 2016
Time: 9:00 a.m. - 4:00 p.m.
Cost \$220.00

Please call 403-242-6102 or email sixfootsilks@gmail.com to register.

Visit www.sixfootsilks.com to learn more about Noreen and her work.



Children and Dog Safety

How to say Hi to a Dog

It's summer, yeah! And kids and dogs are enjoying more outdoor time. As a veterinarian and dog trainer, I taught my children to behave appropriately around dogs... I thought. But even my son after asking and receiving permission to greet a dog from its owner, he has inappropriately and impulsively, grabbed the dog and hugged it around the neck with his face by the dog's teeth. We can't over teach our children to protect themselves and the dogs they encounter by behaving in a manner so no one ends up bitten or in serious trouble.

I will never forget the worst case of dangerous behavior I have ever seen by a person phobic about dogs. A very big sweet dog strolled into a bottle depot carrying a plastic jug hoping someone would throw it for him. The woman two stations over from me started screaming hysterically, swinging her arms, jumping up and down, and kicking out at the dog. This silly wonderful dog dropped his jug at her feet, sat down with his head cocked to one side, and looked over this mad woman, until we shooed him out of the depot. I tried to be sympathetic, but this woman's shrill screaming hurt my ears and made me want to bite her. If this dog had a fearful or aggressive bone in his body this woman was doing everything to potentially set him off. By teaching children how to behave when they encounter a stray dog, I hope they will never have a reason to be as fearful of dogs as this woman was.

If your child feels threatened by a stray dog they must not run. Dogs are predators and therefore have a strong chase reflex whether they are friendly or not. A friendly dog may chase a running child and inadvertently knock them down, but a dog with a strong prey drive may be incited to bite. **BE A TREE!** Your child should stand motionless wrapping their arms close to themselves. Do not make eye contact. Look away or even close your eyes. A dog may come and sniff them but would likely find this person uninteresting and wander away. Then the child should quietly walk to a responsible adult.

If the child is on the ground, **BE A LOG!** They can be a rolled up stone for that matter, but the same rules apply, arms wrapped around the body and motionless. No eye contact.

A child's high-pitched screams are often irritating or exciting to dogs. It goes against a child's need to cry for help, but trees, logs, and rocks are silent.

Never corner a dog, or any animal, to pet it. A trapped frightened animal is an animal that has had the choice removed to withdraw or run away, so its only remaining choice is to bite.

Do not assume you or your child can read a dog's intentions. Dogs about to bite may have their heads up, and wag their tails. Tail wagging has nothing to do with judging aggression. The dog my son was hugging radiated discomfort by panting, straining to get away, and pinning his ears back. Liam was oblivious to the dog's body language in his excitement to greet the dog. Forgetting the rules is part of being a child and most children love animals. Review the rules frequently and remind children their own dog is not the same as every other dog.

If your child does wish to pet a leashed dog, they must first ask permission of the owner, and then **WAIT** for permission to be granted. Finally, let the owner get control of the pet in a sit-stay or on a short leash prior to putting out your hand palm upward and below the dog's face. Scratch the dog's neck, do not place your face in the dog's face or hug the dog. Better yet ask the owner how their pet likes to be touched.

Teaching your children about dogs will stand them in good stead for life. Any animal bite must be reported to the authorities. By being smart with dogs and children we also create an atmosphere where our beloved dogs are welcome and accepted in the community.

Jennifer L. Scott, D.V.M.

your **COMMUNITY** BUSINESS OF THE MONTH



Signature Retirement Living

Rosscarrock Community

Signature Retirement Living expands to Westhills

Photos and story by: Emilie Tatlock

Signature Retirement Living (Signature) has decided to expand its business by building a new retirement home in Westhills, Calgary. Signature was created in Ontario in 2000 and has offered seniors a place to live since 2009 when the first Signature home, The Russell Hill Retirement Residence in Toronto, was created.

"The company has been growing since I first started working for them," explains Heather Sutherland, an employee at Signature's first Calgary location, Rocky Ridge Retirement Community.



By 2011, Signature had built seven homes in Ontario and finished its first Calgary location. Now, Westhills will receive Signature's second Calgary location by fall 2018. This location will be known as Prominence. "It will change the community for the better," declares Sutherland.

On June 29, Signature employees and Rocky Ridge Retirement Community residents gathered for the groundbreaking ceremony to celebrate the construction of Prominence.

"We finally did it. We broke ground," states Nori Wiesner, an employee at Rocky Ridge Retirement Community. "It took awhile to get started, but here we are."

Prominence will offer many activities and choices, such as swimming, exercise programs, outings, meal choices, suit style and much more, in order to provide an at home feeling to all seniors. Wiesner explains that Prominence will bring Westhills "a community hub," and give seniors a place to call home with no freedom restricted.

"Signature employees are all passionate about seniors," states Wiesner. "We truly offer a great place to call home."

Shirley Dervyshire, a resident at Rocky Ridge Retirement Community, says, "Rocky Ridge is proof that Prominence will offer the best home." Dervyshire has been a resident at Rocky Ridge Retirement Community since it first opened in 2011. "I love it here. We have lots of laughs," declares Dervyshire. "It's so much better than living on your own, and I know they'll have the same experience."



Photos and story by: Emilie Tatlock

Alex Kowalchuk has been a resident at Rocky Ridge Retirement Community for over a year and a half and states he would not be able to find a better home. "When my wife and I first saw Rocky Ridge, we said, 'this is the place.'" announces Kowalchuk. "You just feel like you're at home."

"Before my wife passed, she said, 'you better stay there, so here I am and I love it,'" says Kowalchuk.

Signature is always adapting to seniors requests and needs as the company expands throughout Canada. "Whether it's offering private cooking classes, having on site gardens to grow fresh herbs and vegetables, having indoor heated salt water pools, or offering community centric programming to keep our residents engaged, the list will always be infinite," explains Steve Strong, the CEO of Signature.

Strong explains that Signature's mission is "to establish Signature Retirement Living as Canada's leading purveyor of retirement lifestyles where our residents receive unmatched choice and an enviable level of service in a positive, vibrant and caring environment" and this is 'what drives the focus of our employees each and every day,' and ensures that all seniors receive the best care.



For further information on our suites and services, please contact

.....
Adam Fineman
Director of Sales and Marketing

.....
403-727-9400
afineman@SignatureRetirementLiving.com
905 Prominence Way SW



Head and Shoulders, Knees and Toes

By Dr. Alma Nenshi, Registered Chiropractor

Proper Footwear

There are 52 bones, 66 joints, 214 ligaments and 38 tendons and muscles in our feet. Statistics show that 80% of the population requires arch supports to improve function and stability in their feet. Computerized Gait Scan Technology can measure how your feet function and can keep track of changes over time so you know if and when you may require orthotics. Be sure to buy properly sized shoes with good arch supports and consider booking our free computer gait scan evaluations for the whole family as part of your back to school priorities.

Other Healthy Tips

Lunches and snacks should include proteins, veggies and healthy fats with limited carbohydrates and sugars as these may affect focus and energy. Fish and poultry choices are healthier over red meats and pork. Consider packing an empty water bottle to fill at school. Screen time and cell phone activity causes physiological stress responses in children that may in turn affect learning, cardiovascular health, weight, digestion and hormones. Consider limiting screen time to less than 30 minutes a day. Promote at least one hour of physical activity per day but beware of over booking your child in too many extracurricular activities. Children need real down time to play by themselves or to read (not spent with TV or video games). Your child needs a minimum of 8 to 10 hours of uninterrupted, deep sleep, which may be encouraged with consistent wake up and bedtime routines.

Your nervous system is the master system of the body, responsible for all body functions and your family's learning potential. Take advantage of our free back to school family health screenings, including posture and computer gait examinations and start the school year hitting the ground running!

It's back to school time and every parent wants their kids to thrive when it comes to handling the physical, emotional and intellectual stresses of the season. Address these key areas and watch your child flourish this school year!

Backpack Safety

Backpacks should be less than 15% of your child's weight, meaning a 65 lb child should carry less than 10 lbs of weight on their back. Many children carry too much weight for their growing bodies, placing undue stress on their neck, shoulders and spine, impacting brain functions and learning. Consider purchasing backpacks and other carriers that have wheels to do the job. These are becoming more and more popular and will save your child from pain, stiffness, focus, attention, and learning challenges.

Healthy Posture

Neurologist and Nobel Prize recipient, Dr. Roger Sperry said, "the spine is the motor that drives the brain" as 90% of all stimulation and nutrition to the brain comes from movement in the spine. He also said healthy brain function produces healthy posture. Improving your child's posture in turn improves their learning potential.

For every inch the head leans forward, there is an extra 10 lbs of downward pressure on the spine, which reduces activation of the frontal lobes of the brain necessary for learning. Chronic, low levels of spinal stress may also cause headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, poor digestion, allergies, bedwetting, poor attention and learning challenges, just to name a few. Regular chiropractic spinal adjustments can alleviate nerve stress and restore healthy movement of the spinal joints thereby improving stimulation and nutrition to the brain, which improves posture and learning.



Rosscarrock Real Estate Update

Last 12 Months Rosscarrock
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$719,700.00	\$700,000.00
May 2016	\$675,000.00	\$646,500.00
April 2016	\$0.00	\$0.00
March 2016	\$602,000.00	\$580,000.00
February 2016	\$619,900.00	\$600,000.00
January 2016	\$769,900.00	\$711,000.00
December 2015	\$0.00	\$0.00
November 2015	\$0.00	\$0.00
October 2015	\$719,900.00	\$710,000.00
September 2015	\$609,950.00	\$602,500.00
August 2015	\$419,000.00	\$410,000.00
July 2015	\$649,900.00	\$645,000.00

Last 12 Months Rosscarrock
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2016	7	2
May 2016	5	7
April 2016	6	0
March 2016	2	2
February 2016	4	1
January 2016	3	1
December 2015	4	0
November 2015	4	0
October 2015	2	1
September 2015	4	6
August 2015	6	5
July 2015	5	5

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



KIDS ART COLLECTIVE

Do you know a pint-sized Picasso age 12 and under? Each month our newsletter will feature a selection of drawings and paintings by neighbourhood kids with a flair for the creative.

To submit a work of art, please send it to info@rosscarrock.org.

Images must be a resolution of 300 dpi.



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CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

THE GUTTER DOCTOR! We install, repair and clean eavestroughs, and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.

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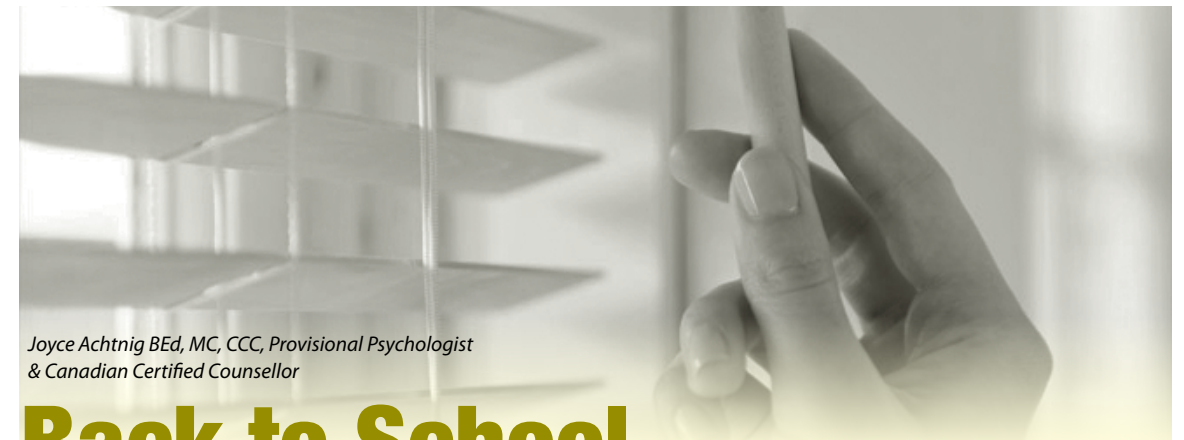
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IN & AROUND CALGARY

Community Standards Bylaw Review

The Community Standards Bylaw promotes clean, safe, healthy communities by regulating neighbourhood nuisances like yard maintenance, noise, and fire pit use. The bylaw allows Calgary Community Standards to partner with Calgarians to build better communities and better communities build happiness.

The City is reviewing the Community Standards Bylaw to ensure that it still meets the needs of citizens. We want your feedback, please send your ideas to improve the Community Standards Bylaw to CSBreview@calgary.ca. Let's continue making communities across the city the best they can be.



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

Back to School Tips from a Psychologist & Former Teacher

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

Create a Morning Routine the First Day

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

Start a Healthy Sleep Routine

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

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

Prepare Everything in Advance

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

When to Consult a Psychologist

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

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Making Calgary a Flood Resilient City

The 2013 flood caused significant social and economic disruption and unprecedented damages in Calgary, but especially in many of the neighbourhoods of Ward 8. However, The City is committed to making Calgary a safe, flood resilient community. The road from recovery to resiliency is a complex, long term process over many years with short, medium and long term milestones, but I'm happy with the work we've done and the work we're committed to in the future.

We've Recovered

We are building back stronger from the 2013 flood. 75% of the 217 flood recovery projects have been completed and many of them have flood resiliency improvements.

For example, our riverbanks are stabilized and stronger. With all critical and high-priority sites completed and all moderate priority sites to be completed by 2017, Calgary is at less risk of riverbank erosion, has greater flood level protection and is able to reduce damages from smaller, more frequent flood events.

We're Prepared

To make Calgary more resilient to future events, The City is implementing the 27 recommendations from the Expert Management Panel on River Flood Mitigation.

- 8 recommendations completed
- 17 recommendations in progress
- 2 recommendations to be started next year

For example, The City is making infrastructure improvements to the Glenmore Dam, including increasing the height of its gates. In 2019, Calgary will have new steel gates and an elevated hoist system on the Glenmore Dam. This will allow The City greater flexibility to mitigate flood events and reduce damages downstream of the dam including the downtown core, while increasing Calgary's water supply.

We're Moving Forward

We recognize the significant scale of impact and the considerable investments needed for further flood mitigation. To ensure we have the best suite of mitigation measures and adequate funding The City is working with Calgarians, stakeholders and other orders of government on additional flood mitigation solutions.

For additional details on how we have recovered, are prepared and moving forward, please visit calgary.ca/floodinfo.

MLA CALGARY CURRIE
BRIAN MALKINSON

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calgary.currie@assembly.ab.ca

If you've kept up to date with my monthly report in your newsletter you may have noticed that I have written about a wide variety of events and organizations that do incredible work bringing people together throughout the communities that make up Calgary Currie.

This time I would like to talk a little bit about the ways in which our provincial government helps make these things possible.

For a long time now, the Alberta Lottery Fund has been one of the primary providers of grants for community based organizations and projects. Whether you visit a local library, museum, attend a cultural or athletic event, lottery fund dollars are often hard at work behind the scenes.

Here in Calgary Currie, I have had the opportunity to directly engage with many recipients of funding from The Fund. In Glenbrook they are improving their outdoor skating facility to be more functional year round, a preschool in Killarney made some renovations to improve accessibility, and both Ghost River and Pumphouse Theatres received funding to help them continue to add to the vibrant cultural scene that contributes to the unique fabric of the riding.

When organizations finally acquire a grant, many see it as the culmination of years of hard work, and the final piece of the puzzle that allows them to finally take action on plans laid long ago. The organizations behind these projects received funding because they clearly demonstrated the value added to the community by their initiatives. All around us we have people who are working hard to add to the community around them, and it makes me so proud to represent you all.

I love seeing the kind of work people around me in the community are doing and I want to see more of it. It's never too early or too late to start learning about the tools available to build the community you want to see, so if you or your community are interested applying for Alberta Lottery Fund grants, please feel free to check out their website (Albertalotteryfund.ca) or give them a call (1-800-642-3855).

MP CALGARY SIGNAL HILL
RON LIEPERT

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The summer provides an opportunity for families to spend time together. As we begin to close in on back to school time, I wanted to take a moment to report to the constituents of Calgary Signal Hill on an issue that will have a dramatic impact on your pay cheque. As you may be aware, the Minister of Finance recently announced changes to the Canada Pension Plan (CPP) that will result in a significant hike in payroll taxes for business, and mandatory payroll deductions for employees.

If you earn \$30,000/year, you'll take home \$215 less.
If you earn \$60,000/year, you'll take home \$565 less.
If you earn \$90,000/year, you'll take home \$1,098 less.

If you are a business owner, there will be increases in the mandatory employee contributions paid out by you, the employer, which will result in higher operating costs and potential layoffs.

It is critically important to save for retirement and for those "rainy days" that we sometimes see in our lives. However, I believe that dramatic payroll tax hikes are not the solution to ensuring that we all save enough for retirement. You should be able to make your own choices about when, and how you save for your retirement using tools such as Registered Retirement Savings Plans (RRSPs), Tax Free Savings Accounts (TFSA), and other investments.

This dramatic payroll tax hike directly hurts families, particularly those who are planning on retiring in ten years or so. While you will pay significantly more into the plan because the income limit is now much higher, you won't see the same benefit paid out upon retirement.

It also will be of no net benefit to seniors, since the increased benefits will take almost a decade to phase-in.

Instead of doing a study via the Finance committee regarding this decision and other options that could potentially fortify retirement savings for all Canadians (including those near retirement), the Minister has decided to take a different course and simply push the changes through.

If you have thoughts on the CPP changes or any other matter you feel is important, please call my office at 403-292-6666 or email ron.liepert.c1a@parl.gc.ca.

COMMUNITY ANNOUNCEMENTS

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

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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
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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
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Calgary Parking Authority	403.537.7000
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Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
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IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current “wealth transfer” strategies.

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Vice-President, Estate Planning Specialist



DATE: Tuesday, August 30, 2016
3:00 pm – 5:00 pm

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

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

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