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# ROSS-CHARACTER

THE OFFICIAL ROSSCARROCK COMMUNITY NEWSLETTER





# A Zest for Life

It's a warm, sunny day. Laughter and conversation roll out over a manicured green lawn. Under a gazebo, a group chats as a bocce ball rolls by. Inside, you can hear the choir as they rehearse for an upcoming performance. Welcome to Amica at Aspen Woods, one of Calgary's finest retirement residences.

Residents here are busy. You'll find them enjoying the salt water pool, visiting the spa, or participating in an exercise class. A bus operates as an errand shuttle twice a week. Two to three times a week, the bus ventures to places like the mountains, the Calgary Philharmonic Orchestra, or Lunchbox Theatre.

There are three catered meals a day, made by our Red Seal chef's culinary team. "Lunch on the patio is a big hit in the warmer months," General Manager, Deborah Burrowes says. "You can arrive for dinner and sit wherever you want. There is no set schedule or seating chart."

Residents are active and social with an abundance of on-site services and amenities. They're free of the worries of grocery shopping, cleaning, and home maintenance. "Our team is really here to serve in every way possible. We have residents who initially came here for respite stays who have moved in because of the level of service we provide."

There are over 40 scheduled activities per week. "Half of our activities are fitness based and many are designed to maintain strength and mobility, as well as prevent falls," Life Enrichment Coordinator, Lynn Penko explains.

But it's not all fun and games. "We have professional wellness team members, including a registered nurse on site daily and LPN's around the clock. Additionally, local health professionals visit regularly," mentions Director of Care and Registered Nurse, Wanda.

Amica's philosophy is that residents should be able to age in place – residents don't have to worry about moving, since care options are available here. "Residents might move to a different floor, but they will still be able to enjoy the same activities and socialize with friends," Registered Nurse, Kathy adds.

Amica's sister community, Maison Calgary, is designed and operated for those needing the highest levels of care as well as people with dementia, Alzheimer's disease and memory loss. If the need arises, residents can transfer easily.

"Our residents are socializing everyday. They enjoy our community and don't have to rely on their families to get out and do things. On warmer days, we have walking groups visit the ravine, which has great views of the Rockies. We even recently held a community food truck festival. Living here helps to sustain independence," Deborah says.

This recipe creates a zest for life that is abundant here. They invite you to visit them for lunch and a tour.

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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
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Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
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HOSPITALS / URGENT CARE	
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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	
Gamblers Anonymous	403-237-0654

CONTENTS

7	KIDS ART COLLECTIVE
8	PRESIDENT’S MESSAGE
9	FOR ART’S SAKE: VOLUNTEERING IN THE ARTS
10	REAL ESTATE COUNCIL OF ALBERTA: ASK CHARLES
11	CALGARY HUMANE SOCIETY: HAPPY SEPTEMBER!
12	AT A GLANCE
13	BUSINESS CLASSIFIEDS
14	CALGARY WILDLIFE: BLUE-WINGED TEAL - A LITTLE DABBLER
17	CALGARY PUBLIC LIBRARY
18	TAKE ON WELLNESS: BACK TO SCHOOL HEALTH CHECKLIST
19	FAMILY CAFE



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## COMMUNITY CONTACTS

James Runge	Neighbourhood Partnership Coordinator james.runge@calgary.ca 403-476-7171
Lemlem Haile	Community Social Worker lemlem.haile@calgary.ca 403-221-4576 • 403-880-6045
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☐ **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? \_\_\_\_\_

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## KIDS ART COLLECTIVE

Do you know a pint-sized Picasso ages 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](mailto:info@rosscarrock.org). Images must be a resolution of 300 dpi.



## SUDOKU

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**FIND SOLUTION ON PAGE 15**



## Letter to the editor

Dear Great News Publishing,

Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. I'm amazed at how well this worked!

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I blinked and four months went by! Rosscarrock had their annual meeting and Canada 150 celebration. Both events were highly successful. Most of you have enjoyed summer and are now ready to prepare for September. Time just flies by. I hope your summer was enjoyable and you had a chance to renew, in spite of the smoke and fires of July.

First, I would like to extend to Evangeline, Sarah, Buzz, Greg and Kirk a sincere thank you for your efforts in behalf of the community while you served on our board last year. I hope that you found service to be a rewarding experience. And let's not forget to congratulate our two new board members, Lori Olijnyk and Iffat Ahmad. We've put them to work right away. Lori serves as board secretary and Iffy is the new treasurer. Check out Lori's biography elsewhere in the *Ross-Character*.

If you look at the July issue of the *Ross-Character* you might have noticed that I wasn't the only one missing in its pages. Next month it will be time for the municip

pal elections. On September 20, 2017 we will have an open forum where you will hear from candidates that are running in Ward 8. That will include the Councillor, School Trustee and Mayor. The forum will allow you to hear from those seeking to lead our municipal government. Having such direct exposure by those running for office. I look forward to seeing you there. Not only does this level of government have the greatest impact on our community, but it is the one where there are no party "lines," the individual will have the greatest impact. I hope to see you there.

Fall is here. Your board is back to full activity. Please feel free to attend our monthly community meetings. We have them on the last Tuesday of every month. If something needs more immediate attention, please contact me personally at either [info@rosscarrock.org](mailto:info@rosscarrock.org) or [president@rosscarrock.org](mailto:president@rosscarrock.org).



Volunteering in the Arts

By Alex Bonyun


Want to be involved in the arts, but don't know where to start? A great way to dip your toe in without spending money is to volunteer. It may seem like a daunting proposition if you've never volunteered before, but non-profit cultural organizations are always looking for helpful volunteers, whether it's for ushering at a theatre performance, helping out at a festival booth, or lending a hand with administrative work at the office. The rewards of volunteering go beyond gaining access to tickets or other perks. It allows you to gain experience in a particular field or with a particular organization which can later lead to other opportunities such as serving as a Board Member for an organization that aligns with your values or joining committees in your community to boost the presence of arts in a particular discipline.

This year, Canada 150 is challenging everyone to lend a hand and give 150 hours of time volunteering before the end of 2017. The gift of your volunteer hours goes above and beyond the organization you benefit with your time. It can create a lasting impact throughout your community. You can register for the challenge and learn more at <https://volunteer150for150.ca>. It's not too late to complete the challenge as many organizations start their seasons full force in the fall, and are always in need volunteers.

In our community approximately 50,000 Albertans volunteer for not-for-profit arts organizations every year, creating opportunities for community engagement, service, and belonging. Additionally, volunteers can help an organization build capacity, which can result in more economic stability and growth.

For a comprehensive list of all of Calgary's non-profit organizations in need of volunteers, please visit <http://public.propellus.org/NonProfitMemberList.aspx>.

*This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues.*



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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](http://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](mailto:askcharles@reca.ca).*



# Happy September!

We hope you all had a great summer! At Calgary Humane Society, we are winding down from another successful season of summer camps that saw hundreds of compassionate children and teens spend a summer learning how to care for animals.

Helping animals is a great way for kids to become involved with their community! Many children feel a connection to the natural world and enjoy learning about animals of all shapes and sizes, but these interactions build more than just knowledge! Research has shown that children who spend time with animals learn enhance many social skills including:

- **Empathy** – Empathy is considered by many psychologists to be the root of "pro-social" behavior. Pro-social behaviors are the behaviors that allow us to build relationships, maintain friendships and connect with our communities. Interacting with animals allows children to practice skills of non-verbal empathy as they try to understand how an animal is experiencing the world.
- **Compassion** – Empathy is a foundation for understanding others, but compassion moves those feelings into action. Through acting compassionately, children learn that they can have a profound impact on the community around them and that they play a key role in "creating the world they want to live in".
- **Respect** – When children help others they learn more about why other people (and animals) sometimes need help, and why needing help is not a bad thing. Through helping animals, children learn that even the smallest fish deserves to have good food and a safe home by virtue of being a living, thinking, feeling being.

Are you looking for a great way for your child to become more involved in helping animals? We would love to help! While our minimum age to volunteer is 16 (for safety reasons) we have many great programs for kids of all ages!

• **Attend a youth program!** Children in our kids' clubs and youth programs get to participate in select animal interactions with carefully chosen animals and complete fun activities with animal loving peers!

• **Party with a purpose!** Check out Calgary Humane Society's birthday party program and spend your next birthday with us! Our experienced birthday staff lead the party for you – all you do is bring the cake and presents!

• **Collect donations/wish list items** – Another great way to get kids involved in helping is to raise funds or collect items for animals in need! Kids who collect donations for the shelter can book a special 'behind the scenes' tour with our humane education department too!

• **Take great care of your pets!** Your child can be an "ambassador" for great animal care by encouraging them to learn more about your pets and help with their care.

Looking for more information on our programs or more ideas on how to get your child involved in helping animals? Our Humane Education team would love to help! Visit [www.calgaryhumane.ca](http://www.calgaryhumane.ca) or call 403-205-4455 for more information.



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## HALLOWEENDS – 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](http://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](http://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](http://canadasoccer.com).



## 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](http://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](http://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](http://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](http://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](http://heritagepark.ca).

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## Back-to-School Safety Tips

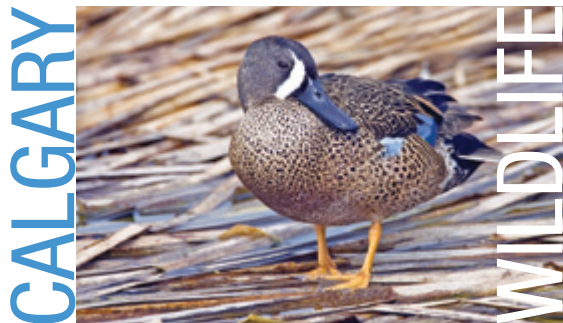
For the youngest of Calgarians, September means time for a brand-new school year. School zones in September often bring more congestion, distraction and more pedestrians than in the summer. Here are three tips to keep in mind when in school zones this September and all year around. Exercising caution and care, we can make our communities safer.

**Follow the speed limit:** First and foremost, follow the posted speed limit with is 30 km/h. School and playground time zones are between the hours of 7:30 a.m. – 9 p.m. A collision with a pedestrian at 30 km/h is more likely to end injury than a possible fatality going at residential speed of 50 km/h.

**Stay in between the lines:** We want to set good example for young pedestrians. Stop, look both ways, always good practice to look one more time to the left then walk across the street between the cross walk. Attempt to make yourself as visible as possible. These are all good habits to role model.

**Follow directions:** Listen and watch for directions from the school safety patrollers. Follow the direction of signals, signs and the specific rules that the school has implemented. These directions are for your safety, reducing congestion and reducing risks.

For more resources, check out our website at [calgarycommunities.com](http://calgarycommunities.com)



## Blue-winged Teal – a Little Dabbler

Article by J.G. Turner, image courtesy of [www.naturespicsonline.com](http://www.naturespicsonline.com)

The Blue-winged Teal is a small, dabbling duck that is only about 16 inches (40 cm) long, with a wingspan of 23 inches (58 cm) and weighing in at only 13 ounces (370 g). The adult male has a rounded slate blue head with a crescent shaped band of feathers behind its black bill and in front of its black eyes. The male has a light brown body with a white patch near the rear and a black tail, and shows a blue patch with a white border on its fore wings, especially when in flight. The adult female is a mottled or scalloped grey-brown with a whitish patch at the base of the tail and bill, and a dark line through its black eye.

### Fun Facts:

- A dabbling duck feeds on the surface on vegetation or water insects just ducking its head under water, or by tipping right up, pointing its tail end upwards while feeding on submerged vegetation

- The Blue-winged Teal's formal name (*Anis discors*) comes from the Latin words for "a duck" (*Anis*) and *discors* or "disc about the mouth" which may refer to the face pattern of the male.
- This is the most common teal in Alberta's grassland and parkland areas. Although it is found in the right habitat throughout the province, the Blue-winged Teal is most common in central and southern Alberta.
- This dabbler is most often found in the calmer waters of marshes, sloughs, ponds and the weedy edges of small lakes. Nests are built in concealing grasses or vegetation on dry land, but near to water.
- This little duck hangs out in pairs or small groups spending most of their time foraging in shallow waters.
- In the late summer, the Blue-winged Teal undergoes a moult (during which they shed their old feathers and grow new ones), which prevents them from flying so they will spend this time in prairie sloughs or large marshes with good food supplies.
- These dabblers are the first ducks to go south in the fall and the last ones to arrive north for the breeding season in the spring. It is likely that they leave early and arrive back late because they are long distance migrators, some going as far as South America – a Blue-winged Teal banded in Alberta was found in Venezuela a month later!

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at [www.calgary-wildlife.org](http://www.calgary-wildlife.org) for more information.



*Free Uniform with Registration, September 5<sup>th</sup>, 2017, 7 - 8:30 pm*  
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Calgary, Alberta T3H 0V5  
📞 403-292-6666 📠 403-292-6670  
✉ [ron.liepert.C1A@parl.gc.ca](mailto:ron.liepert.C1A@parl.gc.ca)

As we celebrate the 150th anniversary of confederation, it is important to reflect on our past. In the Calgary Signal Hill riding, there are several areas with historical significance that I intend to highlight in my monthly report.

Most of us drive by Edworthy Park regularly while others walk the trails, often with their four-legged friends. We all enjoy the views but few realize the park's history.

The area was a nomadic settlement of the Plains Indians who followed the buffalo migration. The varied berries and wildlife made it sustainable for life. The cliffs and ravines were considered ideal sites for buffalo jumps. Evidence remains of the stones from tipi circles on the escarpment and several buffalo bones were uncovered after heavy rains in 1940.

In the 1870s European settlers arrived. Thomas Edworthy arrived among them in Calgary in 1883 from Devonshire, England. He became a squatter on part of the Cochrane Rancho lease and used the land to establish a garden market that supplied produce to homesteaders and railway building crews. There were springs for Edworthy to use for irrigation but the water was cold, so he built a reservoir to warm the water. The grass that supported the buffalo now supported cattle grazing, so the Edworthy homestead was built as both a ranch and market named Shaganappi Ranch.

In later years, he operated sandstone quarries for construction of buildings in Calgary. After a devastating fire, the city passed an ordinance requiring buildings to be built out of more permanent material, which led to Calgary being known as 'Sandstone City'. Edworthy's 'Bow Bank Quarries' supplied the sandstone for many buildings in Calgary that still stand today, such as Fire Hall #2, Central, Balmoral and Victoria Park Schools, and Knox United Church.

In 1894, Tom married Mary Ross, widow of Alexander Ross—Calgary's first resident photographer. Ross photographed the building of the Canadian Pacific Railway

as it headed west from Manitoba, and many historic scenes, including the signing of Treaty Number Seven. Mary and Tom Edworthy had two sons, Thomas Percival and George (Sr.). Thomas Edworthy died at 48 from typhoid leaving his wife and sons to operate the businesses and ranch.

In the 1950s, part of the Edworthy land was sold and became the community of Wildwood. The family sold the remaining land, 169 hectares, to the City of Calgary in 1962 for the development of the park which bears his name.

The next time you walk through the park look for remnants of the buffalo jump, the ranch and market or the quarry, all part of the history of this beautiful legacy in the middle of our riding.

## 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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While September means back to school for many, for me it also means that the start of session in October, after a busy summer speaking with Albertans from across our province. It was great to see so many of you at the Marda Gras Street Festival or Edworthy Off Leash Dog Park, two highlights for me. I enjoyed our chats about our government's work building and opening more schools in the Calgary area will ease pressure on Currie classrooms this fall. Many others were thrilled about the construction of the new cancer centre and the SW portion of the Ring Road.

For those students returning to school this fall, I am happy that Premier Rachel Notley has kept our government's promise to fully fund each student, and those studying at Mount Royal University are returning to the world-class Riddell Library and Learning Centre. And while the reduction of school fees has helped make life more affordable for many families, it also revealed that a friendly review of the Calgary Board of Education's books was needed. I will provide updates as this work proceeds and will continue to convey any concerns to Education Minister David Eggen.

As our economy continues its return to its place as the driver of Canada's economy, we've continued to be conscientious with your tax dollars. We have reigned in spending at Albertans Agencies Boards and Commissions, for example, Guy Kerr, CEO of the Workers' Compensation Board, will earn \$396,720 instead of \$896,206

and Jim Ellis, CEO of the Alberta Energy Regulator, will see his salary drop from \$721,680 to \$396,720. We are reigning in the excesses of the old PC (now the UCP party) governments. We also re-invested \$1.53 billion in revenue generated through the Climate Leadership Plan to build the new Green Line LRT, making this the largest public infrastructure investment in Calgary's history. Your government also held open houses on condo regulations and launched a survey on consumer protection to tackle such issues as household moving services, debt collection, ticket sales and auto repairs with the goal of helping you to protect your pocket books.

The work on my private Members bill is nearing completion. Over the summer I held four more Henson Trust consultations - in Lethbridge, Medicine Hat, Edmonton, and Calgary- where I shared a draft of this legislation with families, self-advocates and various organizations. All this feedback will enhance the final version of the bill that I hope to table when the legislature returns this fall. Thanks to all who attended this second phase of consultations. I believe this bill will make their families' lives better.

Over the next few weeks you will see me in the city streets celebrating Calgary Pride with my New Democrat colleagues. If you or your community are having event - big or small, day or night - I am always happy to attend if I can! So, let me know about them by contacting my office.



**Councillor, Ward 8**  
**Evan Woolley**  
 P.O. Box 2100, Station M  
 Calgary, AB, Canada T2P 2M5  
 ☎ 403-268-2430

**Democracy 101**

In October, Calgarians will vote to elect their Mayor, Councillors, and School Board Trustees. Your voice helps shape your community and city. Here are some things you need to know before October 16<sup>th</sup>.

If you cannot vote during the Advance Vote or on Election Day due to physical incapacity, being absent from the city, working as an election worker, or volunteering/working on a campaign, you can request a mail-in ballot online by visiting [www.electionscalgary.ca](http://www.electionscalgary.ca), by phone, 403-476-4100 (option 2), in-person or in writing at the Elections & Census Office, 1103 – 55 Avenue NE.

If you request a mail-in ballot, a ballot package with instructions will be mailed to you after Nomination Day (September 18, 2017). A photocopy of an authorized piece of identification must be sent back with the returned ballots. Ballots must be received by the Elections & Census Office no later than 8 p.m. on Election Day (October 16, 2017). For more information on the Election, or to sign-up to receive updates, visit [www.electionscalgary.ca](http://www.electionscalgary.ca).

I shared this information last May, but it bears repeating. This year, it's easier than ever to make your vote count. There is now a free transit pass with each election brochure that will be mailed to you and there will be a full week of advance voting polls at Mount Royal University, the University of Calgary and SAIT.

**2017 Election Ward Boundary Changes**

During the 2017 Municipal Election, new ward boundaries come into effect, which could change the candidates on your ballot and at your voting station location. If your community has changed wards, you will be voting in a different ward than the last municipal election. It is important to check your ward so you know what candidates are running in your ward and where to find your designated voting station. To check your ward, visit [www.electionscalgary.ca](http://www.electionscalgary.ca), or call the Elections & Census Office at 403-476-4100 (Option 2).



**Free Homework Help**

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](http://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](http://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](http://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](mailto: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!

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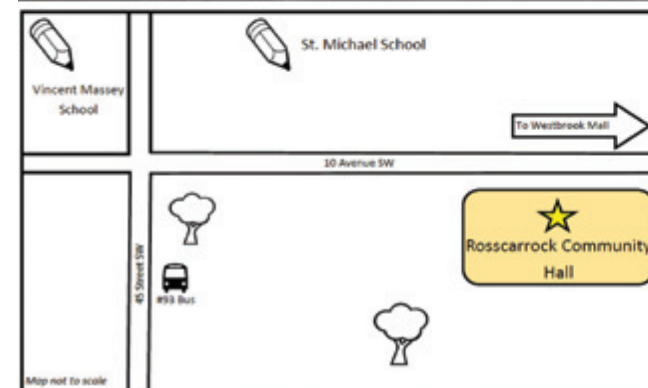
# Back to School Health Checklist



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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MEET  
**CHRIS DAVIS**

With over 25 years of direct municipal involvement, Chris Davis brings a wealth of experience to City Hall. Like most Calgarians, Chris believes taxpayers money matters. He believes city council should not only deliver quality services, but prioritize responsible spending and keeping life affordable for hard-working Calgarians.

*Rosscarrock residents will see change with the new "Main Street" development along 17 Ave and 37 St., but it has to be done wisely and with input from the community.*

Parking, building size and public spaces have to be a priorities as redevelopment moves forward.

**Chris pledges to bring these concerns forward as Councillor for Ward 8.**



[www.chrisdavis.ca](http://www.chrisdavis.ca)  
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**WARD 8**

