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### Somerset & Bridlewood Community Association

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info@mysbca.ca | www.mysbca.ca

### Elected Officials



#### Councillor Diane Colley-Urquhart Ward 13 Office

P.O. Box 2100, Station M  
Calgary, AB, Canada T2P 2M5  
Phone: 403-268-1624  
Fax: 403-268-8091  
Email: ward13@calgary.ca  
Web: www.calgary.ca/ward13



#### MLA Rodney Calgary-Lougheed

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



#### MLA Graham Sucha Calgary-Shaw

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

**FIND SOLUTION ON PAGE 31**



We hope you enjoy receiving the Newsletter of SomerSet residents association. This newsletter is one of the many community-focused activities of the SRA along with our newly revamped website. Make sure you stop by the website [www. SomerSetwaterpark.org](http://www.SomerSetwaterpark.org).

#### QUESTIONS OR COMMENTS?

We welcome all resident ideas, compliments, questions and queries, and please notify the SRA of any safety concerns immediately.

#### VANDALISM

Continues to happen, if you witness park vandalism call (CPS) police immediately (403-266-1234).

#### ANNUAL INVOICE

Are you yet to pay your annual dues! Please let the SRA know if there are special circumstances preventing payment (see below).

Have a question that is not park related? Visit the 'SomerSet / Bridlewood Community Association' website: [www.somerSetbridlewood.ca](http://www.somerSetbridlewood.ca).

#### Contact information:

SOMERSET RESIDENTS ASSOCIATION  
Phone: 403-807-8736 Email: [somerSetresidents@shaw.ca](mailto:somerSetresidents@shaw.ca); Website: [www.somerSetwaterpark.org](http://www.somerSetwaterpark.org).

## SomerSet/Bridlewood mybabysitterlist

Name	Age	Contact	Course
ABC Babysitting	13	403-201-0247	Yes
Abdullah	14	587-889-4532	Yes
Alexandra	14	403-201-4971	Yes
Amber	30	587-438-4789	Yes
Andreea	13	403-202-5610	Yes
Ariana	25	403-470-8649	No
Brianne	18	403-999-6906	Yes
Cynthia	15	403-276-4548	No
Dana	14	403-285-0209	Yes
Erin	15	403-254-2020	Yes
Gabriel	15	587-777-4616	No
Jewelyn	38	403-926-3703	Yes
Nicole	17	587-968-6201	No
Paige	13	403-201-0247	Yes
Rochelle	16	403-700-2881	No
Shamaya	16	403-464-5443	Yes
Shay	15	587-899-3512	Yes
Sonya	20	403-389-5921	Yes
Yuliya	18	403-401-6283	No

#### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

#### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).

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The first fully edible beer can packaging has been made from by-products of the brewing process such as wheat and barley, their six-pack holders are fully biodegradable and completely digestible. Rather than ensnaring curious animals in a corset of litter, the company's six-pack rings could serve as a satisfying snack. And if nothing is biting, the rings quickly decompose.

-Discover magazine



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# Bridlewood

## Real Estate Stats

### Last 12 Months Bridlewood MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$410,000.00	\$398,400.00
June 2016	\$439,450.00	\$429,950.00
May 2016	\$411,000.00	\$402,500.00
April 2016	\$394,450.00	\$387,250.00
March 2016	\$409,900.00	\$407,500.00
February 2016	\$423,900.00	\$402,500.00
January 2016	\$409,949.00	\$404,000.00
December 2015	\$442,850.00	\$432,500.00
November 2015	\$429,000.00	\$420,000.00
October 2015	\$424,900.00	\$415,000.00
September 2015	\$431,900.00	\$424,500.00
August 2015	\$429,900.00	\$429,900.00

### Last 12 Months Bridlewood MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2016	13	11
June 2016	19	16
May 2016	23	16
April 2016	14	12
March 2016	12	12
February 2016	15	9
January 2016	8	6
December 2015	11	8
November 2015	13	15
October 2015	17	23
September 2015	15	16
August 2015	25	19

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [bridlewood.great-news.ca](http://bridlewood.great-news.ca)



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Photograph: [www.alamy.com](http://www.alamy.com)

# When a Child Falls Behind:

TIPS FROM A PSYCHOLOGIST  
& FORMER TEACHER

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

**What Can You do if Your Child is Struggling in School?**  
Is your child underachieving academically? Or do you think your child may be gifted and is underachieving due to boredom and lack of challenge? Parents and teachers are often the first to voice concerns regarding a child's struggles and need for help. When teachers suspect that issues like Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), or a learning disability may be at the root of a child's challenges at school, they will often recommend a psycho-educational evaluation. Current research demonstrates that early identification, understanding, and appropriate intervention is the key to a child's success.

**What are School Psycho-educational Assessments and What Benefits do They Offer?**  
It is understandable that many parents are unclear about exactly what a psycho-educational assessment is when school staff or a physician recommend it. A psycho-educational assessment will evaluate your child's thinking/reasoning abilities and underlying psychological processes (e.g., attention, processing, fluid reasoning, memory). It also assesses academic achievement (e.g., expressive and receptive language, reading, writing composition, math), social development, emotional functioning, and behaviour. This is generally accomplished through standardized testing, informal assessments, interviews, questionnaires, observations, and review of previous records or reports.

The end result is a rich and comprehensive assessment that helps parents and educators by making sense of a child's struggles and uncovering his or her strengths. A psycho-educational assessment is a powerful tool because it creates a more accurate and complete picture of your child that can change the way your child is perceived and ensure that appropriate resources, educational programming, and accommodations necessary for success are recommended. In addition, information in the assessment may also be used to qualify the child for disability services, or to guide physicians in choosing appropriate medication, etc.

**How Can Parents Obtain a Psycho-educational Assessment?**  
Parents may ask the school to complete a psycho-educational assessment; this is done by school board psychologists, at no cost to parents. Unfortunately, there are waitlists and only the most severe or in need students will qualify for the few assessment opportunities that have been allocated to each school for that year. The fastest way to obtain an assessment for your child is to use a psychologist in private practice; we can usually book an appointment in less than a month, and have the report completed between four to six weeks after testing. In Calgary, the cost for a psycho-educational assessment ranges from approximately \$1,400 to \$2,800, depending on the psychologist you choose and the assessment tools and time required. In many cases, a parent's insurance plan through work can pay for at least some of this expense.

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Website: [www.ccsd.ab.ca/board-of-trustees](http://www.ccsd.ab.ca/board-of-trustees) • Email: [trustees@ccsd.ab.ca](mailto:trustees@ccsd.ab.ca)

## Learn more about your Calgary Catholic School District Board of Trustees!

Welcome back! We hope everyone enjoyed their summer. Here at the Calgary Catholic School District (CCSD), we were busy over the summer, preparing four brand-new schools to open in Auburn Bay (Prince of Peace School, K-9), Cranston (Our Lady of the Rosary School, K-6), Evanston (Our Lady of Grace School, K-9) and New Brighton (St. Marguerite School, K-6). We would like to thank our Information Technology, Support Services, school teams, all of our staff and the communities for their incredible work to get our students ready to learn!

### Information Technology

- The new schools will be the first of CCSD's "Digital First Learning Environments." Wherever possible traditional systems have been replaced with digital variants, which increases accessibility, provides educators with additional teaching tools and lowers costs.
- Brand-new digital public address (PA) systems are in place, which will improve the lines of communication between the school office, classroom and families.
- A new digital display system has been installed in every learning space. These new screens are larger, easier to read and will allow teachers and students to connect their devices wirelessly.
- Hundreds of devices were set up over the summer for students. This includes iPads, Chrome Books, laptops, copiers and other technology.

### School-Level

- School councils have been established at the new schools as administration works with parents and families to create community and pursue common goals.
- The school's identity and brand is being established. Administration, with input from school councils, crafted mission and vision statements and worked with Document Services and community members to create logos, school banners, altars, crosses and lecterns.
- Staff members have been hired for the upcoming school year and they are ready to welcome the students.
- The school's structure has been created – from transportation and bell times to schedules, instructional hours and specific programs.

### Community

- We are thankful to everyone who shared their thoughts during our Help Plan Our Future (HPOF) public participation process regarding new school boundaries, school administration qualities, attributes and considerations, as well as school name suggestions.
- Please stay tuned for the blessing and dedication ceremony information. All members of the community will be invited to come together for this public event to celebrate the opening of each of our new schools.
- We look forward to continuing to engage the community as the new schools work towards building playgrounds, hosting events and becoming vibrant places of growth for our children.

## IN & AROUND CALGARY

### Citizen Dashboard gives Calgarians insight into City performance and Calgary's quality of life

The City of Calgary's Citizen Dashboard is an online tool that provides Calgarians with access to information about The City's performance and how City services contribute to Calgary's quality of life. Available at [calgary.ca/citizendashboard](http://calgary.ca/citizendashboard), the tool displays performance measures and data using interactive graphs, charts and maps.

"It's a great example of our efforts to be more open and accountable to Calgarians for the programs we offer at The City," said Jeff Fielding, City Manager.

Powered by The City's Open Data Catalogue, the Citizen Dashboard pilot currently displays performance measures for:

- 311
- Calgary Fire Department
- Civic Census
- Water Sustainability
- Transit Safety & Security
- Calgary Transit Access
- Building Regulations
- Waste Management
- Roads Maintenance

Additional services and performance measures continue to be added on a regular basis.

Check out the Citizen Dashboard at [calgary.ca/citizendashboard](http://calgary.ca/citizendashboard).



Quinine, one of the most important drugs known to man, is obtained from the dried bark of an evergreen tree native to South America.

## Free Health Talks



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## SEPTEMBER MOON CALENDAR



New Moon  
Sept 1



First Quarter  
Sept 9



Full Moon  
Sept 16



Last Quarter  
Sept 23



New Moon  
Sept 30

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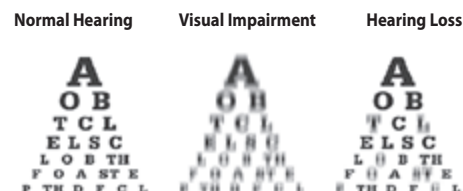
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# Hearing Loss differs from Vision loss

Dr. Diane Fennell

As with the eye, the ear's performance is affected by aging. However, bad vision gradually makes reading harder as the letters get smaller as in the chart below but hearing loss is different. In hearing impairment some sounds in a word may be heard clearly but other sounds particularly consonants may not, causing overall speech to sound 'muffled' or unclear. Hearing loss can make certain syllables and sounds harder to hear. For example, high-pitched consonants like **f, s, th, c, st** and **t** are easily drowned out by louder, low-pitched vowels like **a, o** and **u**. This results in a person with hearing loss complaining that they can hear others are talking, but not what they are saying. They can hear but do not always understand particularly in noise. Listening with an untreated hearing loss can be compared to Swiss cheese; there are 'holes' in the conversation.

## Hearing Loss vs. Visual Impairment



Hearing loss usually begins unnoticed. On average, people with hearing loss wait almost 10 years before they do something about it. Too few people make a timely decision to take active steps to recover their hearing and increase their quality of life.

Studies show that as people lose their hearing, they are more prone to depression; they withdraw socially and communicate less with family and friends. This comes as no surprise – after all, you can't participate in conversation if you can't hear or understand what's being said!

Sources: www.cubex.co.uk/your-hearing; www.oticon.global/hearing

## IN & AROUND CALGARY

### Join Citizens' View: Calgary's online panel – over 2,000 members and growing

You're invited to join more than 2,000 people that have signed up for Citizens' View, Calgary's online panel. Citizensview.ca makes it easier for Calgarians to share their input anytime, anywhere through online surveys and discussions.

As Citizens' View continues to grow, The City is working to make sure that they hear from people of all ages and areas of Calgary.

"Creating an even better Calgary takes all of us—not just government," said Mayor Nenshi. "Citizens are the key to improving our communities and creating the best programs and services for our city. Calgarians are the experts in their lives and I encourage them to share their thoughts about life in Calgary by signing-up at citizensview.ca."

The City hopes to attract more than 4,000 people that reflect Calgary's diverse population. Members can expect to receive surveys once or twice a month, join online discussions, and receive information on City events and service improvements.

Calgarians 18 years and older can sign-up for the Citizens' View at www.citizensview.ca.

**Trivia**

Aspirin went on sale as the first pharmaceutical drug in 1899, after Felix Hoffman, a German chemist at the drug company Bayer, successfully modified Salicylic Acid, a compound found in willow bark to produce Aspirin.

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# How Accurate Is Your Body Image?

By Carol Fredrek, Registered Psychologist

Do you measure your self-esteem by how you look or find yourself preoccupied with your weight, letting the numbers on the scale define who you are? Do your relationship to food and your body interfere with your life or prevent you from enjoying everyday activities?

Body image and weight obsession in our culture is rampant. According to the article 11 Facts About Body Image "91% of women are unhappy with their bodies and resort to dieting to achieve their ideal body shape". [www.dosomething.org](http://www.dosomething.org)

## Body image exists on many levels:

- 1. Visual** – how you see yourself when you look in the mirror or when you picture yourself in your mind.
- 2. Mental** – what you believe about your appearance.
- 3. Emotional** – how you feel about your body, including your height, shape and weight.
- 4. Kinesthetic** – how you sense and control your body as you move.
- 5. Historical** – a lifetime of experience including pleasure and pain, praise and criticism.

Your body image is always changing as your body changes with age or illness, hunger or fatigue. Your feelings, attitudes and values are so easily shifted by external factors. A slight comment by someone such as "You look great today. Have you lost weight?" or "Perhaps those black pants would be more slimming" can alter your body image. Stepping on the scale in the morning can determine how you feel about yourself for the day.

## Negative Body Image: Body Loathing

- You have a distorted perception of your shape.
- You are convinced that only other people are attractive and that your body size or shape is a sign of personal failure.
- There is a feeling of preoccupation and dissatisfaction with your appearance.

- You feel ashamed, self-conscious, and anxious about your body.

## Positive Body Image: Body Love

- You have a clear, true perception of your shape.
- You experience a mixture of emotions, attitudes and actions that let you enjoy the way your body looks and the way it feels.
- You celebrate and appreciate your natural body shape.
- You feel proud and accepting of your unique body and refuse to spend an unreasonable amount of time worrying about food, weight and calories.
- You feel comfortable and confident in your body.

## Body Loathing to Body Love

First it is important to understand the relationship between body image and self-esteem. Poor body image has very little to do with how you actually look. Studies have shown that there is very little connection between a woman's actual physical attractiveness (as rated by others) and her satisfaction with body image. In addition, there is little connection between physical attractiveness and feelings of self-worth.

A self-esteem survey was given to both attractive and unattractive people and their

scores were very similar; however, there is a strong relationship between body image and self-esteem. What this means is that despite appearance, people who view their bodies positively also tend to have higher self-esteem. On the contrary, those who see their bodies negatively are apt to have lower self-esteem. (Freedman, R. 1988)

**Body Love** is not about making a perfect body but rather about being in this world contentedly in an imperfect one.

*Carol Fredrek, MA, R. Psych. is a Registered Psychologist that has worked in the areas of women's issues, disordered eating and body image for over two decades.*



# Living In A Man's World

by Elisabeth Fayt

One thing I look forward to each year is the annual Book Fair in a little lake town where I spend my summer vacations. They cram the local town hall with used books at bargain prices, so I always manage to fill two boxes or more. I figure, if I get at least one good life-changing quote, I've gotten my money's worth. And there it was, a self-help book for women on "How to Thrive in a Man's Environment" filled with pointed advice on how men would like women to communicate with them, such as this nugget: "Spare me the pain, just give me the baby."

What a message, loud and clear. Men just want the facts, Jack. The problem is, as women, we love to do this seductive pole dance around the punch-line, keeping our listener captive with every detail before we get to the point, if we ever get there. Shocker, ladies, this drives our men crazy!

Let's face it, men and women are different. The good news is, we weren't designed to drive each other crazy. What I've learned spiritually is that our goal is to find a balance between our two natures. For men, it means loosening the grip on *reason* long enough to *feel*, and for women it means getting off the emotional train ride long enough to *reason things out*. It's a delicate juggle between heart and head.

It can be done, and we grow spiritually the more we're able to combine the two. It happens with practice, with of our bosses, partners and friends, so bring on those relationships that push your buttons and take you to the next level.



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# The Tiny but Mighty Bufflehead

Article by J.G. Turner

Photo by Mdf

This very small, compact, buoyant diving duck can be identified by its large, dark, puffy looking head with short, wide, greyish bill. The Bufflehead has an average length of just 36 cm or 14.5 inches, wingspan of about 53 cm or 21 inches, and weight of approximately 411 g or 15 ounces. The best places to spot a Bufflehead are small lakes with marshy edges and open centres, and areas where there are lots of poplar trees and aspen woodlands in central Alberta from the Spring through to late Autumn.

## Fun Facts:

- The Bufflehead migrates from Mexico or the Gulf Coast of the United States to breed in Canada, and even as far north as Alaska.
- Buffleheads are one of the last ducks to leave Alberta before winter arrives.
- Where open water remains over the winter, this little duck sometimes stays year round.
- When mature, a female Bufflehead will return each year to the area where she was born to search for a nest cavity in which to lay her eggs.
- She will often choose an abandoned woodpecker's nest and absolutely loves the nest holes carved out by the Northern Flicker.
- As a diving duck, its legs are near the back of its body, so they must 'run' across the surface of the water to gain the momentum needed to take off and fly.
- The Bufflehead is Canada's smallest duck and they can

squeeze through holes only eight centimeters wide!

- Buffleheads are territorial: males will defend a female by diving under water and popping up underneath a rival male. Females will defend the water where they rear their young.

The Bufflehead is one of the scarcest ducks in North America and its numbers continue to suffer from logging and agricultural clearing of poplar stands and aspen woodlands, decreased numbers of Northern Flickers in an area, and human hunting activities.

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.



## your COMMUNITY BUSINESS OF THE MONTH

### Pretty Little Lashes

**P**retty Little Lashes is a home-based 3D Embroidery/Microblading and Eyelash Extension studio located in Silverdo. My name is Alexandra and I am your Certified Eyebrow and Eyelash Artist. Pretty Little Lashes has been providing services in Calgary since February 2015, and is dedicated to creating the Eyebrows and Eyelashes of your dreams! Each service is customized to reflect your individuality: each brow and lash set is truly unique. I am very passionate about the work I do in providing my clients with fabulous and natural looking lashes and brows.

Pretty Little Lashes offers 3D Embroidery/Microblading Eyebrows. It is a two step method that is ideal for anyone wanting to enhance the look of their natural eyebrows. The results are natural looking, hair-like strokes, regardless of the amount of hair present. People suffering from alopecia, trichotillomania or any other conditions that causes hair loss benefit greatly from Eyebrow Microblading, as well as people who simply are not happy with their eyebrows. The pigment used in 3D Embroidery/Microblading Eyebrows has been formulated to match your original eyebrow color, and if the eyebrows are still present, blend perfectly into them. The results are natural and flawless, giving your client a fuller looking brow. Initially your eyebrows will appear darker, but will fade significantly over a 7-10 day period. A 4-6 week touch up is included in the price of your full Eyebrow appointment, as well as a personalized consultation and take home aftercare kit.

Pretty Little Lashes is double certified in Eyelash Extensions by both Dreamlash Academy and Borboleta Beauty, and offers Classic and Volume Eyelash Extensions. Classic Eyelash Extensions is a technique where one Extension is applied to each healthy natural lash, to create an effortlessly beautiful look. Volume Eyelash Extensions, also be called Russian Volume or 2D/3D lashes, is an advanced technique where two or more very light weight Eyelash Extensions are hand made into fans and

placed on each healthy natural lash. Volume Eyelash Extensions create a fluffy lash line and are great for those with sparse natural lashes. Pretty Little Lashes offers different types of lashes as well. Faux Mink lashes are the most popular; they are made with synthetic yarn fibers that closely resemble natural lashes. Silk Lashes are shiner, thicker and darker than Faux Mink and offer a dramatic look. An initial consultation determines the kind of lash, thickness and curl level to suit you best.

For more information or to book an appointment feel free to contact Alexandra at 403-8368576 or at [alexandra@prettylittlelashesyyc.com](mailto:alexandra@prettylittlelashesyyc.com).

Check out our website [www.prettylittlelashesyyc.com](http://www.prettylittlelashesyyc.com)  
Follow us on Social Media  
Facebook: Pretty Little Lashes and Brows  
Instagram: Prettylittlashesyyc

*Pretty Little Lashes*

3D Embroidery/Microblading Eyebrows &  
Certified Eyelash Extension

403.836.8576

[prettylittlelashesyyc.com](http://prettylittlelashesyyc.com)  
[alexandra@prettylittlelashesyyc.com](mailto:alexandra@prettylittlelashesyyc.com)





# Is this an emergency or not?

I was on holidays this summer and neighbors of the cabin we rented asked my advice about a pet which suddenly started paroxysmal coughing and bringing up white foam late on a holiday night. They also reached out for advice to a veterinary emergency clinic two hours away and their regular veterinarian three hours away.

As veterinarians we were all in a professional quagmire even though we all tried to help these people and their pet. I am not licensed in B.C. and cannot provide veterinary care and advice, but I offered an opinion when asked after examining the pet using only the tools at hand, my senses and experience. The veterinarians on the end of the two phone calls are legally liable if they provide an opinion and they must trust the information being provided by the owner is correct.

We, all three, gave the same advice given the information at hand; information that every pet owner should consider. Airway, breathing, and circulation were considered. The pet's airway was OK with no hoarseness or evidence of blockage, when she lay down she breathed easily without any impediment, and her heart rate was normal with strong even pulses. When I checked the color of her gums they were pink and if pressed to make them white they immediately pinked up again. So her heart was doing its job.

Bella was not in any apparent pain, given a tiny cookie she swallowed normally, and finally her demeanor, while she was confused she was not panicking and quite calm. The owners were told to give her small amounts of wa-

ter at intervals and we all suspected that she had injured her throat with some foreign object. She did not appear to be in imminent danger. If something had been stuck she would likely not be able to stop coughing and relax. We all recommended waiting until morning.

The next day her owners transported her to her regular veterinarian for her throat to be x-rayed for a fishhook and thoroughly examined with sedation if necessary. Bella, the Labrador, was pronounced ok and that she would likely have a full recovery with time for a minor injury to her throat. This was the case.

Those emergencies when you are far from help can be terrifying and the veterinarian on the phone must err on the side of caution. Any painful condition related to the eye is an emergency in my book, any respiratory problem that doesn't respond to quiet rest, pale mucous membranes or gums, and unrelenting pain all require seeking immediate help. Fractures, lacerations, and most gastrointestinal disorders all require hands on assessment and treatment. Use the same judgment you would use for your child or spouse, but remember this patient can't articulate what they are feeling, which is why sight, sound, touch, and smell are imperative to reach your decision to head for help or not. Sometimes you may over react but that is infinitely preferable to the alternative outcome.

I hope everyone and their pets had a safe and relaxing summer.

Jennifer L. Scott, D.V.M.



## Last 12 Months Somerset MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$452,394.00	\$441,000.00
June 2016	\$455,000.00	\$447,500.00
May 2016	\$429,900.00	\$421,000.00
April 2016	\$449,900.00	\$435,000.00
March 2016	\$450,000.00	\$447,000.00
February 2016	\$438,888.00	\$422,500.00
January 2016	\$469,000.00	\$457,000.00
December 2015	\$424,900.00	\$415,000.00
November 2015	\$399,900.00	\$389,750.00
October 2015	\$449,888.00	\$438,250.00
September 2015	\$439,900.00	\$428,000.00
August 2015	\$459,900.00	\$450,000.00

## Last 12 Months Somerset MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2016	13	10
June 2016	4	8
May 2016	10	8
April 2016	12	9
March 2016	11	7
February 2016	7	5
January 2016	6	5
December 2015	1	3
November 2015	8	2
October 2015	10	9
September 2015	6	7
August 2015	5	3

To view the specific SOLD Listings that comprise the above MLS averages please visit [somerset.great-news.ca](http://somerset.great-news.ca)



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

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

[www.kilbco.com](http://www.kilbco.com)

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## Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to [SB@great-news.ca](mailto:SB@great-news.ca)

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## IN & AROUND CALGARY



### Graffiti Vandalism

*A message from the Federation of Calgary Communities Building Safe Communities Program*

Graffiti vandalism is figures, letters, drawings or stickers applied, scribbled, scratched, etched, sprayed or attached on or to the surface of any premises, structure, or other property. It can be done by a variety of methods including spray paint, markers, etching and pens to name a few. Graffiti done without the owner's permission is vandalism and is a crime carrying serious consequences. Most graffiti vandalism IS not gang related, but if graffiti vandalism is left unchecked, other criminal activities may begin to start in the area as the perception of the community is that no one cares or is taking care of the area. **Graffiti vandalism needs to be reported to 311.** If graffiti vandalism is not removed quickly, this inaction may be interpreted as a sign of low neighbourhood pride, and graffiti vandalism will spread to other buildings, streets and properties.

- What to do:
1. Record the graffiti vandalism by taking a photograph (if possible) of the damage
  2. Note the location
  3. Report the graffiti by calling 311
  4. Remove the graffiti if it is on your property or with permission of the property owner. The longer it is left for viewing the more likely other graffiti will appear in the area.

Please visit [www.graffitifreecalgary.ca](http://www.graffitifreecalgary.ca) for more information on graffiti vandalism and how you can make a difference in your community to address graffiti vandalism. Special thanks to the Calgary Police Service Graffiti Coordinator Constable Dave Ladic for input in this article.

## IN & AROUND CALGARY

### When your smoke detectors do go off, now what?

September greetings from your Calgary Fire Department!

**GET OUT...STAY OUT...CALL 911!**  
Making and rehearsing a home escape plan is essential for your family's safety in the event that there is an emergency in your home

Draw a floor plan of your home making note of all windows and doors.

- Every room in your home requires two ways out. The first way out would likely be the door, the second way out could be a window... IF it can be done safely.
- Make sure all windows can be opened easily by the occupant.
- Windows in basement bedrooms NEED to be a minimum of 3.76 Square feet, AND any security bars that may be on the window need to allow opening without keys or special tools. When planning, consideration needs to be giving on how the occupant of that bedroom will get up to and safely out of the window
- If you live in a multi-level building, when alarms are going off and you are evacuating, use the stairs, never the elevator,
- It is important that you familiarize yourself with the fire safety plan for your building.
- Once you do get out, determine a meeting place such as a tree in a neighbour's yard. When the first arriving fire truck pulls up, you'll be able to tell firefighters that everyone is either out safely or still in the building. This is **important** information for the fire crews.
- Practice your home escape plan at least twice a year, perhaps once during the day, and once at night.
- Once you get out, STAY OUT!
- For further information visit Calgary Fire Department at [Calgary.ca](http://Calgary.ca) and watch this fire safety video with your family




## STEP INTO FALL

**Are you thinking of becoming more active?**  
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

**To participate you must be:**

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

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

**By completing the 3 questionnaires you will receive:**

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

**To participate contact:**  
Research Coordinator  
403.210.7044 or [perryr@ucalgary.ca](mailto:perryr@ucalgary.ca)

Ethics ID: REB15-2944  
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.




### Are you currently looking for a Job? Or Considering a Career Change?

McBride Career Group Inc. has opened an office in South Calgary and offers **NO COST** services to assist you identify the steps required to achieve your employment and career goals.

**Job Search Centre - Career Counseling - Computer Tutorials**  
**Weekly Career Café - Webinars - Employer Services**

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Interview Techniques • Career Assessments  
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**Phone: 403-668-5445**  
**[www.mcbridecareergroup.com](http://www.mcbridecareergroup.com)**

Southcentre Executive Tower,  
Unit 350, 11012 Macleod Trail SE,  
Calgary, AB



## What's new at the CBE

The beginning of a new school year is always an exciting time. It's a time when friends reconnect with friends, teachers welcome new and returning students and we set out our shared goals and objectives for the year.

## Opening new schools

This year is particularly exciting as we're opening an unprecedented number of new and replacement schools while updating others with new equipment and modern classroom configurations. All of this construction is expected to ease the space crunch for the over 118,000 students we are welcoming this year, while opening up new learning possibilities in our schools.

With all of these openings, there will be changes throughout the year for students and staff. Some of our existing schools will have fewer students in September as many students will be attending a new school in their community. Even if your community isn't impacted by students leaving, your schools may be welcoming a

new principal, teachers or support staff. Certainly, every school will welcome new students! We are working together to ensure we make the transition as welcoming and positive an experience as possible for everyone.

To learn more about our new schools and our ongoing construction projects please visit [cbe.ab.ca/newschools](http://cbe.ab.ca/newschools).

## Building a new approach to community engagement

The CBE is committed to involving people in decisions that affect them. To do this more effectively, we have developed a new system-wide approach to community engagement called the Dialogue Framework. This framework will help us plan engagement activities on topics that we know are important to our staff, parents, students and other community members. In addition to gathering input on building the framework last school year, we also connected with people on transportation services, schools impacted by the opening of new schools, our budget and more. We heard from thousands of people and your perspectives have helped us develop plans for the future. You can expect to hear more about these engagements and opportunities to share your perspectives this fall as we continue to involve you in issues that affect you or your family. We all have a part to play in the education of our young people and by working together, we can make a difference for our students and our community.

For more information on CBE's community engagement initiatives, please visit [cbe.ab.ca/dialogue](http://cbe.ab.ca/dialogue).

We look forward to another great school year at the CBE. The start of the school year is an exciting time, especially for families with students beginning school for the first time. We look forward to meeting you! Welcome back to all of our returning students and staff members. We hope you had a restful summer and are ready for an exciting year of learning.

If you are interested in learning more about how the Board of Trustees advocates to protect public education and student success, we'd love to speak with you. Contact us at [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca)

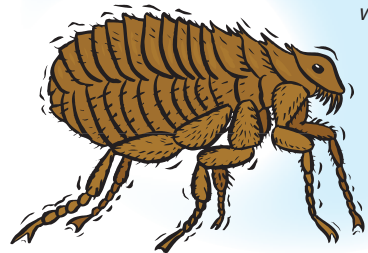
Follow the Calgary Board of Education on Twitter @yycedu

# Insects and Technology

## Fleas Knees

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas.

This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A manufacturer has produced a near-perfect rubber with 98 percent resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.



Discovery Magazine

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

**September 21 to October 2 - Calgary International Film Festival (CIFF):** The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. [www.calgaryfilm.com](http://www.calgaryfilm.com)

**October 1 - A Little Light Music:** This is a chamber music concert with a special focus on well-known Canadian composers. There will be a fun, playful line-up of music in this concert with everything from A Little Light Music to Viva Gershwin. [www.scpa.ucalgary.ca/events/little-light-music](http://www.scpa.ucalgary.ca/events/little-light-music)

**October 6 - An Evening With Bethany Hamilton, Soul Surfer:** Bethany Hamilton has become a source of inspiration to millions through her story of determination, faith and hope. Hear Hamilton discuss her surfing career and her charitable contributions in this inspirational talk. [www.ticketmaster.ca/event/110050A6A6225E87](http://www.ticketmaster.ca/event/110050A6A6225E87)

**October 7 to 8 - Disney In Concert: Tale As Old As Time:** Start Thanksgiving weekend with some classic Disney tunes performed by the Calgary Philharmonic Orchestra. The popular Disney songs from these films are played alongside clips from the movies. [www.calgaryphil.com](http://www.calgaryphil.com)

**October 11 to 29 - Boom:** Using images and video, the show explores the musicians, politicians and cultural icons around from 1945 to 1969 that shaped the baby boom generation. [www.theatrecalgary.com](http://www.theatrecalgary.com)

**October 12 to 15 - Intensional Particle + Split Flow:** Hiroaki Umeda is a Japanese multi-disciplinary artist. He's a dancer, a sound, image and lighting designer, and a choreography. He brings two new solo shows to Theatre Junction. [www.theatrejunction.com](http://www.theatrejunction.com)

**October 14 to 29 - Fluid Festival:** This year marks the 11<sup>th</sup> Fluid Festival, and just like the inaugural event, this year's Fluid Festival will celebrate dance and physical performance. [www.springboardperformance.com](http://www.springboardperformance.com)

**October 15 - Calgary Stampeders PinkPower Game:** This football game joins in the fight against women's cancers. Arrive early to the game to purchase limited edition PinkPower merchandise, then watch the Calgary Stampeders take on the Montréal Alouettes. [www.stampeders.com](http://www.stampeders.com)

## SEPTEMBER 8 TO OCTOBER 16 ILLUMINASIA LANTERN AND GARDEN FESTIVAL

Illuminasia returns to the Calgary Zoo for its second year. This year, the theme is the four seasons and the four noble plants of Chinese culture — one plant is used to represent each season. [www.illuminasiacalgaryzoo.com](http://www.illuminasiacalgaryzoo.com)



## SEPTEMBER 30 TO OCTOBER 1 THE PRINT IT YOURSELF FESTIVAL

Learn about the various techniques behind printmaking at the sixth annual Print It Yourself Festival. Learn what goes into making a piece of print art, engage in the process and create a piece of artwork yourself. [www.albertaprintmakers.com](http://www.albertaprintmakers.com)



## OCTOBER 27 TO 29 DRACULA

The Alberta Ballet presents the classical ballet Dracula at the end of October. Special effects, impressive costumes (Dracula wears a 23-foot-long cape) and exquisite choreography bring this horror story to life. [www.albertaballet50.com](http://www.albertaballet50.com)







## CULINARY FILE:

# Feta Turkey Burgers with Sautéed Red Pepper and Onions

Written by Rae-Ann Hagen, Registered Dietitian

Turkey Burgers have become a family staple over the past couple of years. This recipe was originally my husband's creation that has since evolved into this quick and easy meal. Not only is this super quick but they always make for a delicious healthy meal which makes this recipe perfect for both a weeknight family meal or a weekend BBQ with friends. To make these burgers I recommend you start with your favourite fresh whole wheat bun. Follow the recipes for the feta turkey burger patties and sautéed red pepper and onion topping listed below. I find that fresh arugula adds a nice peppery flavour but any green will compliment these turkey burgers well. I love to serve these with a yummy summer salad on the side to keep it light and fresh.

### Feta Turkey Burger Patties

Ingredients:

- 1 package of ground turkey
- 1/4 cup of feta cheese
- 1 tsp dried oregano
- freshly ground pepper to taste

Directions:

1. In a medium bowl, combine all ingredients. Divide into 4 equal parts and form into patties. If time allows

let the patties rest in the fridge for an hour prior to cooking.

2. Cook the patties on a medium grill. Cooking time can vary but is typically around 20 minutes. Check the internal temperature is at least 165 °F to ensure the patties are fully cooked.
3. Serve on a fresh bun, top with the red pepper onion topping and fresh arugula.

### Sautéed Red Pepper & Onion Topping

Ingredients:

- 1/2 red pepper thinly sliced
- 1/4 white onion thinly sliced
- 1 tbsp. canola oil
- sprinkle of Montreal Steak spice

Directions:

1. Put red peppers, onions, canola oil and Montreal steak spice together in a pan. Cook on a medium heat until soft, around 5 minutes.
2. Place on top of your grilled feta turkey burger.

Enjoy these with family and friends during this fabulous barbeque season!

# Do you tip the pizza delivery guy or gal?

If so, how much?

Below are some facts and figures to help you out

Tom Allum



If you get food delivered, whether it is Chinese, pizza or your standard fare, there normally is a delivery charge. The amount of the delivery charge varies from each establishment but is normally between three and four dollars per trip. This amount usually goes to the driver at the end of each shift. The driver supplies their car, fuel and insurance and maintenance. 99% of drivers are on contract basis only. They average 12 trips per shift. This equals \$42.00 for a five to 10 hour shift. Not including tips if any.

Most pizza places have a defined area of delivery which is about eight kilometres to the furthest delivery point. With an average of five kilometres one way per trip, and round trip equals of 10 kilometres. The government (CRA) allows independent contractors a 0.54 cent per kilometre allowance. At 120 kilometres per shift this equates to the driver going into the red for about \$20. So why do it? Most do not make enough to pay rent or even claim the 0.54 cent allowance. Most drivers pay out approximately \$15 for gas per shift which to them equals a positive cash flow of \$27 per shift. (Not including tips, if any.)

Which brings us to the question of do you tip or not and, if you do, how much? There are of course no set guidelines, established rules or common practices such as in sit down restaurants. (Restaurant staffs expect 10 to 20% of your total bill as a tip which they normally share.)

So what should you tip? But, before we get to that, let's explore some of the demographics regarding pizza deliveries and how different groups tip.

Office staffs ordering during the day often tip a minimum of 15% or \$10. I am sure they do not want to look cheap in front of their coworkers and most can expense this. Senior citizens always tip (there are a few exceptions) normally \$5 and sometimes as little as \$2. Low income do not tip well at all although some do make an effort. People who live in million dollar homes are normally not good tipppers. Working class people normally are the best tipppers. College and high school students are very poor tipppers (unless ordering from a party). **And the big one - women are better tipppers than men (although there are exceptions).**

A decent tip would be minimum of \$5 -\$10 for orders up to \$50, \$10 to \$15 for orders up to \$100, anything over a \$100 a minimum of \$20 would be nice.

So they do it for the cash and the tips. Some are retired and cannot live on the amount they receive; others cannot find a steady job or are limited due to personal circumstances that prevent full time employment.

## Insect Trivia





## IN & AROUND CALGARY

### The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit [calgary.ca/puppy](http://calgary.ca/puppy) for details.

## IN & AROUND CALGARY

### Property Tax Assistance Program

Property Tax Assistance Program: Help is available. The City of Calgary may provide a grant/credit of the increase in residential property taxes from 2015 to 2016.

To be eligible, the applicant must:

- Experience an increase in property taxes from 2015 to 2016.
- Live in the principal residence for a minimum of one year.
- Own no other property.
- Must meet low income guidelines of the Fair Entry Program. Visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry) or call 311.
- Provide an acceptable proof of household income for all members 18 years of age and older. Visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry) or call 311.
- Apply for the grant/credit by Dec. 1, 2016. Visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry) or call 311.
- Even if you are not eligible for the Property Tax Assistance Program, we may be able to help you access other community resources.

**Please note:** Even though an application has been made to the Property Tax Assistance Program, all property taxes must be paid in full by the due date, June 30, 2016, to avoid a seven per cent penalty.

For more information, or to apply, please contact 311 or visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry).

### New to Canada?

Arriving in a new city can be overwhelming. In Calgary, there are many resources and services to assist newcomers, community organizations to help you get settled, and immigrant serving agencies who can help if you're new to Canada.

The Newcomers Guide to Calgary (available in English and Arabic) provides important information for new residents in an easy to download and print format.

For more information, visit [calgary.ca/newcomers](http://calgary.ca/newcomers).

## IN & AROUND CALGARY

### Alberta Health Services EMS

#### Back to School safety

Alberta Health Services EMS would like to remind parents and children about a few road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

#### Motorists

- Avoid talking on a cell phone, texting, or any other behaviour that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school, or playground zones, during posted hours.

#### Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

#### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- When activating overhead crossing lights, pause and make eye contact with all drivers before stepping off the curb. This is to ensure that motorists in both directions have seen you and come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the "walk" sign and only when all vehicles have come to a complete stop;
- If you are with young children, or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;



- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

### Mandatory bylaw for building maintenance approved by City Council

What goes up shouldn't come down.

In the last few years, there have been several incidents of materials and debris falling off tall buildings, particularly in the downtown core. City of Calgary investigations into these events revealed that there's more to be done to prevent potentially hazardous situations and protect public safety. That's why the Building Maintenance Bylaw was developed.

It will require buildings that are five storeys or higher and 10 years and older to complete visual exterior assessments every five years.

The bylaw comes into force on Jan. 1, 2017. To learn more, visit [calgary.ca/buildingmaintenancebylaw](http://calgary.ca/buildingmaintenancebylaw).



## South West Communities Resource Centre

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

#42 2580 Southland Drive SW, T2V 4J8

Phone: 403-238-9222 • Email: [info@swcrc.ca](mailto:info@swcrc.ca) • [www.swcrc.ca](http://www.swcrc.ca)



**The SouthWest Communities Resource Centre (SWCRC) proudly offers programs and services to families throughout 28 local communities.**

This fall the SWCRC will be offering some new programs and services along with our highly requested parenting workshops. We will also offer a speakers series over the year and have experts in their field speak to our residents. Stay tuned for more information.

We are now accepting registration for our “Positive Discipline and Everyday Parenting” on Tuesday mornings and “Parent Talk” on Thursday mornings starting September 20th. Please contact our office at 403 238-9222 to register.

The work we do couldn't be done without great volunteers supporting our efforts. As we expand our program offerings we are also seeking new volunteers.

Consider volunteering close to home:

- Tuesday/Thursday mornings we can always use your help with child minding for two hours.
- We are looking for our brightest and smartest south west residents who can volunteer a couple of hours a week as a tutor for grades 6 – 12. Our tutoring program runs early Wednesday evening and goes throughout the year. Parents can also register their children/youth by contacting our office.
- How about your office skills? The SWCRC is also looking for volunteers to mind our phones and provide general office support. These positions are for one half day per week. Give us a call

Our office is located in the Oakridge Co-op Plaza and would love to show you our newly renovated space! Please stop by and learn more about the programs and services offered in your communities.

Visit us on Facebook: [www.facebook.com/calgaryswcrc](http://www.facebook.com/calgaryswcrc)  
Follow us on twitter: [@swcrc\\_yc](https://twitter.com/swcrc_yc)

## IN & AROUND CALGARY

### Nominate Your Neighbours for a 2016 Community Volunteer Award!

Do you know a hard-working and dedicated volunteer who goes above and beyond to make your community a great place to live? Someone who always steps up to help out without being asked, or who takes on big events and sparks excitement among others? If so, nominate them for one of the Federation of Calgary Communities four annual Community Volunteer Awards!

The four award categories are:

#### Step Up Award

This award winner is a community volunteer who shoulders the responsibility for things that regularly go unnoticed. This individual steps up to help out without hesitation or need for recognition.

#### Spark Award

This award winner is a community volunteer who engages people to be a part of their community in unique and exciting ways. Through their community work this individual sparks a sense of excitement among residents.

#### Be Part of It Group Award

This award honours a group of community volunteers whose community contribution improved neighbourhood life and created a sense of belonging.

#### Community Builder Award

This lifetime achievement award recognizes individuals, organizations or companies whose lifelong dedication to community has impacted and enhanced the quality of life in Calgary.

If you know someone who fits one of the above award descriptions, nominate them today!

Visit [calgarycommunities.com](http://calgarycommunities.com) for more information and the nomination form.

**The nomination deadline is Friday, September 16, 2016.**



*Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.*

#### September at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week (more than 55 in the summer months), use the gymnasium, swim in our newly refurbished pool, skate, or play shinny. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.) Plus with a membership you get 20% off hundreds of fun, active registered programs.

#### Fall/Winter Program Guide and Registration

Online registration is open and ongoing! We have something for everyone: swimming lessons, skating lessons (and NEW learn to figure skate program), adult fitness, older adult fitness and wellness, and programs for parent & tot, preschool, and children & youth. Lots of new programs; see [www.tricocentre.ca](http://www.tricocentre.ca) for our Fall/Winter Program Guide or pick up a copy in facility. You can register online or by calling Guest Services at 403-278-7542.

#### Aquatics Programs & Pool Refurbishment Celebration

Our newly refurbished pool is open NOW – come and check it out. We will be celebrating on September 24, 2-9pm. Swim lessons for all ages (including adult.) Canadian Swim Patrol. Private Swim lessons are also available.

#### Parent & Tot & Preschool

Lots of parent & tot registered programs. New combo classes for Fall: Bubble Buddies, morning of songs, rhymes & action games – then blow bubbles in a parent & tot swim lesson. Also new, Dance with Me! Messy Masterpiece & Tiny Tot Sports n' Play. Also check out our parent and tot drop-ins – free with membership. Thirty different registered preschool options: art, dance, active movement, sports. New for Fall: Registered programs, ABC-123, combo classes: Art N' Gymnastics, Funky Fridays (each week focuses on a different theme) & Ballet/



Jazz Combo. Also new is Nature Wonders, Bricks 4 Kidz & Sportarama. Late registration is allowed.

#### Children & Youth

Check out the Fall Winter Program Guide for what's new for Fall: Registered programs, Just for Girls, Try it Tuesdays, Badminton Club, Dodgeball for Teens, Gym n' Swim Fridays, Sportball: Basketball & Ball Hockey, Sports Extravaganza (9-12 yrs) & Tumbling for Beginners (9-12 yrs). Youth Night is Saturdays, 6:30-9pm. Youth aged 10-17 can drop in for floor hockey, dodgeball, basketball, and other fun activities.

#### Adults

The Fitness Centre is waiting for you with friendly staff, lots of equipment, no line-ups and, with membership, more than 70 drop-in fitness classes. Drop-ins like adult shinny and leisure skate. Registered programs: fitness options, Mommy & Me series, plus the NEW: Focus Series: Small Group Training – Fat-Burning, Healthy Back & Joints, Learning the Basics, Power Lifting & Strength Training Design. Wellness workshops including Straighten Up, a posture workshop for adults and youth (12 yrs +).

#### Older Adults

Lots of older adults exercise in our fitness centre – drop by and check it out. Registered classes include Balance Builders: Fall Prevention Program (65+ yrs), Bones and Balance, and Chair Yoga. Lots of drop-in fitness for older adults plus drop-in pickleball!

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities like yours pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Somerset and Bridlewood. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

**BRYAN'S PLUMBING, GAS FITTING:** Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or [brenmak@telus.net](mailto:brenmak@telus.net).

**RIGHTWAY PLUMBING AND HEATING:** Has been happily serving the Somerset/Bridlewood area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

**WHITTON ELECTRICAL SERVICES:** Master Electrician with 10 plus years' experience. Offering service up-grades, panel changes, fixtures, aluminum wiring change-out and more! Big box companies say it's not possible? Let me take a look! Fully licensed and serving Calgary and area. Call or text Kyle at 403-371-8383.

**ALL TYPES OF DRYWALL:** Boarding, taping, and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

**BEST HOT WATER TANK PRICES IN TOWN:** 40 Gallon Bradford White \$800 installed. 50 Gallon Bradford White \$975 installed. X-Stream Plumbing And Heating Ltd. Serving your community for over 20 years. Free furnace quotes, furnace repairs and replacements, plumbing repairs, drain cleaning, renovations, basement development, gas-fitting. Licensed and insured. Call 403-726-2226.

**RELIABLE MASTER ELECTRICIAN:** For all your electrical requirements, big or small, call Campbel Sinclair 403-397-7141 for your free quotation.

**LOOKING FOR THE RIGHT START TO MUSIC LESSONS?** I have the knowledge, teaching skills, and positive and caring attitude to bring out the musician in your child. Voice and/or piano lessons for a solid music foundation. Recital opportunities for the eager performer! Expand your child's musical horizon now. [triomusic.ca](http://triomusic.ca) 403-251-1385.

**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](http://www.communitymediation.ca), 403-269-2707.

**YARD BUSTERS LANDSCAPING:** Snow removal \$129.95. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Some conditions. Phone: 403-265-4769.

**AFRAID TO SPEAK IN PUBLIC OR SING?** Private lessons and workshops for kids and adults can help build confidence and voice skills for singing or speaking. It's time to play with your Voice! Call Sounds Within. Sandy 403-225-2463.

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

**LAWYER/NOTARY:** Professional client-centered legal services for Wills, Power of Attorney, Personal Directives, Family Law, (divorce prenuptials etc.) Real Estate, and Contract Review. Kimberly DesLandes 203, 20 Sunpark Plaza SE. Call 403-998-7872 or email [kdeslandes@shaw.ca](mailto:kdeslandes@shaw.ca).

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**HUNTER'S HEATING AND COOLING:** Fall Specials - \$125 Furnace tuneup, and \$250 off furnace installs. Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit [www.huntersheating.com](http://www.huntersheating.com).

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

**ROCK'IN LANDSCAPES:** Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.



**DOG WALKING & PET SITTING SERVICES**

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

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

**MATH, SCIENCE, PHYSICS, CHEMISTRY:** Grade 6 to 12 IB, AP, SAT, GED, home-schooled, or CBE E-learning online students. I'm a sincere, caring, motivating and inspiring tutor with high standards of integrity who has helped thousands of students during the last nine years with one-on-one tutoring. 100% right decision guarantee and delivery of the results. Call 587-777-9689. [www.mathtutorscalgary.ca](http://www.mathtutorscalgary.ca).

**SKILL BOOST TUTORING:** One to one tutoring in Language Arts, Humanities and Art. All students welcome, including E.S.L. and I.P.P. Shawnee area. Experienced teacher. Call Joyce, B.Ed. at 403-256-4706.

**BRAIN GAMES**

**SUDOKU**

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





## COUNCILLOR, WARD 13 DIANE COLLEY-URQUHART

Email: [dcolley@calgary.ca](mailto:dcolley@calgary.ca)  
Phone: 403.268.1624  
Twitter / Instagram: @BigRedYYC  
FB: [Facebook.com/dianecur](https://www.facebook.com/dianecur)  
Website: [CouncillorDiane.ca](http://CouncillorDiane.ca)

### SW Transitway Project Update

For the past many, many months, I have heard continuing concerns and questions being raised about the SW Transitway project. I too have had mounting concerns about many aspects of this leg of the Calgary BRT grid system.

Based on my discussions and meetings with you, I continued to take these concerns back to City Administration and my colleagues on City Council. I share your concerns about the project, which included the ballooning of the budget (\$40M - \$85M), the acceleration of project timelines, moving ahead while several other developments and redevelopments were occurring at the same time along the same corridors, and ATCO's Urban Pipeline Replacement (UPR) Program to convert high-pressure oil and gas lines to low-pressure lines in 2018. Most of all you were extremely disappointed with the cancellation of community meetings and citizen engagement. All of these concerns require extensive citizen participation and thorough engagement. To learn more, I invite you to view my YouTube video at <https://youtu.be/Ww4ZGk8gndA>.

It became abundantly clear that I needed to hold my own Town Hall meeting with my constituents to thoroughly discuss the project and to fully engage and listen to what you had to say. On June 8<sup>th</sup>, several thoughtful questions and comments were raised in the nearly 3-hour long meeting. My staff recorded all your feedback which I was able to present back to my constituents at the Transportation & Transit (T&T) Committee meeting on July 20<sup>th</sup>. This meeting started at 9:30am and ended at 2:30am the next day.

There were over 100 attendees, 80 speakers and 16 hours of thoughtful discussion at the July 20<sup>th</sup> meeting. Committee members listened to both positive and opposing feedback from constituents. I want to sincerely thank City Administration for the extensive work they undertook to thoroughly respond to each and every question raised.

This meeting was to discuss the update report on four of the BRT projects which was originally presented to the April 20<sup>th</sup> Committee meeting. The report was referred back to Administration to prepare thorough responses to the 62 questions and issues that were asked by the presenters. (<http://www.calgary.ca/Transportation/TI/Documents/Transit-projects/sw-transitway/sw-transitway-response-public-questions->



**jul2016.pdf**). As a result of this T&T meeting, the pace of this project has been slowed down significantly. The City will undertake extensive consultation and fully engage with the public and stakeholders to address project concerns. It is vital to have all public input thoughtfully considered as The City completes the plan for the SW Transitway corridor.

Committee directed Administration on the following recommendations (please email my office for the complete list):

To continue working closely with ATCO on the development of an efficient staging plan, in conjunction with the BRT phasing plan, for construction on the 14 St SW corridor which maximizes mobility and minimizes disruption to the surrounding communities, while ensuring construction is completed in a cost effective and timely manner.

That Program 566 is not to exceed the previously approved Council budget of \$208 million. Within the approved Program 566 budget, Administration can redistribute the funding between the North Crosstown, South Crosstown, 17 Avenue SE and Southwest Bus Rapid Transit projects with a consistent scope to these projects to effectively deliver a BRT network for Calgarians.

**I voted against this recommendation, as I am vehemently opposed to taking funds from other projects to fund project escalating costs on the SW Transitway project.**

**I made a new recommendation - To undertake a facilitated citizen involvement approach for the proposed Southwest Bus Rapid Transit project south of Glenmore Trail, as soon as possible, to include but not limited to:**

- Utilizing the latest online tools;
- Workshops; and
- Citizen opportunities to provide input on project components (stations and sound attenuation), community impacts, risks (safety) and phasing.

Based on the feedback I heard, I had also asked Administration to revisit the ridership numbers in Woodbine. I also have asked for a report on whether it makes sense to have the SW BRT to turnaround at the end of 90<sup>th</sup> Avenue SW instead of in Woodbine because the ridership just isn't there.

I will continue to be actively involved in the upcoming citizen engagement process on this project and I urge you to get involved and continue to give me your feedback. I deeply appreciate all the time, effort and concerns citizens have raised.



## MLA CALGARY-SHAW GRAHAM D. SUCHA

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Phone: (403) 256-8969; Fax: (403) 256-8970  
[calgary.shaw@assembly.ab.ca](mailto:calgary.shaw@assembly.ab.ca)

September is typically back to school month and it reminds us that summer is almost over, the first day of fall is the 22nd. Like many of you I am wondering if we actually had summer. I have heard that without rain we wouldn't have beautiful rainbows, I hope that you have enjoyed many. Certainly we have had enough rain to make many beautiful rainbows!

**Back to School:** For many a new school year is exciting. A new school year provides an opportunity to meet up with old friends, make new ones and meet our new teachers. With south Calgary growing in leaps and bounds, our government will continue to support new school builds and funding for education.

**Busy Summer:** This has been a busy summer for me. I have been attending public stakeholder meetings and consultations in southern Alberta: Lethbridge, Medicine Hat, Rosebud, etc. re: the Municipal Government Act (MGA) review. To learn more: <http://mgareview.alberta.ca/get-involved/>.

Shortly after the Stampede I had the opportunity to attend the Pacific Northwest Economic Region Conference as a delegate and hosted here in Calgary. Great trade discussions with many individuals from the Pacific Northwest and awesome learning opportunities. The highlight of the conference was a trip to a Cenovus oil site near Lac la Biche. Cenovus employs many Albertans and is a significant provincial partner as we move to a lower carbon future.


Our first annual Stampede B-B-Q was a huge success. It was wonderful to see, meet and chat with so many constituents. Thank you to everyone who made it out and a special thank-you to Minister Sabir and Mayor Nenshi for taking time from their very busy schedules to stop by. We served close to 600 burgers and hot dogs, but of course this wouldn't be possible if it weren't for our super volunteers. Thank you to all for making the day fun and a huge success and thank-you to our new neighbour VIK Academy Preschool and Kindergarten for hosting the bouncy castle.

**Ring Road:** As announced in July, Prime Minister Trudeau, Premier Notley and Mayor Nenshi announced funding for the Southwest Ring Road construction. [www.transportation.alberta.ca/sw-crrgp.htm](http://www.transportation.alberta.ca/sw-crrgp.htm). The announcement is exciting news for Albertans - "We are helping people get back to work, and we are supporting business activity and growth," Notley said. Tsuut'ina Chief Whitney spoke about the positive impact for Tsuut'ina.

These are certainly exciting times, as many of you know this project has been in the making for more than thirty years. Initial work has already begun with utility lines being moved etc. Watch for construction to begin in the fall.


**Open House:** Don't forget we will be hosting our Fall Open House on Thursday September 1, 4:30 pm - 7:30 pm.

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



**Animal Trivia**

Brown eggs come from hens with red feathers and red ear lobes; white eggs come from hens with white feathers and white ear lobes. Shell color is determined by the breed of hen and has no effect on its quality, nutrients or flavor.



## IMPORTANT NUMBERS

<b>ALL EMERGENCY CALLS</b>	<b>911</b>
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
<b>HOSPITALS / URGENT CARE</b>	
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
<b>OTHER</b>	
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
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Gamblers Anonymous	403.237.0654

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**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

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call: 403.452.5722 | email: [info@puremotiondance.ca](mailto:info@puremotiondance.ca)





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