

NOVEMBER 2016

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THE OFFICIAL MOUNT ROYAL COMMUNITY NEWSLETTER - [WWW.MOUNTROYALSTATION.CA](http://WWW.MOUNTROYALSTATION.CA)

**ANNUAL  
GENERAL  
MEETING**  
**NOVEMBER 17<sup>th</sup>**



# STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN’S HEALTH. [WWW.MOVEMBER.COM](http://WWW.MOVEMBER.COM)

There are three ways to get involved with Movember and support men’s health:

	WHAT	HOW	WHEN
01 GROW	Grow a Mo, save a Bro	The moustache is our ribbon for men’s health	For the 30 days in the month formerly known as ‘November’
02 MOVE	Get active for men’s health	Raise funds for men’s health while you do something good for your own health	Anytime, anywhere, during the month of November
03 HOST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men’s health	Anytime, anywhere, during the month of November





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MOUNT ROYAL | NOVEMBER 2016 3



## LIVERight™ Health Forum

EDMONTON - SATURDAY, NOVEMBER 19

**A free educational session on  
liver health and liver disease**

Visit [liver.ca/edmontonhealthforum](http://liver.ca/edmontonhealthforum) today!



## LIVERight™ Gala

CALGARY - FRIDAY, DECEMBER 9

**3rd Annual LIVERight Gala  
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## GRAND OPENING

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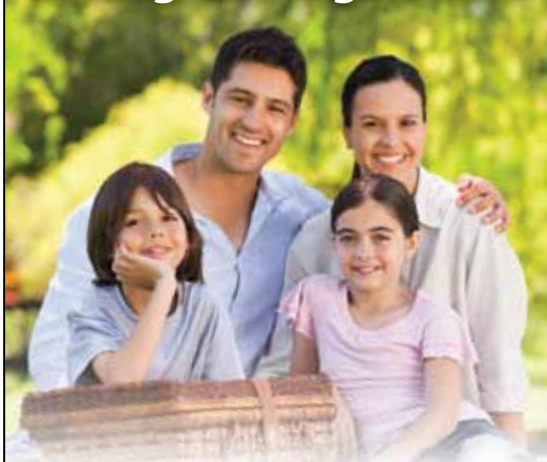
Join us for an afternoon of live music, face painting for  
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Saturday December 3, 2016 • 12:00pm - 3:00pm

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



**Mount Royal Community Association**

2317 10 St. S.W. • Calgary, AB – T2T 3G7

[president@mountroyalstation.ca](mailto:president@mountroyalstation.ca)

[www.mountroyalstation.ca](http://www.mountroyalstation.ca)

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## NEWSLETTER AD SALES

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## MRCA Annual General Meeting

All MRCA Members are invited to attend our AGM. A chance to review our year, meet the existing Board, and find out more about what we do in our great Community!

**Thursday, November 17<sup>th</sup>, 7:00pm**

At The Station, 2317 10<sup>th</sup> St SW

For more information contact Jeff Nichol,  
president@mountroyalstation.ca

## Mount Royal



### Real Estate Update

Last 12 Months Mount Royal  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$2,074,450.00	\$1,962,500.00
August 2016	\$0.00	\$0.00
July 2016	\$932,450.00	\$939,987.00
June 2016	\$1,599,000.00	\$1,575,000.00
May 2016	\$1,595,000.00	\$1,515,000.00
April 2016	\$864,450.00	\$832,500.00
March 2016	\$1,497,000.00	\$1,340,000.00
February 2016	\$1,299,900.00	\$1,160,500.00
January 2016	\$1,800,000.00	\$1,708,750.00
December 2015	\$2,499,000.00	\$2,284,000.00
November 2015	\$2,197,500.00	\$1,900,000.00
October 2015	\$2,100,000.00	\$1,825,000.00

Last 12 Months Mount Royal  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2016	9	4
August 2016	3	0
July 2016	4	2
June 2016	7	3
May 2016	3	3
April 2016	2	2
March 2016	4	1
February 2016	3	1
January 2016	4	2
December 2015	2	2
November 2015	3	4
October 2015	3	3

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

## IN & AROUND CALGARY



### Bow Cliff Seniors

#### CRAFTERS WANTED

**Annual Bow Cliff Christmas  
Craft Fair and Bake Sale**

November 26, 2016. 10AM TO 3PM  
SET UP STARTING AT 8AM

6' and 8' tables available starting at \$30.  
Reserve your table today (403) 246-0390.  
[info@bowcliffseniors.org](mailto:info@bowcliffseniors.org) or download the  
registration form at [www.bowcliffseniors.org](http://www.bowcliffseniors.org);  
3375 Spruce Drive SW.

[news@great-news.ca](mailto:news@great-news.ca)  
**Editorial  
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15<sup>th</sup>**  
of each month  
for the next  
month's  
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## Your Mount Royal Community Membership



### What's it all about?

We live in a beautiful community and a team of dedicated volunteer board members are happy to work on your behalf to make Mount Royal a great place to live. We would encourage you to show your support by becoming a member of our community association. Membership offers terrific value; being able to attend **fun events**, the use of **MRCA facilities**, **keeping residents informed** and enabling you to **support your community**.

- skating party • summer BBQ • wine & cheese party • annual dinner party
- skating rink • tennis courts • playground • clubhouse rental • children's playgroup
- graffiti removal • historic appreciation • beautification • crime and safety • traffic
- community development • newsletters

### It's easy to join!

- Go to [www.mountroyalstation.ca](http://www.mountroyalstation.ca) and sign up or
- Complete this form and drop it off with a cheque (made payable to Mount Royal Community Association) in the Station House mailbox (2317 10 Street SW, T2T 3G7)

#### Mount Royal Community Association Membership Effective January 1 - December 31, 2017

Family Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Email: \_\_\_\_\_

(Note: used only by the Mount Royal Community Association to send you occasional emails about community issues and events)

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

<input type="checkbox"/> MRCA Family Membership	\$45	\$ _____
<input type="checkbox"/> Seniors Membership (Over 65 - single senior or couple where both are seniors)	\$20	\$ _____
<input type="checkbox"/> Single Membership (Individual membership only, couple pay Family Membership)	\$20	\$ _____
<input type="checkbox"/> Associate Membership Non-Resident	\$90	\$ _____
<input type="checkbox"/> Tennis Key - Annual Fee (members only, non-refundable)	\$15	\$ _____
<input type="checkbox"/> Multiple Year Membership (state the number of years you would like to pay for including 2017)		<input type="text"/>
<input type="checkbox"/> Donation to the Community (tax receipt <input type="checkbox"/> Yes <input type="checkbox"/> No)		\$ _____
<input type="checkbox"/> Interested in Volunteering? <input type="checkbox"/> Yes <input type="checkbox"/> No		
<b>TOTAL</b>		<b>\$ _____</b>

Every Wednesday during the School Year!

## Mini Mountaineers Playgroup!

**Moms, Dads and Caregivers Welcome!**

**At The Station!**  
**2317-10 St SW**  
**9:00-11:00**



Calgary



# It's time to recycle more than this newsletter

New recycling requirements for business are here. Contact your collection company or visit [calgary.ca/businessrecycling](http://calgary.ca/businessrecycling) to learn more.



✓ paper and cardboard



✓ metal



✓ untreated wood



✓ glass

✓ plastic film and containers

2016-2358

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## Christmas Lights Installation

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

**Nov. 28 – Dec. 21 It's A Wonderful Life: A Radio Play – Lunchbox Theatre:** It's A Wonderful Life is the classic tale of George Bailey, conceived as a live 1940's radio broadcast, a cast of 5 actors will bring this classic holiday story of love and redemption to life on stage! Everyday but Sundays, noon – 1 pm at Lunchbox Theatre. More info [www.lunchboxtheatre.com](http://www.lunchboxtheatre.com)

**Dec. 2 – 4 The International Christmas Market at Spruce Meadows:** Enjoy the warm atmosphere of this much-celebrated market which boasts 250 vendors with world-imported items, hand-crafted gifts and much more. Fire pits and lively entertainment are sure to keep you in the spirit - just in time for the holidays. For info [www.sprucemeadows.com/christmas\\_market](http://www.sprucemeadows.com/christmas_market)

**Nov. 19 – Dec. 18 Once Upon A Christmas – Heritage Park:** Take a step back into true holiday enchantment this Christmas with wagon rides, singing carols and even jolly old St. Nick himself. Experience the magic of Christmas past and activities like: gingerbread decorating, Santa's petting zoo, children's crafts and a vintage photo parlour. More info [www.heritagepark.ca](http://www.heritagepark.ca)

**Dec. 15, 8 pm A Rockin' Little Christmas – Jack Singer Concert Hall:** This upbeat concert will include a range of cheery, seasonal hits including Santa Baby, Jingle Bell Rock, White Christmas and many other favourites. Joining the Calgary Philharmonic Orchestra for this concert is the Jeans 'N' Classics band and four vocalists. More info [www.calgaryphil.com](http://www.calgaryphil.com)

**Nov. 26 – Jan. 8 Lion's Festival of Lights:** The Festival of Lights is the largest free drive-by Christmas Lights showcase in Calgary. It's comprised of over 300,000 lights along 14th St NW. Designed by James Alafriz, Creative Intelligence Agency. More info [www.lionsfestivaloflights.ca](http://www.lionsfestivaloflights.ca)

**Dec. 2 - 4, 9 -11, 16 – 18 Market Collective Cheer:** Enjoy a market that's perhaps a bit more eclectic this year at Market Collective's Cheer event. With fare like, clothing, chocolate and jewellery on offer, and more unusual vendors with woodworking, paper products and leather work for sale, there is surely something for everyone at this event. Located at The Chinese Cultural Centre. More info [www.marketcollective.ca](http://www.marketcollective.ca)

### DECEMBER 10 SLUMBER PARTY AT THE GLENBOW MUSEUM

Celebrating their 50th anniversary, The Glenbow is inviting kids aged 7 – 12 for a rare sleepover and behind the scenes tour of the museum's artefacts. More info [www.glenbow.org/programs](http://www.glenbow.org/programs)



### NOVEMBER 25 – DECEMBER 24 THE POLAR EXPRESS TRAIN RIDE

Aspen Crossing: Journey to the North Pole on the Polar Express, complete with hot chocolate and cookies served onboard the train. More info [www.aspencrossing.showare.com/eventperformances](http://www.aspencrossing.showare.com/eventperformances)



### DECEMBER 23 CHRISTMAS SKATE, NOON – 5 PM. OLYMPIC OVAL

A fun-filled afternoon at the Olympic oval is sure to cheer any Grinch. Complete with holiday music, you and yours can enjoy a skate together for \$2 and a food donation to The Calgary Food Bank.



DECEMBER



# Celebrating their first anniversary.

## CECIL AND LOREEN MASSICOTE, AT CHARTWELL SINCE 2015.

It's been one year since Cecil and Loreen decided to move out of their house and into one of our residences. See the whole story and discover why they chose to write the next chapter at Chartwell.

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CALGARY



WILDLIFE

## The Red Crossbill

By J.G. Turner

Photo by Andy Reago

& Chrissy McClarren

The Red Crossbill is a stocky finch with a heavy head and a short, notched tail. Males are reddish-scarlet or reddish-yellow except for their dark wings and tail while females are olive-grey to greenish yellow with plain dark wings. This songbird is common in the mountain and foothills regions of Alberta year round and it is considered a global species. The Red Crossbill's range is hard to define and its population is hard to monitor because their movements are irregular and based on food availability.

### Fun Facts:

- The tips of its large bill are crossed; an adaptation for removing seeds from tight closed cones.
- The Red Crossbill's biting muscles are stronger than the muscles to open the bill so it places the tips of its slightly open bill under a cone scale and then bites down.
- You can spot this songbird by their undulating (wave-like) flight, which is even noticeable when they are flying at great heights
- Red Crossbills are considered irregular breeders because they can breed whenever and wherever they can find a large crop of cones, even during the winter
- Because of this irregular breeding, the timeframes for the Red Crossbill's lifecycle varies more than most North American songbirds. For example, juveniles hatched during the summer molt only once (between late summer and late autumn) whereas juveniles hatched from late winter to early spring molt twice (about three and a half months after hatching and again during the main summer molt period).
- Because of their dependence on food supply, Red Crossbills may occupy an area in huge numbers and then disappear for long periods of time (this behaviour can sometimes be called 'irruptive')
- These birds can often be heard but rarely do they make themselves visible

- Red Crossbills will come to feeders to eat niger and small seeds but the best way to tempt this elusive bird is to allow them to take sunflower seeds directly from the sunflower heads.

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 visit our website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

## IN & AROUND CALGARY

### Calgary Southwest Events

#### Remembrance Day at the Military Museums

This formal service is outside the museum. Dress in warm clothes and please bring along a non-perishable food donation for the Veterans' Food Bank. Be sure to explore the museum after the service; admission is free. Service begins at 10:30 am. Arrive early if you need to be seated. November 11, 4520 Crowchild Tr. SW.

**Stuff A Bus** Nov. 5, 2016. 9am – 4pm. Calgary Co-op and Calgary Transit team up for the 24th Annual Stuff A Bus, in support of the Calgary Food Bank! Transit buses and volunteers will be at all 21 Calgary Co-op locations accepting donations. Stuff A Bus with food to help Calgarians in need at this busy time of year.

**The Greek Ladies of Philoptochos Society Annual Bazaar** Fri., Nov. 7, 11 am to 8 pm, Sat., Nov. 8, 9:30 am to 7 pm. St. Demetrios Orthodox Community Hall. Come enjoy homemade Greek food and desserts. Admission is \$2 and includes a coffee, homemade pastry and raffle. Children under 12 free. Babysitting will be available. For further information please call Helen at (403) 242-0592 or Celia at (403) 242-2797. 1 Tamarac Cr. SW.

**Wildflower Arts Salon** Nov. 4, 10am–4pm. Acquire your own piece of artwork created by the artists of Wildflower Arts Centre. Works include painting, textiles, sculpture and pottery for purchase. Kick off your holiday shopping at this unique event! Free! 3363 Spruce Drive SW. For more info email WFAC@calgary.ca

**Free Skate at Stu Peppard Arena** Friday, November 11, 2016, Arena is open for Free public skating from 1 to 2:30 pm. Address: 5300 19 St. SW

**Free Swim at Glenmore Aquatic Centre** Friday, November 11, 2016, 1–4:30 pm. Free public swim at Glenmore Aquatic Centre. Swim Times: 1 – 2:30 p.m. and 3 – 4:30 p.m. The half hour break will be waived if capacity permits. 5330 19 St SW

**VOLUNTEERING....**  
*Good for the Soul*

# Use Less Plastic Today... And Tomorrow



Using plastic products has become common place in our coming-and-going these days. Recycling can alleviate some of the strain on the environment caused by waste but certainly not all of it. According to the Green Education Foundation, of the 30 million tons of plastic waste generated in the US in 2009, only 7 per cent was recycled. Making changes to your daily routine can lead to peace of mind and healthier lifestyle habits too. Here are 17 ways to make your environmental footprint a little less heavy:

1. Plastic straws are a big contributor to daily waste. Consider buying a stainless steel or glass straw or forgo using one at all.
2. Many cities have banned one-use plastic bags; a single plastic bag can take 1,000 years to degrade. Use a reusable shopping bag; there are many tutorials for making your own out of everyday items too.
3. Put gum on your "plastics-to-give-up" list. Chewing gum is made of synthetic rubber—otherwise known as plastic. Ew!
4. Purchase products in boxes instead of plastic bottles and containers. Cardboard is less taxing to degrade and recycle.
5. Buy in bulk. Fill up your reusable bag or container and save money while you save yourself recycling duty.
6. Reuse containers for storing leftovers, knickknacks, kitchen ingredients, small toys and shopping in bulk.
7. Carry your reusable bottle or mug with you and use for your beverages on the go.
8. Bring your own container for takeout or your restaurant doggy-bag. Many places use Styrofoam, let

them know you don't want it beforehand. There are great stainless steel alternatives available.

9. Instead of using a plastic lighter, stock up on matches or use a refillable metal lighter.
10. If you avoid frozen food, you'll avoid far more plastics as well, and, as a bonus, you'll eat less processed foods.
11. Avoid using disposable plastic-ware at home and request that restaurants not pack it in your takeout.
12. Often if you shop at a smaller market or a farmers' market vendors will allow you to reuse containers for berries and tomatoes and such. Ask!
13. Diapers are one of the worst offenders when it comes to plastic waste. The EPA estimates that 7.6 billion pounds of disposable diapers are discarded in the US every year. Use cloth diapers; there are many cloth diaper services available to clean up after baby.
14. Make fresh juices or eat fruit instead of buying bottled juices. It's better for you as well.
15. Making your own cleaning products is surprisingly simple, effective and thrifty. It can be as simple as lemon juice and white vinegar. Kid friendly, too!
16. Pack your lunch in reusable containers and bags, and avoid products that are single serving.
17. Use a razor with replaceable blades instead of disposable, there are fun companies that you can pay a flat fee to who will send you replacements every month.

-Vanessa Gillard



# CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca)

The Board of Trustees is excited to announce a new award that recognizes CBE alumni who have made a difference, and we need your help to find these outstanding individuals.

The CBE Legacy Award celebrates public education. It will shine a spotlight on former students who live our beliefs - that a strong public education system is the foundation of our society, and the legacy of learning we create makes a world of difference for all of us.

Our former students positively impact our communities, our country and our world. Legacy Award recipients will embody the foundation they received during their education and represent the legacy of the CBE: preparing students for life, work and inspiring life-long learning.

Our alumni are leaders, entrepreneurs and difference-makers. They are artists, trail-blazers and dedicated volunteers. We want to hear their stories and celebrate their success.

We expect to present the CBE Legacy Award several times a year at public board meetings, with the first award presented this month. All award nominations will be reviewed and award recipients selected by the CBE Legacy Award Committee.

Recipients must:

- Be an alumnus of, or have attended, a CBE School.
- Be 18 years of age or older at the time of nomination.
- Exemplify at least one or more of the CBE Results:

**Mission:** has used high school as a foundation for continuous learning and success in life and work.

**Academics:** possesses the knowledge, skills and attitude required for academic success, and is effectively prepared for life, work and further learning.

**Citizenship:** has been a responsible citizen who is an informed and involved member of his/her community – locally, nationally, globally.

**Character:** possesses the character to do what is right, act morally with wisdom, and balance individual concerns with the rights and needs of others.

**Personal Development:** has acquired the skills, attitude and knowledge to achieve his or her highest potential.

Nominations must include a (maximum) 500-word statement of support.

To nominate an outstanding CBE alumnus, or for more information about the Legacy Award, please visit the CBE website at <http://cbe.ab.ca/about-us/board-of-trustees/Pages/legacy-award.aspx>.





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Brad Currie, Broker/President



Mount Royal  
**mybabysitterlist**

Name	Age	Contact	Course
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Peyton	14	403-607-6025	Yes
Chanel	16	403-971-1258	Yes
Connie	17	403-862-2081	No
Luka	17	403-688-0964	No
Nathalie	20	403-681-8432	Yes
Marisa	25	289-922-8544	Yes

**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).

## NOVEMBER MOON CALENDAR



First Quarter  
Nov 7



Full Moon  
Nov 14



Last Quarter  
Nov 21



New Moon  
Nov 29



## STILL LIFE

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

Calgary Catholic School District (CCSD) has seven trustees that work together for the whole district, with each representing wards in Calgary and the surrounding area. Cheryl Low is currently serving as board chair and Margaret Belcourt is our vice-chair. The Board of Trustees sets the direction of the school district through governance. It is the role of trustees to lead with inclusion; to understand the needs of our community; to be informed in our decision-making; and to serve our stakeholders by providing an opportunity for success for each and every student.

School councils are an important communication link to the Board of Trustees, as they represent school communities throughout the district. Councils are established in all schools and serve as a vehicle for parents/legal guardians, principals and teachers to meet and work together towards common goals – resulting in a more vibrant and effective school community. All parents/legal guardians with students attending school are members of their local school council and are encouraged to participate in council activities.

Parent and Trustee Forums are held annually in November, January and March. More information can be found on the CCSD website ([www.cssd.ab.ca](http://www.cssd.ab.ca)) under Parents/School Council. These forums provide an opportunity for the Board of Trustees to meet with parents, to share information and to gain valuable insights that support board decision-making and advocacy for our students. Topics range from budget and district priorities to current issues such as international travel, the Modernized Municipal Government Act (MMGA) and City Charters.

The Board of Trustees recognizes the importance of parental voice in education and provides a district membership to Alberta School Councils Association (ASCA). ASCA is the provincial association representing parents on school council and brings the parental perspective to government and education organizations in Alberta.

Trustees rely on school councils to bring them critical perspectives about education, an individual school's needs and community concerns. Each school council brings a distinct voice and broad representation to the dialogue on education. Through this engagement, the Board of Trustees can share information and gain valuable insights that support board decision-making and advocacy for our students. To learn more or get involved in school council, contact your child's school principal.



## Nurturing a sense of belonging on National Child Day Nov. 20

*National Child Day is celebrated annually to mark two historic events: the 1959 signing by Canada of the United Nations Conventions on the Rights of the Child (UNCRC) and the adoption of the convention.*

This year's theme is **a young person's right to belong.**

Identity and belonging is about young people developing a positive sense of who they are, and feeling that they are valued and respected as part of a family and community. Positive messages about their families, backgrounds, cultures, beliefs, and languages help children learn, develop skills and a healthy sense of identity and belonging; this helps them later to better deal with bullying and discrimination.

### One way your family can celebrate National Child Day is to share a book or story about belonging.

The book **How Far Do You Love Me?** by Lulu Delacre celebrates love and belonging. It gives parents and teachers an opportunity to share a story that features people from different corners of the world using their geographical locations as references for how great their love is.

**More books about belonging** (Calgary Public Library may have these to lend):

**Corduroy** by Don Freeman

**I Like Myself!** by Karen Beaumont

**The Blossoming Universe of Violet Diamond** by Brenda Woods

**The Invisible Boy** by Trudy Ludwig

**Gaston** by Kelly DiPucchio

**Rump: The True Story of Rumpelstiltskin** by Liesl Shurtliff

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: [calgaryreads.com](http://calgaryreads.com)



## It's Okay To "Double-Dip"

*Janine Rea, BA Economics*

### Key Points:

- When we say double-dip, we mean using the tax refund from your RRSP contribution to make an RESP contribution.
- Take advantage of the CESG program, which provides grant money for contributions made for an eligible child.
- Consider monthly Pre-Authorization Contributions instead of annual contributions toward your RRSPs.

**If you have any questions about "double-dipping", I would be happy to help.**

### Help secure your family's future

As a parent, you have to be a terrific juggler. You juggle time to complete all the tasks and chores that fill your day. You juggle responsibilities to ensure your children have the best possible childhood and prospects for their future. Yet the toughest juggling act of all is managing your finances while raising a family. It can be even more difficult to find the extra dollars needed to invest towards a comfortable financial future, including your retirement and the educational plans of your children.

If you're a parent of young children, you are probably struggling with a tough decision: Is it better to first save for your retirement through registered retirement sav-

ings plans (RRSPs), or to save for your children's education through registered education savings plans (RESPs)?

Fret no more because there is a way to do both: Make your RRSP contribution before the deadline each year and use the resulting tax refund to make an RESP contribution. That's the ultimate "double-dip" because your child's RESP can also take advantage of "free" cash from the federal government in the form of a Canada Education Savings Grant (CESG).

### Here's why the ultimate "double-dip" works so well:

- When you make your maximum allowable RRSP contribution, you may enjoy tax savings that can be applied towards establishing or adding to your children's RESP.
- The federal government's CESG program provides a matching grant for each RESP contribution made for an eligible child. The Basic CESG is worth 20 per cent on the first \$2,500 of an annual RESP contribution or \$500 per year. This eligibility accumulates and carries forward, so even if you were unable to make enough of an RESP contribution to access the full Basic CESG money in previous years, you can start to make up for it now and in future years and get the Basic CESG money your child would have received in those earlier years.
- Families with children born after December 31st, 2003 who also receive the National Child Benefit Supplement may also qualify for additional funds through the Canada Learning Bond.

### Start now

Finding the funds to make an annual RRSP contribution may seem difficult – especially, with all the daily juggling going on in your life. So why not start now? Talk to me about setting up a Pre-Authorized Contribution (PAC) to make monthly RESP contributions. Your RRSP will begin to compound on a tax-deferred basis for potentially stronger growth over the long term. You can even arrange for your employer to reduce withholding taxes at source based on your RRSP contribution schedule, so that you can make monthly RESP contributions instead of waiting for your tax refund in the spring to make an annual RESP contribution. It's a win-win situation that will allow you to also capitalize on the ultimate "double-dip".

Let me help you feel more confident about your future – plus make sure you take full advantage of all the tax-saving and income-building opportunities that are available to you.



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## We Remember

As November 11<sup>th</sup> approaches, I hope you once again take time to remember those that have sacrificed, those that continue to take on the perilous work of safeguarding Canadian freedoms, and the soldiers who are now representing us abroad as peacekeepers.

It is my honour and pleasure to serve as our nation's Minister of Veterans Affairs. In this role I am entrusted with the mandate to support our veterans – young and old – and in the commemoration of all of Canada's past conflicts.

Just one of the memories that I will be reflecting on this month is the impact of the First World War on Western Canada High School where some 170 Old Boys and 6 Masters had enlisted by 1916. The Calgary Herald estimated some 40% of all the boys who ever attended the college had enlisted and went off to war: and you can see this sacrifice memorialized at the cenotaph today just behind the school. Young men, with their entire futures in front of them, were brought into one of the world's most brutal conflicts and sacrificed themselves our freedoms. It is a story I think of often when I attend ceremonies across this country and serve as Minister of Veterans Affairs.

I invite you to look online on my ministry's website at <http://www.veterans.gc.ca/eng/events> to see what events are in our community.

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Now, it has been nearly a year since I was appointed by Prime Minister Justin Trudeau as a member of his cabinet. In last year's election campaign we promised Canadians a government that would uphold our sacred obligation to veterans.

In Budget 2016 the Government of Canada put **\$5.6 billion** additional dollars into Veterans Affairs, showcasing a clear commitment to bettering the lives of our nation's heroes.

This year we have announced the re-openings of the nine Veterans Affairs offices closed by the previous government. In addition to reopening these much needed offices – which support veterans across this country – we are also opening an extra office in Surrey, BC, to support the thousands of veterans who live in that city. Above and beyond this we have increased benefits to veterans by increasing the Earning Loss Benefit to 90% from 75%, increased the Disability Award and are on track to hire up to 400 more frontline staff. With increasing benefits and frontline staff we can better support veterans and make sure they transition smoother into civilian life.

It is in this sacred trust I continue to work to better the lives of veterans and keep the promises we made in the 2015 election.

As always, you can contact my office by email at [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca) or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online at [www.KentHehrMP.ca](http://www.KentHehrMP.ca) where you can watch clips of yours truly in question period and sign up for my e-newsletter.



## MLA CALGARY-BUFFALO HON. KATHLEEN GANLEY

130, 1177 11 Ave SW T2R 1K9  
Office: 403-244-7737

The second sitting of the 29<sup>th</sup> Legislature reconvened on October 31<sup>st</sup>, 2016 and it was my pleasure to represent the constituents of Calgary-Buffalo there. This session the Legislature will be discussing how our government can strengthen the economy, ensure stability in service-delivery, and make Alberta one of the most environmentally-responsible energy producers in the world. Acting on the recommendations put forward by the Climate Change Advisory Panel, Alberta introduced the Climate Leadership Plan in November of 2015. The Plan includes a series of actions that will roll out beginning January 2017.

Government is addressing climate change because it directly affects our health, environment and the economy of the province. For too long the reputation of our energy industry has been damaged by outdated policies that have hurt our access to new markets. By address climate change head-on, Alberta is repositioning itself as a forward-looking energy producer. There are four core aspects of the Climate Leadership Plan:

1. An accelerated phase out of coal-powered electricity. The Canadian Association of Physicians for the Environment estimates that pollution from coal-fired power is responsible for million in annual health care costs. Government is accelerating the phase-out to reduce needless hospital admissions, premature deaths, and emergency room visits.
2. Transitioning to a system where one-third of coal-fired generation is replaced by natural gas generators, and two-thirds by renewable energy.
3. An economy-wide price on carbon pollution of \$30/tonne that while be phased in beginning January 2017. Alberta's carbon levy will reward families, businesses and communities that take steps to lower their emissions. The levy will also diversify our energy industry and create new jobs, with carbon rebates introduced to offset the costs associated with the levy to help low and middle-income households adjust. Every dollar will be put to work in Alberta, or returned to Albertans.

4. A 100 megatonne (Mt) annual limit on oilsands emissions (currently at roughly 70 Mt). The Climate Leadership Plan has been endorsed by major industry players including CNRL, Shell, Suncor and Cenovus. By showing leadership to protect our health, environment and the economy for future generations, we will improve Alberta's reputation and access to new markets.

The full climate leadership plan can be accessed here: <http://www.alberta.ca/climate>, and my office has further information about the plan for anyone interested. By leading the way on climate change, Alberta is protecting the province's health, environment and economy.

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## MLA CALGARY-ELBOW GREG CLARK

Leader - Alberta Party  
(403) 252-0346  
[calgary.elbow@assembly.ab.ca](mailto:calgary.elbow@assembly.ab.ca)  
Twitter: @GregClark4AB

### From the Legislature

By the time you read this the fall sitting of the Alberta Legislature will have started. I expect a fairly busy agenda of government Bills, including two that have carried over from the spring sitting; Bill 21 - Modernized Municipal Government Act and Bill 22 - An Act to Provide for the Repatriation of Indigenous Peoples' Sacred Ceremonial Objects. You can follow the sittings online at [www.assembly.ab.ca](http://www.assembly.ab.ca).

We are also expecting to amend a number of pieces of legislation including the Whistleblower Protection Act, and possibly the Election Finances and Contribution Disclosure Act, as well as some measures to implement the Investor Tax Credit.

This past year I had the honour of serving on the Select Special Ethics and Accountability Committee, an all-party committee tasked with reviewing the core legislation governing Alberta's democratic institutions. While you may have heard that the committee had some challenges, the fact is we worked well together and passed most recommendations unanimously. The one-year mandate of the committee expired in September but my hope is the committee will be renewed so we can continue our important work.

While most recommendations passed unanimously, some were passed by the ND government majority. Based on feedback I've heard from my constituents in Calgary-Elbow, I will continue to oppose using taxpayer dollars to rebate a 50% of political party expenses.

### Education Curriculum Update

The government has also embarked on an ambitious overhaul of Alberta's K-12 curriculum. The new curriculum will be developed in phases; Kindergarten to Grade 4 will be complete by late 2018, Grades 5 to 8 by late 2019 and high school curriculum will be developed in phases from 2020 to 2022. The current curriculum remains in effect until new curriculum is implemented. More information and an opportunity to provide your feedback into the process is available at [www.education.alberta.ca](http://www.education.alberta.ca).

And as always I would love to hear from you on electoral reform, education curriculum changes or any other issue. You can contact my office any time at (403) 252-0346 or through our website at [www.calgaryelbow.ca](http://www.calgaryelbow.ca).

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### Snow and Ice Control

We know how to do winter in Calgary, and when it comes to clearing the snow and ice from our roads and pathways, we're getting better all the time. Throughout the winter months and especially after a big dump of snow, Calgary Roads has crews available around the clock to sand, salt and plow. Here's how it works:

### Before the Snow Falls

Even before it snows, City crews are busy anti-icing roadways to reduce the accumulation of ice and snow on the roads. A Road Salt Management Plan is followed to improve environmental protection without compromising road safety. The City also uses snow fences as part of the annual winter road maintenance program. Over 140 strategically placed snow fences reduce the build-up of drifting snow and ice on roads, and help to keep winter roads safe by improving visibility for motorists.

### During and After the Snow Falls

The City sands, salts, and plows roads and select sidewalks based on a priority system, and all work is to be completed within seven days from the point a snowfall ends. Within 24 hours of the end of a snowfall, major roadways (Priority 1) with traffic volumes over 20,000 vehicles per day are completely plowed, sanded and salted. A Snow Route Parking Ban may also be declared during this time – visit [www.calgary.ca](http://www.calgary.ca) to find out. Within 48 hours, all Priority 2 roadways are completed; this includes bus routes, problem areas and roads that carry over 5,000 vehicles per day. Work then continues on Priority 3 and 4 roadways, focusing on designated hills and slower speed zones, and eventually moving on to sidewalks and pathways.

### What You Can Do

The City of Calgary has a very sophisticated Snow and Ice Control program, and it does great work every year, but residents need to pitch in as well.

- When you drive in the winter, don't fool around: get winter tires.
- When you cycle in the winter, perform regular maintenance on your bike.
- When you walk in the winter, wear shoes with good grip.

- Homeowners are responsible for removing snow and ice from parking spaces, driveways and sidewalks.
- Be patient, and let the City follow the Seven Day Snow Event Plan. If something isn't right, however, report it to 3-1-1.
- Drive, cycle and walk safely. Give yourself extra time, don't rush, and be courteous to others.

For real-time updates throughout winter and further information, visit [www.calgary.ca/snow](http://www.calgary.ca/snow). If you have any questions, please contact me by email ([ward08@calgary.ca](mailto:ward08@calgary.ca)), phone (403-268-2504) or on my website ([www.calgary.ca/ward8](http://www.calgary.ca/ward8)).

## Autumnal Offerings

Red and purple leaves are actually caused by the presence of sugars from sap that is trapped inside of the leaves.



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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
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Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
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Foothills Hospital	403.944.1110
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South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
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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
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- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

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## Poppy Facts

The poppy came to prominence after Canadian Artillery doctor John McCrae wrote the poem *In Flanders Fields* in 1915.

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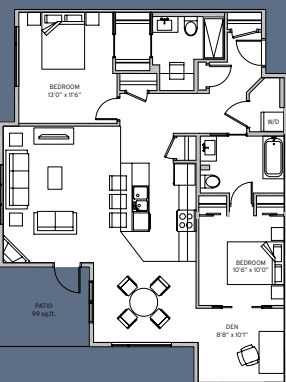


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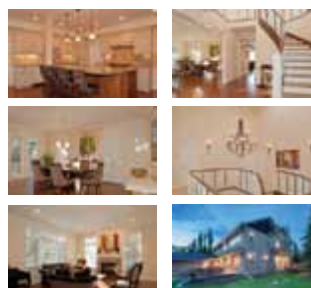
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