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### Mount Royal Community Association

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[president@mountroyalstation.ca](mailto:president@mountroyalstation.ca)  
[www.mountroyalstation.ca](http://www.mountroyalstation.ca)

### Elected Officials



**MLA Kathleen Ganley  
Calgary-Buffalo**  
#130, 1177 - 11 Avenue SW  
Calgary, AB Canada T2R 1K9  
Phone: (403) 244-7737  
Fax: (403) 541-9106  
Email: [calgary.buffalo@assembly.ab.ca](mailto:calgary.buffalo@assembly.ab.ca)



**Councillor Evan Woolley  
Ward 8 Office**  
P.O. Box 2100, Station M  
Calgary, AB, Canada T2P 2M5  
Phone: 403-268-2430  
Fax: 403-268-3823  
Email: [ward08calgary.ca](mailto:ward08calgary.ca)  
Web: [www.calgary.ca/ward8](http://www.calgary.ca/ward8)



**MLA Greg Clark  
Calgary-Elbow**  
#205, 5005 Elbow Drive SW  
Calgary, AB Canada T2S 2T6  
Phone: (403) 252-0346  
Fax: (403) 252-0520  
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**Editorial Content DEADLINE 1<sup>st</sup>**

of each month for the next month's issue

**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

## 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	\$1,962,500
August 2016	\$0	\$0
July 2016	\$932,450	\$939,987
June 2016	\$1,599,000	\$1,575,000
May 2016	\$1,595,000	\$1,515,000
April 2016	\$864,450	\$832,500
March 2016	\$1,497,000	\$1,340,000
February 2016	\$1,299,900	\$1,160,500
January 2016	\$1,800,000	\$1,708,750
December 2015	\$2,499,000	\$2,284,000
November 2015	\$2,197,500	\$1,900,000
October 2015	\$2,100,000	\$1,825,000

## 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

### Alberta Health Services: EMS

#### Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31<sup>st</sup> approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

#### Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

#### Costumes

- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

#### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

## IN & AROUND SCHOOLS

### St. Michael School Christmas Craft Parade

St. Michael School  
4511 8 Ave. SW  
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**Saturday, November 26, 2016**  
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## MRCA Progressive Dinner A Time to Celebrate our Community Saturday, November 5th



### Join us for the most anticipated evening of the year!

The Progressive Dinner is in its second decade. Join your neighbours for a “travelling dinner party” beginning with a cocktail reception, followed by dinner and then dessert at various Mount Royal homes. Tickets are \$135, and may be purchased through [mountroyalstation.ca](http://mountroyalstation.ca)

Interested in Hosting? Contact the Events Team, [events@mountroyalstation.ca](mailto:events@mountroyalstation.ca)

MRCA Events

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

## IN & AROUND CALGARY

### Fraud Awareness

A message from the Federation of Calgary Communities

Join us and Cst. Andrew Critchley from the Crime Prevention Unit at the Calgary Police service for a presentation that will focus on fraud awareness, common scams and best practices to avoid being a victim. Learn what resources are available to communities and how the Calgary Police Service responds to these issues.

**Date:** Wednesday, October 19, 2016

**Location:** Capitol Hill Community Association (1531 - 21 Avenue NW)

**Time:** 7:00pm – 9:00pm

For more information and to register for this FREE event, visit [calgarycommunities.com/workshops-events/](http://calgarycommunities.com/workshops-events/)



### Bow Cliff Seniors

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# Halloween hazards! Keeping your Pet Safe

Happy October!

It's hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy the occasional mini chocolate bar!

While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. Just as families must take safety precautions to ensure a safe and happy Halloween for children, pet owners should be mindful of safety during the festivities. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

1. Keep candy out of reach of pets! Chocolate, artificial sweeteners and certain types of nuts are toxic to animals.
2. Set up a safe space! Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
3. Leave Fido at home. Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.
4. Put a sign on the door asking trick or treaters to knock, especially if your pet reacts to the doorbell!
5. Be cautious with your costume, especially if your pet is easily frightened. Consider setting your pet up in a safe space before getting changed into your festive duds.
6. If your pet is dressing up, choose a costume that does not restrict your pet's airway or movement. Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.

7. Do not allow your cats to roam. A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.
8. Looking for more tools to help a stressed out pet at Halloween? Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!

## Mount Royal mybabysitterlist

Name	Age	Contact	Course
Avery	14	403-891-8149	Yes
Connie	17	403-862-2081	No
Luka	16	403-688-0964	No
Marisa	25	289-922-8544	Yes
Nathalie	20	403-681-8432	Yes
Peyton	14	403-607-6025	Yes
Nicole	25	587-437-4539	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).

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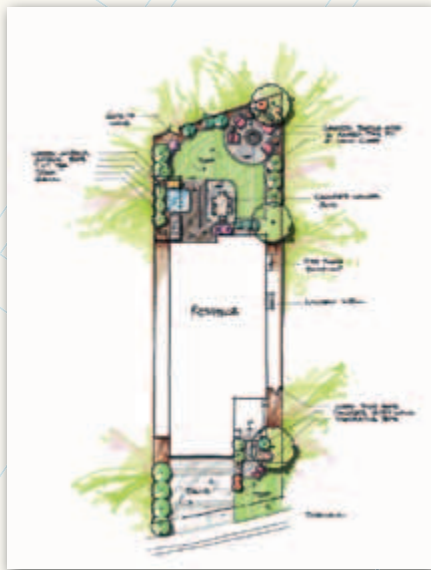
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## IN & AROUND CALGARY

Did You Know?

### Cloverdale Paint Now Offers Discounts to Community Association Members!

Cloverdale Paint is now offering club member pricing to community association members and organizational members of the Federation of Calgary Communities!

**What does this mean for you? Well, whenever you need to buy paint you simply go to Cloverdale and say you are a "Federation of Calgary Communities Club Member" and you will receive more than 25% off paint and more than 15% off paint accessories!**

Cloverdale Paint approached us to set up this discount program as they understand that community associations, their volunteers, and their members are at the heart of our city, and they wanted to give back in some way.

Thanks to Cloverdale Paint for their support and commitment to the community association network and for helping improve neighbourhood life in Calgary!

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CALGARY



WILDLIFE

# The Brown Creeper

By J.G. Turner  
Photo credit: David Mitchell

This tree-climbing bird has a tiny, slim body that is well camouflaged with brown streaks on its back, white under parts, a yellowish bar across the wing and a buff stripe over the eye. The Brown Creeper--also known as the Tree-Creeper--is a permanent Alberta resident found in parkland, mountain and boreal forests at many elevations. These creepers are found in mixed woods but seem to prefer coniferous areas for their breeding grounds; however, in the winter, they move to more varied environments and are easier to find in deciduous woodlands.

#### Fun Facts:

- The Brown Creeper got its name because it climbs (or creeps) in an upward spiral from the bottom of a tree while it forages for food. The short legs and long curved claws allow this creeper to hook into the bark.
- The Tree-Creeper uses its unique bill to probe into crevices in the bark to eat small insects and spiders.
- The male finds the materials for a nest but the female is the one that builds the nest. The male sings to the

female (a high thin trill) from nearby while the female works.

- Although the Brown Creeper may pass a Nuthatch working its way from the top of a tree to the bottom, there is no competition between these birds as the Brown Creeper can reach into spots and find food where the Nuthatch cannot reach.
- Due to their tiny size and weak call, Brown Creepers are very inconspicuous birds, so it is thought that estimates of the birds' dispersal and numbers are conservative.
- You can attract this inconspicuous little bird to a feeder by offering suet (especially if it is smeared right onto a tree trunk), peanuts and bread crusts. During the winter, they will also eat seeds.

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.calgarywildlife.org](http://www.calgarywildlife.org) for more information.



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# Protect Yourself, Immunize Your Pet



In some provinces and states, vaccination of household pets for rabies is mandatory or required by the law. This is not the case in Alberta. There have been eight recent positive rabies cases in bats turned in to Alberta Agriculture and Food to be tested; six in August alone. Locations include Edmonton, Red Deer, Medicine Hat, Airdrie, Canmore/Kananaskis, Ponoka, Camrose and Waterton. In a few of the cases, pets were involved and are now undergoing 45 day and 3 month quarantine periods, and Alberta Health Services deals with the human involvement. In April, 2010, a neutered unvaccinated pet cat died of unknown neurological disease in a veterinary clinic in Cremona. The veterinarian submitted the animal for testing and eight people subsequently received post-exposure treatment for rabies. This cat spent more time indoors with his family than outdoors. In 2007, a man bitten by a bat in Alberta died of rabies.

Cat bylaws in cities that require people to keep cats confined have caused complacency in the general public. Owners who fail to vaccinate, and the increase in carriers such as raccoons, skunks, foxes, coyotes, and bats in urban areas heighten the risk of rabies in cats. I have had bats turned in to my clinic after owners found them in their house, likely having flown through an open patio door. A bat positive for rabies was discovered in Calgary's downtown area a few years ago.... bats fly, they can reach apartments. There are over 55,000 human deaths attributed to rabies each year, mainly in Africa and Asia.

Rabies is a contagious and fatal viral disease attacking the central nervous system. It can be passed to all warm-blooded animals through the saliva, primarily through bites, but a scratch is sufficient. Symptoms of rabies can be variable ranging from the "dumb" form where the animal appears depressed and isolates itself and the "furious" form associated with aggressive behaviour. Any abnormal behaviour should be considered suspicious. An animal's voice will frequently change as the vocal cords become paralyzed and seizures may occur. Rabies can only be diagnosed with certainty by testing an animal's brain tissue. Cats and dogs usually die within ten days of symptoms appearing. Symptoms may not begin, however, for days or months depending on the severity and location of the wound.

Rabies is a reportable disease; it is the law to inform authorities of suspected cases. People bitten by wildlife or any animal with an unknown vaccine status should report the bite by calling Health Link. If there is potential human exposure to the animal suspect, euthanasia may be recommended so the brain tissue can be tested. There is no treatment available to pets that contract rabies.

Consider vaccination of a pet as an investment into your health as well as your pet's. The decision to vaccinate your pet is yours to make in Alberta, but I do not know a health professional who would discourage the choice to vaccinate your pet against rabies.

*Jennifer L. Scott, D.V.M.*

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## Bill's Book Café

It's the creation of a literary landmark. Join us for the launch of Bill's Book Café with Bill Ptacek, CEO, Calgary Public Library, and a local luminary. Participants are encouraged to read the featured book and come prepared for a rich and lively conversation. Watch for Bill's Book Café at your community library, but feel free to come to them all!

The first event features South East Calgary Communities Local Luminary Tom Huffaker, VP Public & Government Affairs, Imperial Oil and President, Imperial Oil Foundation, who selected the first featured book: *A River Runs Through It*, and *Other Stories* by Norman Maclean. Quarry Park Library  
Friday, October 28 | 7:00 pm

## Author In Residence

### Get inspired with the Library's Micheline Maylor!

*Life Is Strange & Other Brave Leaps In Poetic Impressionism* Poetry is non-linear in nature; its insights come in flashes. Learn methods for building meaning in poetry using leaps and pattern rather than linearity. Implicit examples from poets John Wall Barger, Selima Hill, and Don Coles.

Central | Wednesday, October 5 | 6:30 pm

### Improve Your Style & Find Your Voice

Improve your writing at the sentence and line level by learning the eight parts of speech and how best to craft them, as well as self-editing techniques. Every kind of writing will benefit.

Louise Riley | Tuesday, October 25 | 6:30 pm

## Understanding Teens & Understanding Aging

Understanding Teens and Understanding Aging are two important series presented by the Library in partnership with Alberta Health Services. For full details, check the September-October Library Connect, available in libraries and at [calgarylibrary.ca](http://calgarylibrary.ca).



# Reap What You Sow...

By Dr. Alma Nenshi, Registered Chiropractor

What is your greatest asset? Is it your wealth, your kids, perhaps your intelligence? There is no greater asset than your health, without which you cannot live your life's full potential, physically, emotionally, or spiritually.

According to the World Health Organization, "Health is 100% function of every cell, tissue, organ and system, and not merely the absence of disease or infirmity." Anything less than 100% function hints an underlying weakness that holds you back from living your life's full potential.

Let's take a moment to appreciate a few of the miracles of life. There are 100 billion nerve signals sending messages throughout your body this very moment! Your heart beats 3000 million beats in an average lifespan, and it's only the size of your fist! You have 100,000 miles of blood vessels in your body and you can hold 1 quadrillion (1 million billion) bits of information in your long-term memory over a lifetime. Ninety percent (90%) of your brain's resources are devoted to ensuring you are able to stand upright to gravity with good posture. You have breathed 24,000 times in the last 24 hours. And finally there are 7,000,000,000,000,000,000,000,000 (7 octillion) atoms that make up your adult body, all which started as two tiny cells that joined, multiplied, and differentiated in an organized fashion, creating your life and the wisdom within it to create life again.

You are naturally designed to be healthy, and the innate wisdom within you expresses health and healing through the nervous system as long as there is no interference in the communication pathways. The brain is the most adaptable organ in the human body as it has the ability to change physically and chemically based on experience and what is happening inside and outside the body. Eighty-five percent (85%) of the human genome is concerned with the brain and its development leaving only 15% for the rest of the body including the development of your heart, lungs, digestion etc.

A breakdown in spine flexibility causes a breakdown in brain-body communication, similar to driving in rush hour traffic. Signals want to move through rapidly but they may be slowed, diverted, or even blocked. Arthritis, curvatures, poor posture, unhealthy eating, inactivity, etc., all may produce constant, chronic, low levels of stress on the brain and nerves leading to functional breakdown of the cells they supply. The result may be headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, digestive concerns, allergies, bedwetting, learning and attention challenges, vertigo, etc.

Regular chiropractic care clinically clears the traffic jams, alleviating nerve stress and restoring your brain-body communication systems. This results in better posture and frontal lobe activation, the area of the brain that is responsible for human executive functions like learning, planning, reasoning, intelligence, and socialization. According to neurologist and Nobel Prize recipient Dr. Roger Sperry, "90% of ALL Nutrition and Stimulation to the brain comes from movement of the spine!"

So how invested are you in improving your life's greatest asset? You are worthy of enjoying the life of your dreams, it's all in your head just waiting to be nurtured and cultivated. So what's your next step?

Embrace your innate wisdom and appreciate all that your body provides. You are designed to be healthy, strong, and healing by nature. Reflect on your life and have gratitude for the gifts of experiences that have fashioned into this perfect You. Look ahead and visualize your desired future. Now make your vision a priority and resolve to take one action step today to enhance your health and move towards your goal.

After all, you do reap what you sow...



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## HOME GARDENING WITH BARBARA



## ALBERTA BEES

Barbara Shorrock

If I hadn't gone to hear Lyndon Penner speak and bought his latest book [Native Plants for the Short Season Yard](#), I wouldn't have learned about the Helen Schuler Nature Centre. Because I had read about it I jumped at the chance to drive down to Lethbridge with a friend one day and visit the centre to see its rooftop garden planted with native grasses and flowers. (Actually we were on a mission to source Spudnuts but that's a different story.) We did indeed see the native garden, and it is wonderful, definitely worth the drive. But even better was the display on the main level. This display changes several times a year, at the time of our visit featuring Alberta's native bees. It was fascinating.

Everyone is familiar with *Bombus* the bumblebee, first to appear in the spring, and *Apis mellifera* the honeybee, so necessary for crop pollination, not to mention honey production. Gardeners know about the leaf-cutter bee and some have built boxes for mason bees to keep them in the neighbourhood. There are actually over 800 species of native bees in Canada; our scientists have identified more than 30 species native to Alberta, some of which look so much like flies that you need to look very closely to tell the difference. There are orchard bees and mining bees, sweat bees, carpenter bees and plasterer bees, to name just a few. Some sting, most don't. Most collect nectar and pollen, some are predators. Some, like the early-to-rise bumblebee and many of the smaller native guys, are out and about at the crack of dawn before the honeybee wakes up, and are more cold tolerant, foraging on cool cloudy days while the honeybee waits for the sun. Some bumblebee

species are solitary, while others live in colonies, typically in holes underground. Usually, only the queen survives our harsh winter; the workers die off. Many native bees rely upon the nectar from only a few species of plants – you can imagine what happens when those plants are eradicated for commercial development or monoculture (think vast expanses of neatly trimmed grass – totally useless to a bee). Yes, some of them have stingers, but if you behave calmly when working in your garden in the company of bees, there is rarely a problem (unlike wasps, who are constantly in search of trouble and have a more aggressive nature). If you care about the environment and would like to create a bee (and butterfly, incidentally) friendly garden, consider adding some native plants to your space. The list is very long indeed, including asters, blue flax, columbine, bee balm, clematis, honeysuckle, Jacob's ladder and on and on. No doubt you already have some of these in your perennial beds, whether native or hybrid species. Watch what is attracting bees from spring to fall – when you have identified the successful attractors, plant more. The other part of the equation is pesticides – the lack of them. A chemical that will kill a caterpillar or moth will kill a bee. Simple as that. A bee friendly garden is a pesticide free garden.

Seventy percent (70%) of all flowering plants need bees to pollinate so they can reproduce. The Department of Agriculture tells us that one-third of the human diet comes from insect-pollinated plants. Have you ever stood under a tree in bloom in the spring, and thought the whole tree was buzzing? Right. The pollinators are hard at work. Bees are hugely important to our society.

*Barbara Shorrock is a member of the Queensland Garden Club, which meets monthly on the first Wednesday at the Queensland Community Centre. All are welcome; it doesn't matter where you live.*

# Start Fall Off On The Right Foot

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

Fall sees adults getting back to their regular routines at work – routines that often involve a lot of sitting.

Canadian adults are sedentary for nearly 70 per cent of their waking hours. More of us work at a desk and choose activities that involve a lot of sitting, like watching TV and playing games.

The problem with sedentary behavior is that it contributes to weight gain – and being overweight and obese increases your risk of developing cancer.

Research has shown that just 30 minutes of moderate daily activity can protect you against colorectal, breast and uterine cancers.

It's important to note, however, that you can still be at an increased risk of developing cancer even if you do exercise regularly, but then spend the rest of your day sitting.

That's why you should take frequent, short breaks from sitting – standing or moving for just two to three minutes at a time can be beneficial.

Here are some Canadian Cancer Society tips to help you move more and sit less, both at home and your workplace:

- If you haven't been physically active for quite a while,

ask your doctor to suggest activities that suit your age, fitness level, and general health, as well as any activities you should avoid.

- Take hourly breaks from sitting at work. Set an alarm, then stand up and stretch.
- Walk around or stand while you're talking on the phone at work.
- Start an activity club at work. It can be as simple as going for a walk over the lunch hour.
- Schedule your activities. Pick a time and place, and invite a friend who can help keep you on track.
- Turn physical activity into a social event. Go to the park with a group of friends and a Frisbee. Invite the neighbours and their kids over to play ball hockey or basketball. And don't just watch your kids play – join them in games of tag or soccer.
- Swap 30 minutes of television for a 30-minute walk each day.
- Walk or ride your bike to work; if you live too far to be an active commuter, choose to park a few blocks away and walk the rest of the way to your office.

For more cancer prevention tips, please visit the Canadian Cancer Society online at [cancer.ca/prevention](http://cancer.ca/prevention).

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**ARTISAN/ART MARKET "IN THE LOOP":** Fri, Nov. 4: 7pm - 9pm, Sat., Nov. 5: 10am - 4pm. 1802 33rd Ave S.W. Featuring awarded, internationally recognized artist, Cory Barkman. Artisans WYLO + CO, T'Sane Tea + Home-made pottery, jewelry, skincare, dog treats, woollens... Paintings by Ella Charette & others. Live music, ethnic baking & Romanian café. Instagram: @intheloopevent Facebook: In the Loop Event@intheloopevent

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### One Year In

Time sure flies. It has been one year since I was elected to be Calgary Centre's representative in our nation's capital. I had the pleasure of running on an aggressive platform for the middle class and we are well on the way to implementing the changes that we were elected to do. Let me give you an update on some of the projects that we've been working on as a government.

In Budget 2016 our government brought into force the newer, fairer, and tax-free Canada Child Benefit which will put approximately \$930 million into the pockets of Albertan families, and give Calgarians more money to save, invest, and grow the economy. Nine out of ten families will see more money and on the whole this policy change will raise some 300,000 children out of poverty.

As for our commitments to seniors – we moved the chains of justice forward by restoring the eligibility age for Old Age Security (OAS) and Guaranteed Income Supplement (GIS) to 65; and introduced a Seniors Price index to keep OAS and GIS at pace with the rising costs faced by seniors each year. Further to this we increased the Guaranteed Income Supplement for single, low income seniors by 10%, improving the financial security of about 900,000 single seniors across Canada.

Budget 2016 invests \$2.3 billion over two years to give Canadians greater access to more affordable housing. Our Government has already started to engage provinces and territories, Indigenous and other communities, and key stakeholders to develop a National Housing Strategy. This marks a return for the Government of Canada back to the table to play a leadership role in supporting affordable housing.

With regards to my portfolio of Veterans Affairs – my ministry is reopening the nine Veterans Affairs offices closed by the previous Conservative government, along with opening an extra one to continue our commitment to doing more for our veterans. This is in addition to increasing disability benefits, hiring hundreds more front line staff, and delivering on the care, compassion, and respect veterans and their families deserve.

Finally, the energy file this past year has been a focus of this new government with a combined effort by my cabinet colleagues. It is in this whole-of-government approach that we are reforming our regulatory framework, growing Canadians' trust in building energy projects, and working to getting our product to tidewater. By investing in indigenous communities, putting billions into the environment work we do at home and abroad, and improving the process, progress is being made.

As always, you can contact my office by email at 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 where you can watch clips of yours truly in question period and sign up for my e-newsletter.



## MLA CALGARY-ELBOW GREG CLARK

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

As I talk with my neighbours in Calgary-Elbow and travel the province talking with Albertans, the one theme I hear over and over again is concern about the health of Alberta's economy. Many people have lost jobs, taken reduced hours or a pay cut (or both) and many more worry about the future. The big question they ask is: what is Alberta's role in a changing world?

I believe we will get back on our feet and will thrive again, and we'll do it how we always do in Alberta; we will embrace change and lead in emerging fields while continuing to succeed in traditional areas. I believe Alberta's future lies in what I call the "and" economy; Alberta can continue to be a world leader in oil and gas development AND lead in the new low-carbon economy.

We will do this through new companies started by innovative Alberta entrepreneurs and by attracting new business to Calgary. Companies can build on our strength in oil and gas to expand into green-tech, information technology, renewable energy, logistics and many other fields. Many such companies are already well on their way and others are being helped along through the efforts of Calgary Economic Development (CED) and others.

There are several initiatives currently underway to establish business incubators and business accelerators in Calgary including RE:SOURCE YYC (www.resourceyyc.org) a co-working space recently established to facilitate and motivate the creation of start-ups by skilled professionals in Calgary.

Calgary's skilled workforce is our number one asset in attracting new businesses to Calgary. CED is working with WORKshift Canada to put people back to work and make use of underutilized downtown office space.

And this fall CED will begin a marketing campaign focused on innovation in Calgary that will change perceptions of our city and highlight business opportunities as we strive to attract investment and diversify our economy.

### Navigating the New Economy: Career Strategies – October 27

The folks at Calgary Economic Development are doing their part and I want to do mine. Please join us on Thursday, October 27<sup>th</sup> at Temple B'Nai Tikvah (900 47th Avenue SW) to explore career strategies in today's economic environment. It will be an evening to learn new resume and interview skills, hear how to pivot from one career to another, and learn how to turn your skills and passion into a new business. There will be plenty of networking opportunities and other resources as well. Space is limited and **registration is mandatory**. For more information and to register, please visit: <http://navigatingtheneweconomy.eventbrite.ca>. It's a free event, open to everyone in Calgary-Elbow and beyond, whether you're currently working or not. Bring a friend!

If you have questions or would like more information, contact the constituency office at 403-252-0346, or by email at [calgary.elbow@assembly.ab.ca](mailto:calgary.elbow@assembly.ab.ca).

I hope to see you there!

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## COUNCILLOR, WARD 8 EVAN WOOLLEY

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Phone: 403-268-2430

### Listening is My Job

As Councillor for Ward 8, my first job is to listen. All of the other work I do; be it reading a report, sitting in a committee meeting, advocating in the media or speaking out for my ward in Council, is totally dependent on hearing your voices. The ways in which I stay connected are about as diverse as Ward 8 itself: Emails, phone calls, letters, newsletters, Facebook, Twitter, Instagram, and community associations are just a few. Of course, nothing beats meeting someone in person, looking them in the eye, and hearing what they have to say.

It's important that I continue this dialogue with you throughout my term in office. I want to hear your thoughts about our Ward 8 neighbourhoods and our growing city. Here are a few subjects to start off our conversation:

### Green Cart Composting

Sustainable and thoughtful development is critical for our city's future. By this time next year, all single family homes in Calgary will be provided a Green Cart for composting. While composting might be new to some, the impact it can and will have on our landfills is really significant. Organic waste from Calgarians can be turned into compost can help our city in so many ways. It can go towards bettering our parks, helping small urban farming initiatives like The Alex's Community Food Centre or even offering options for renewable energy.

### Affordable Housing

Not only must we accommodate the enormous pressures of growth that Calgary faces, but I believe that our greater community is only as good as it gives to those less fortunate. Therefore, affordable housing is a critical part of my work as Councillor. I'm proud that Council recently approved the Rosedale affordable housing project but that's a small step along a very long path. Some of the most important work we can do as citizens is increasing our capacity for empathy and understanding. Calgary currently has 56,000 people who are one paycheck or one rent increase away from housing instability. So, when you picture someone who is at risk of being homeless, the reality is that it could be someone much closer to you than you think.

### Safety in the Inner City

Most of the communities in Ward 8 are within Calgary's inner city. So many of these neighbourhoods are growing and our services have kept up very well with the changes. Our infrastructure needs to adapt as well, and this is why I am pushing hard, for example, to upgrade the underpasses across the CP Rail tracks to make them safer, more convenient and more pedestrian-friendly. We've had some great successes as the 1st Street SW underpass is nearly complete and we've secured funding to start the renovation of the 4th Street SW underpass. We'll continue to work to make walking in the inner city safer and more enjoyable for all Calgarians.

I want to envision and build the future of our city together, and to do that I need to hear your voice. You can get in touch with my office by email (ward08@calgary.ca), Twitter (@EWoolleyWard8) Facebook (Facebook.com/EWoolley.Ward8) phone (403-268-2430) or letter (Historic City Hall, PO Box 2100, Stn. M, #8001B, Calgary, T2P 2M5). And, if you catch me walking on the other side of the street, I hope you'll cross over and say hi. That's what I'm here for.

## 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
Road Conditions – Calgary	511
Weather Information	
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403.210.7044 or [perryr@ucalgary.ca](mailto:perryr@ucalgary.ca)

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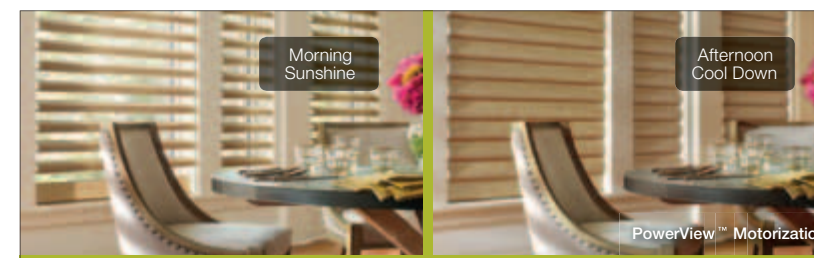


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