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



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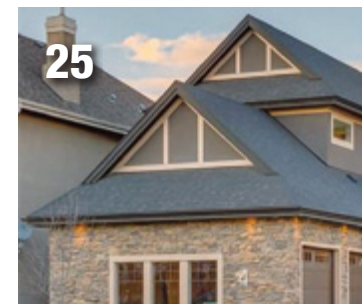
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# MOUNT ROYAL COMMUNITY ASSOCIATION

2317 10 St. S.W. • Calgary, AB – T2T 3G7  
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[www.mountroyalstation.ca](http://www.mountroyalstation.ca)

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### Editorial Submissions

president@mountroyalstation.ca  
All editorial content must be submitted by the 15th of the month for the following month's publication.

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*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

*Great News Publishing and Mount Royal Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
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	
HOSPITALS / URGENT CARE		
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	
OTHER		
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		
Gamblers Anonymous	403-237-0654	

## PRESIDENT'S MESSAGE

Hello Mount Royal,

With another Thanksgiving holiday come and gone, I thought it was time to give thanks for being a part of such a great community. The spirit of volunteerism is truly spectacular in our community and I would like to thank all of those who graciously donate their time making both Upper and Lower Mount Royal a great place to live.

Mount Royal Community Association will be having **our AGM on Wednesday, November 15, 7 pm at the Station**. Please join us as it is a great opportunity to hear what is going on in the community and meet your neighbours. There are some positions open on the board so if you would like to help, please let me know, [president@mountroyalstation.ca](mailto:president@mountroyalstation.ca). The open positions are Facilities, Safety and Vice President.

MRCA, in conjunction with Elbow Park and Cliff Bungalow – Mission, have been working on Prospect Trail, a walking path connecting the three communities through existing natural green space. Individually, we hosted information sessions in the spring to disseminate the plan and thought behind the idea. There was great interest and turn out at all three events and we had many comments. We have compiled them all and will be hosting a "What we Heard" event on **October 30, 7 – 8:30 pm at Elbow Park Community Centre (800 34 Ave SW)** to review and keep the dialogue going. Please join us!

Hope to see you at our AGM!

*Friendly regards,*  
*Jeff Nichol*



### Mount Royal Law Office

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87 Monthly Community Newsletters  
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## IT'S TIME FOR THE MRCA AGM!

**Wednesday, November 16th  
7:00pm at The Station!**

Open positions are: newsletter, facilities management, safety and vice president.

Interested? Contact Jeff, [president@mountroyalstation.ca](mailto:president@mountroyalstation.ca).



Every **Wednesday** during the School Year!

## Mini Mountaineers Playgroup!

**Open to MRCA Members!**  
**Moms, Dads and Caregivers**  
**Welcome!**

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



## MRCA Newsletter: Submissions Needed!!!



Do you have  
some time to  
write an article  
for the MRCA?

We are always looking for submissions!

Email article, recipes, anecdotes or neighbourhood  
pictures to: [newsletter@mountroyalstation.ca](mailto:newsletter@mountroyalstation.ca)



### Not receiving MRCA emails and would like to?

Send an email to  
[membership@mountroyalstation.ca](mailto:membership@mountroyalstation.ca)  
and we will add  
you to our email  
distribution list

## FREQUENTLY ASKED MEMBERSHIP AND TENNIS QUESTIONS

**What type of membership should we purchase if we are a couple with no children living at the same address, should we purchase two single memberships?**

No, more than one person living at the same address should purchase a family membership (\$45).

**If one person is a senior and one person is not, should we purchase a senior membership and a single membership?**

No, this is considered a family membership until both people are seniors (over 65).

**We are both seniors living at the same address should we purchase two senior memberships?**

No, a couple where both are seniors should purchase one senior membership (\$20).

**I purchased a tennis key last year, do I need another one this year?**

Yes, new keys are issued each year and the fee is \$15 per year.

**How do I get my tennis key?**

In the spring you will receive an email telling you where to pick up your key.

**Do I need to book a tennis court?**

No, booking is not required and the rules are posted on the fence.



# Monthly Friday Night Pizza & Play Parties for our Mini-Mountaineers!

4:30 – 7:00pm at the Station

Join us the following Fridays over the fall:  
Nov. 10  
Dec. 8

Start the weekend with a playgroup happy hour!  
Re-connect with Mount Royal parents!  
Pizza and kids’ drinks provided,  
MRCA Members only please!  
Cost \$5 per person

Our toys are appropriate for babies to age 4, older children are welcome to join, of course, but you may need to bring a game/toys to keep them occupied.

## 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		
TOTAL			\$ _____



# The Power of Spoken Word

by Fatima Mir Baloch



As an extremely shy person, I have had to find alternative ways to express myself so people can better understand and I can also get to understand my own self as well through the process. In grade 9, you could say I finally bloomed. At my school's winter concert in December 2015, I asked if I could do a solo performance of *Have Yourself a Merry Little Christmas*. And I got to do it, without any instrumentation. Long story short, people loved it.

The second time I performed on stage was with poetry. My English teacher gave us a unique opportunity to express ourselves on stage, reading our own written poems between her band's pieces. The theme was the moon. Myself and a couple of friends couldn't let an opportunity like this pass by! After creating one big poem consisting of different stanzas made by each individual was a failure, we then decided to make each of our own poems relating to the poem. We were to perform in the University of Calgary's Craigie Hall.

My poem was called *My Moon, My Battery*. It was basically a poem about sleepless nights of existential crises with the moon as my witness, but also as a symbol of hope for the future. I wasn't really proud of my poem. To me it just did not hold up to a high standard.

The day we performed was a great day with my great friends, and by the end of our performance it got even greater. After the entire show was finished, a woman from the audience walked up to me and said that she loved my poem. She wondered if she could take a picture of my poem and read it to her yoga class. She then asked who was the writer of this poem. She didn't realize these

poems were our very own. Then she was even more impressed. After taking the picture of my little cue card with the entire poem written on it, she handed me her necklace as a gift! It is a string necklace with silver beads. It remains as one of the most beautiful moments in my life, and a quite self-empowering one. It was a day I learned that you never know whose heart you'll touch when you give them a piece of yourself. This is a lesson I have to keep reminding myself of as a shy person: your voice always matters to someone, so don't ever hold back.

Then when I got to high school last year, I signed up for the school speech club that holds tournaments in categories including solo and duet acting, original oratory, and prose and poetry interpretation. Obviously, I chose poetry. I spent a week writing my own awesome poem. After finishing, I found out that the poem had to be a published work. My heart was crushed.

I still do poetry interpretation as a different way of becoming a confident person and learning to make better eye contact, and I still express myself a little bit by explaining the significance of the poem I choose to read, as well as meeting my fellow competitors who are just as passionate about spoken word poetry. But it's not the same as when you have your own piece to pour your heart out on, and create a deeper connection with the audience.

Anxiety is never easy to get rid of. Just because I have performed a couple times on stage does not mean I don't worry about what the audience will think about me. Just because I choose to perform on stage does not mean I am not shy. I definitely am shy, but through perform-

ing on stage, to people with no strings attached, I don't put too much pressure on myself. Plus, there is a general understanding in support among your audience, since a lot of them would never imagine themselves being on stage; it does take some courage after all.

So far, only Calgary's Café Koi holds open-mic events for people of all ages to participate in, and the Shelf Life bookstore holds poetry slams for youth as well, both free of charge. But I wish there were more open mic venues for youth at different locations, not just downtown, and I wish more people my age did spoken word.

To the people who say that poetry is dead, think again. Poetry is not only not dead, it has evolved into something much more meaningful. In the past, poetry was only made to satisfy the senses, purely for imagery, and sometimes have a vague message about life and depict emotion without naming an emotion. Now it has become a hallmark for voicing the issues that plague our world today, filled with emotion for things that matter, not made to necessarily please. Poetry has become a performing art. Button Poetry is a popular organization that aims to expand and promote poetry as a performance and a path of self-expression. In its YouTube channel exists numerous spoken word performances worth watching. The performer that tugs at my heartstrings the most is Rudy Francisco, whose poems are authentic, dealing with topics ranging from self-discovery to love to domestic violence to racism. His wonderful wordplay remains powerful in all of his performances. And he is only one of the many fantastic spoken word poets out there, such as Sarah Kay, Phil Kaye, Jasmine Mans, and many, many more.

However, that doesn't mean that spoken word is a very recent medium of oration. Robert Frost was a spoken word poet. However, spoken word only became a means of voicing significant issues in society around the 1920s, particularly in the African American community, starting with the Harlem Renaissance—a cultural, social, and artistic explosion. It then progressed into the civil rights movement, drawing inspiration from oration of Martin Luther King's *I Have a Dream*. It became another way for those people to voice their pain, other than music in the church.

And now, it's only growing to have even more issues get voiced such as mental illness, bullying and oppres-

sion of one's identity in terms of sexuality, religion, and race. Spoken word is a powerful form of self-expression, a doorway for people who feel alone in how they feel to a room full of people who have felt exactly the same as they do. A lot of my friends and people I have met in speech tournaments know a lot of spoken word poets from poetry slams posted on YouTube, and a lot of them look up to them, including my favourite Rudy Francisco, as well as Prince EA, whose poems *Dear Future Generations* and *Can We Autocorrect Humanity?* are quite well known.

All in all, I just wish, because of its power, spoken word will be encouraged and promoted more in Calgary. More venues for this particular form of self-expression for youth means more venues for confidence among youth; a chance for people my age to discover themselves as well as the world they live in; a chance for youth to get motivated to raise awareness on things that matter and to encourage positive change for our society, just by their voice.

## Every family has a story...

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# SUSTAINABLE GARDENING with Kelly!

Kelly Code, Mount Royal Resident  
[www.sustainablelandscapes.ca](http://www.sustainablelandscapes.ca)

## Planning for autumn and winter interest

Keep your eye out for beautiful autumn colour and plan for adding these plants into your garden next season. Notice which plants hold onto their leaves and berries as you walk around neighbourhoods during November and December. Evergreen plants keep their colour throughout the year, so take photos of trees and shrubs that are appealing and plan to add them into gaps next spring.

Notable shrubs with red/orange fall colour are cotoneaster, burning bush, blueberry, bush honeysuckle, spirea, dogwood, viburnum, sand cherry, sumac and chokeberries. Hydrangea has stunning red flowered varieties that hold their colour late into the season.

Trees with red/orange autumn colour include species such as mountain ash, Amur maple, sensation Manitoba maple, Ohio buckeye, muckle plum and thunderchild crab apple.

## Cleaning and storing ceramic and stone containers

All your containers need to be emptied at this time of year. Once the plants have been removed or transplanted the containers should be moved into a shed or the garage for winter storage. It is a good idea to empty the soil and clean the pots with a mild bleach solution to avoid the spread of any plant diseases and to destroy insect eggs.

If pots are left outside, turn them upside down, cover them with burlap or another insulating material and place them on bricks or pieces of wood so they are not in contact with the ground.

Taking care to protect your containers during winter will add years to their life.

## Autumn clean-up

Continue to clean up fallen leaves and fruit on a regular basis during November and December. If there have been problems with insects during the season, all leaves should be collected and thrown away. Do not compost these leaves as many insect eggs overwinter in them and will reappear in the spring.

Continue to cut back perennials as the leaves die. Grasses will provide interest throughout the winter season, as will interesting seed heads from various perennials such as globe thistle, sea holly, cone flower, sedum, yarrow and agastache. All other perennials should be cut back to a maximum of 6 inches from the ground. Hydrangea flowers maintain their structure throughout the winter season and can be pruned back in the spring.

## Mulch around tender plants

Leaves can be used to add additional insulation to plants such as roses, weigela and hydrangea plants that are zone 4 or 5. Keeping layers of leaves and snow around the base of the plant will help to avoid a freeze/thaw cycle that could kill the shrub.

## Pruning and shaping shrubs and trees

As leaves disappear from the trees and shrubs, pruning out crowded branches and shaping the tree is possible throughout the colder months of November and December. Most trees and shrubs are dormant during this period and benefit from the pruning. Do not prune birch trees or maple trees until mid July.

## Preparing water features for winter

All mechanical equipment such as hoses, pumps and electrical cords should be removed from water features, cleaned and stored. Follow the manufacturers guidelines for cleaning out pumps. There are a few pumps that can be left in ponds over winter. Store your pump in a bucket of water to preserve and protect the seals. Be sure to check the guidelines and it is a good idea to clean them and other filters at this time of year.

All dead and dying plant material should be removed when most of the leaves have fallen from the trees. Because we have snow storms and periods of below freezing temperatures, it is a good idea to remove leaves and other debris on a regular basis. Some people use nets on pond surfaces to catch the leaves, but if you have a lot of birds living near the water, it can be very distressing watching them get tangled into the net. Removing the leaves on a regular basis is harder work, but less damaging to wildlife.

Water can be left in a pond, throughout the winter, but it is a good idea to change the water and remove as much debris as possible in November or early December. Some ponds benefit from a pond heater, but are generally used for deeper ponds with fish. Fish will overwinter if the pond is deeper than 3 to 4 feet and the heater stops the pond from freezing completely.

Fountains need to be completely drained and kept dry throughout the winter. Drain all water and store electrical equipment indoors. Clean the fountain to destroy algae, bird droppings and remove dirt. There are specialized cleaning products for fountains that will not harm wildlife, so try to avoid using bleach or soap that may leave harmful residues. When the fountain is completely dry, cover the it with a waterproof insulating material. Some fountains are small enough to be moved into a shed or garage, which will ensure they remain protected.



## Snow Angels

The snowflakes are about to arrive along with cold temperatures (brrr!). Why not start a community Snow Angel campaign? It's a great campaign to get involved and help neighbours. By shovelling snow for each other you can encourage other neighbours to take care of one another!

## Benefits of Snow Angels

1. People who are less mobile may fear losing the homes they love or having to leave the communities they've lived in for years if they are unable to keep their sidewalks clear. By removing snow for neighbours, you may be able to help them feel secure staying in their homes.
2. Paramedics experience a dramatic increase in heart-related calls after heavy snowfalls. Cold air and heavy lifting can cause strain on the heart which leads to cardiac distress, especially for the elderly or those with physical ailments.
3. Social isolation can contribute to a low quality of life. For some, daily interactions with Snow Angels provide a source of community inclusion and pride.
4. Neighbours who know each other are less likely to be victims of crime as people look out for those they know.

Remember residents have just 24 hours after a snow fall to remove snow from sidewalks adjacent to their property.

For more information, you can find it on the Federation of Calgary Communities website ([calgarycommunities.com](http://calgarycommunities.com)) under the Building Safe Communities menu item.







## Community Standards Prevention & Public Awareness

# Off-Leash Ambassador Program

## Volunteer Recruitment

We are recruiting volunteers to participate in the Off-Leash Ambassador program.

The Off-Leash Ambassador program is an innovative approach with a volunteer-based, citizen led initiative to promote responsible pet ownership in Calgary's 150 off-leash parks.

Volunteers in the program will:

- Promote responsible pet ownership, positive pet interactions and safety in off-leash areas through the provision of information and demonstrations
- Answer questions regarding Calgary's bylaws in off-leash areas
- Act as positive role models in off-leash parks in terms of adhering with Calgary's bylaws
- Provide an avenue for citizens to express concerns and pass along concerns to City staff
- Promote the work of Calgary Community Standards and the services available at the Animal Services Centre, such as animal adoption and licensing

Ambassadors will receive training to familiarize themselves with bylaws, canine body language, as well as tactics to communicate with the public.

Visit us at: [www.calgary.ca/offleashvolunteer](http://www.calgary.ca/offleashvolunteer)



## FOR ART'S SAKE

### November

By Hilary Angrove

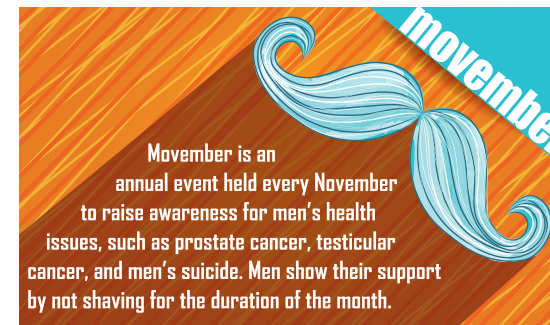
November: the month where there's too much snow for hiking but not enough for skiing, when the snowbirds go south and potential tourists stay south. Not a snowbird and don't have a November vacation lined up? Luckily, November in Calgary offers many opportunities to get cultured, from just a stone's throw away.

The Calgary Underground Film Festival elevates Calgary's cultural landscape with the best in local and international independent cinema. Recently, they noticed Calgarian's growing desire for non-fiction films so from November 16th – 19th they will be presenting a unique roster of never before screened in Calgary documentaries.

Without a doubt, Calgarians have an appetite for engaging, educational, cinematic output. From November 16-19, The Marda Loop Justice Film Festival will be screening films on issues important to us as individuals, Canadians, global citizens, and humans. Improve your dinner table discussion and hang out for post-show discussions with local and international cinematographers, and take advantage of the Festival's different opportunities to interact with experts.

Not a cinephile? Explore the untold stories of lemurs in Madagascar with Mireya Mayor during the National Geographic Live presentation at Arts Commons on November 5th and 6th. The talk includes a post-show Q & A - a chance for you to fully engage with this inspiring explorer.

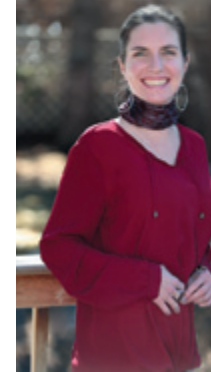
Calgary is a wonderful place with much to offer - and there are a multitude of places to get cultured, beyond this list.



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*W. Brett Wilson – Dragon Emeritus, Philanthropist and Hoffman Graduate*

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Release from negative behaviors  
Emotionally heal and forgive  
Discover your authentic self

Email [shift@hoffmaninstitute.ca](mailto:shift@hoffmaninstitute.ca) to get more information on the Hoffman Process in Canada and receive a "free" book on how to live a happier life.





## Who should I call for help?

### EMERGENCY? Call 911

911 is to be used only for emergencies (police, fire, and medical) where an immediate response is required. This should be called only if there is an emergency and lives are in danger, immediate assistance is required or there is a crime in progress.

### CALGARY POLICE SERVICE NON-EMERGENCY – 403-266-1234

This should be used for all non-emergency situations, where an immediate response is not required. This number should be called when time has elapsed since the incident, the suspect is not on scene, or you are calling about a nuisance issue (e.g. noise complaints, suspicious people, intoxication, etc.). Police will attend on a lower priority basis.

### ALPHA HOUSE “D.O.A.P. TEAM” – 403-988-7388

If you observe an individual who appears to be intoxicated, loitering, trespassing, or sleeping in an area they should not be but otherwise appear peaceful and not being aggressive, call the “downtown Outreach Addictions Partnership Team” or D.O.A.P. Team- mobile team available to transport the individuals that are not able to come to the Alpha house location on their own. Hours: Monday-Friday, 8:30 a.m. – 1:00 a.m., Saturday and Sunday 5:00 p.m. – 1:00 a.m. The D.O.A.P. team members are well acquainted with their clientele and have a good rapport with them.

### ON-GOING COMMUNITY CONCERNS? District 1 @ 403-567-6100

The CROs provide a key point of contact for community policing initiatives and problem-solving. They monitor crime trends, traffic and social issues with their zone. They also keep track of the crime issues that are of particular concern to residents.

### CITY OF CALGARY CONCERNS – Call 311

Please contact 311 and concerns (e.g. burnt-out street lights, garbage collection, etc.) will be forwarded to the appropriate department.

### REPORT CRIME ONLINE

Did you know that you can report certain types of crimes to the Calgary Police Service online? When you use the CPS Citizen Online Police Report System, you can submit a report about a crime immediately and print a copy of the police report fee.

When you use the quick and easy online reporting system, it can help you by providing reports for your records. It also helps the police to identify and address crime trends in your area.

What can I report online?

The online reporting system currently takes reports about the following crimes, as long as their value is less than \$5000 (Canadian), there's no known suspect, and the incident happened within Calgary's city limits:

- Lost property
- Theft
- Damage/Mischief to Property
- Theft from Vehicle
- Damage/Mischief to Vehicle

To report a crime online, go to [www.calgarypolice.ca](http://www.calgarypolice.ca), and click on “Report a Crime Online”. Follow the screen prompts to fill in the information and submit your report. If you have a problem with the system, there's 24-hour support available. When you're finished, you can print a copy of the police report to keep for your records. Police will review your case, and will contact you if need be.



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## THE SANTALAND DIARIES – LUNCHBOX THEATRE, NOVEMBER 27 – DECEMBER 23

This is one elf that won't make the nice list. His name is Crumpey and he'll tell you the truth about Santaland. An out of work and broke actor in New York City takes a job as an elf in Macy's Santaland Village. The behind-the-scenes reality of holiday cheer is not the blissful peppermint dream that he had imagined. Based on David Sedaris' hilarious book chronicling his outlandish experience working as an elf in a Macy's Santaland, The Santaland Diaries is a one-man riff on one elf's truly odd encounters with his fellow man. More info: [lunchboxtheatre.com/the-santaland-diaries/](http://lunchboxtheatre.com/the-santaland-diaries/)



## TREES WITH TEA – YYC BEESWAX HQ, DECEMBER 5

Join us for a fun evening of candle making fun! We'll have hot tea for you to enjoy as you learn about bees and beeswax. After that, we'll celebrate the season by making some adorable beeswax tree candles. This is a perfect workshop for kids to make Christmas gifts! Instruction and all materials are included. More info: <https://www.eventbrite.ca/e/trees-with-tea-tickets-3625547811?aff=es2>.



## A CHRISTMAS TALE CARRIAGE HOUSE INN, DECEMBER 17

An incredible event for the whole family in Calgary! Beautiful, full of fun and magic Christmas show with Santa will take you into the world of music and dance. Magic tricks and games with Santa and his friends will provide you and your family with an unforgettable experience of the Christmas spirit and fill your holidays with joy. Children under 2 years old are free. More info: [artstarcreations.net/category/news/](http://artstarcreations.net/category/news/).



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

### International Christmas Market – Spruce Meadows, Dec 1 - 3

This final weekend of the International Christmas Market invites you to take in over 250 vendors in the indoor comfort of Spruce Meadows. Take in the lively, festive atmosphere while crossing those last few gifts off of your list. Live entertainment, dining, choirs, and much more. More info: [sprucemeadows.com](http://sprucemeadows.com).

### Boy film screening – Esker Foundation, Dec. 7

Boy is a dreamer who loves Michael Jackson. Boy's other hero, his father Alamein, is the subject of Boy's fantasies, and he imagines him as a hero and a close relation of Michael Jackson. In reality Alamein is an inept, wannabe gangster who has been in jail for robbery. When his father returns home, Boy is forced to Sidewalk Citizen will be providing complimentary treats for this screening. Dir. Taika Waititi, 2010, 87 mins. Event is free, registration essential. [www.eventbrite.ca/e/boy-registration-37158757845?aff=es2](http://www.eventbrite.ca/e/boy-registration-37158757845?aff=es2).

### A Cowtown Christmas by Cowtown Opera Company – Central United Church, Dec. 9

Do you hear what I hear? It's your annual get-together with your opera-singing relatives! This year dress in your pajamas and most festive onesie receives a prize. Baby, it's cold outside and Cowtown is the musical equivalent of a warm cup of cocoa. You'll laugh, sigh, and sing-along (of course!) to your favourite Christmas tunes. Hosted by Calgary's beloved Heebie-Jeebies, and featuring Calgary's top musical talent, come celebrate the most wonderful time of the year. More info: [cowtownoperacompany.com](http://cowtownoperacompany.com).

### The Brick Teddy Bear Toss – Scotiabank Saddledome, Dec. 10

The annual Teddy Bear Toss is hosted by the Calgary Hitmen in support of children in need in Calgary. Bring a teddy bear or plush toy of your choice and at the end of the first period all in attendance will toss their toys onto the ice. Last year almost 24,000 toys were collected to put under trees all over the city. This year the hitmen will square off against the Moose Jaw Warriors. Tickets and info: [hitmenhockey.com/teddy-bear-toss](http://hitmenhockey.com/teddy-bear-toss).

## DOLLARS & SENSE



## Sometimes cheaper is more expensive

By Suzanne Smith-Demers – Financial Consultant

It can pay to pay more. Being thrifty isn't always about saving money, it means spending your money wisely. Many cost-conscious shoppers tend to gravitate toward the cheapest items, but less expensive is not always better.

Let's say you're buying a new car. There can be very good reasons for choosing a more expensive vehicle. If you've done your due diligence, checking out ratings and analyses to see which model is getting top marks. Or if you know you're getting a good deal – it's at the

end of the model year so the price has been reduced and the interest rate is extra low. Also, if you intend to keep your new vehicle for a long time, paying more up front often means shelling out less for maintenance, repairs and other costs over the years of your ownership. So, in this case, you've made the right, although more expensive, choice.

Sure, it's tempting to walk away from a premium item and look for something similar at a lower price, but paying less almost always means you'll end up with a product of lesser quality, and quality often dictates lifespan.

Take that new mattress you want: consumer rating organizations have found that a \$1,200 mattress could last for 20 years or more, while you'll likely need to replace a \$200 mattress in four or five years.

The same reasoning can be applied to food, clothes, electronics and almost anything else you buy: choosing quality over quantity will almost always save you money in the long run. Of course, you shouldn't always go for the most expensive product. The best strategy is to do your research before you buy and save up your money to get the best-quality product you can afford.

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**Explore expanded access to TumbleBookLibrary**  
Calgary Public Library has partnered with the Calgary Board of Education and Calgary Catholic School District to expand our access to TumbleBookLibrary. This free online resource for kids offers more than 1,100 titles, including talking picture books, narrated chapter books, ebooks, and graphic novels, all available at [calgarylibrary.ca/tumblebooklibrary](http://calgarylibrary.ca/tumblebooklibrary).

**\$1M grant transforms early learning at the Library**  
The Calgary Foundation Early Learning Centre at Saddletowne Library opened September 16. This new space for children ages zero to five to play and learn in is the first of four Calgary Foundation Early Learning Centres set to open this year, thanks to a transformational \$1 million investment from the Calgary Foundation and an anonymous donor. Discover the new space today!

**What does Calgary Public Library mean to you?**  
In celebration of Canadian Library Month this October, Calgary Public Library is part of a nation-wide initiative sparking conversation about the importance of libraries. Share your most vivid memory or meaningful library moment on social media using #LibraryMoments and tag us @calgarylibrary.

**Math is No. 1 at this free after-school program**  
Students ages 6 to 12 are invited on a Math Quest! Explore the library while completing numeracy challenges at this one-hour drop-in program, offered at 18 Library locations. Quests are connected to Alberta's curriculum, have real-world applications, and demonstrate math can be fun. For more details, visit [calgarylibrary.ca](http://calgarylibrary.ca), click programs, and search Math Quest.

## REMEMBRANCE

Canada observes the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.



## CCSD BOARD OF TRUSTEES

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

Faith formation is a priority at the Calgary Catholic School District (CCSD). To guide us in our faith journey, we have an annual faith theme. For the 2017-2018 school year, we have introduced a new three-year faith theme –“Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you.” (Matthew 7:7)

This year, we will focus on the first part of the theme, “Ask, and it will be given you.” This theme speaks to the power of faith and prayer. Fostering a faith relationship with God through prayer is part of the ongoing work of Catholic education, as it is through prayer that we come to know God's abundant love and mercy for us, are helped to become all that God wishes us to be and learn to live and act in God's abiding presence.

Faith formation remains one of our four district priorities this year, as well as student success, student wellness and success for First Nations, Metis and Inuit students. Together with our district administration, we will focus on our faith theme, as well as our district priorities. We are thankful to our district administrators, teachers and staff; we know that through working together we can meet these priorities and help our students succeed.

In recognizing the value and importance of Catholic education, we encourage our community to celebrate Catholic Education Sunday at their local parish on November 4-5. During this weekend, there will be a special collection at each mass, with some funds going to the Calgary Catholic Education Foundation (CCEF). The CCEF is a charitable organization that provides grants to support innovative programs and projects that touch the lives of students in our schools. We thank the CCEF for their support in providing enhanced educational opportunities for Calgary Catholic students and we look forward to celebrating the wonderful work that takes place throughout our province in Catholic schools.



## CALGARY WILDLIFE



## The House Sparrow

Article by JG Turner; Photo by Andrea Hunt

The House Sparrow is a member of the Old World sparrow family native to most of Europe and Asia. This little bird has followed humans all over the world and has been introduced to every continent except Antarctica. In North America, the birds were intentionally introduced to the United States from Britain in the 1850s as they were thought to be able to help with insect control in agricultural crops. Being a hardy and adaptable little bird, the House Sparrow has spread across the continent to become one of North America's most common birds. However, in many places, the House Sparrow is considered to be an invasive species that competes with, and has contributed to the decline in, certain native bird species.

### **Fun Facts:**

- The House Sparrow is part of the weaver finch family of birds which is not related to North America's native sparrows.
- The males have a grey crown and underparts, white cheeks, a black throat bib and black between the bill and eyes. Females are brown with a streaked back (buff, black and brown).
- These little birds have only been in Alberta for about 100 years made themselves at home here by taking advantage of urban human environments, where food and home sites are provided.
- In Alberta, House Sparrows can be found in backyards, parks, suburban and cultivated fields, and urban areas. They are rarely found in far northern areas.
- House Sparrows make untidy nests in boxes (sometimes taking over another bird's nest), under eaves, in crevasses in buildings or masonry or stone structures, in spruce trees, and, in cold climates, even in the heat vent outlets of commercial laundries. These birds may raise up to three broods a season.
- These birds usually travel, feed and roost in assertive, noisy, sociable groups, but always maintain wariness around humans.
- Although often disliked for their raucous and unsanitary manners, the House Sparrow provides great fodder for the study of bird behaviours in general because they are so commonly found in areas populated by humans.

*If you find an injured or orphaned House Sparrow or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society 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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November is Adopt-a-Senior-Pet Month

The City of Calgary’s Animal Services is proud to feature their Seniors-for-Seniors adoption program during ‘adopt-a-senior-pet’ month. The program’s focus is to connect mature dogs and cats with owners who are 60 and over. Through this, a 60% adoption fee discount is offered to seniors when adopting a senior animal (age 7 or order).

Senior cats and dogs, while mature and well-socialized, are often overlooked by adopters because of their age. However, when well cared for, senior animals can be a source of love and companionship for many years to come. Ideally, the owner and pet will complement the lifestyle and pace of each other.

The program’s goal is to enrich the lives of both pets and people. The adopter can benefit from reduced loneliness, increased opportunities for exercise, socialization and companionship. Owning a pet also has added health benefits (such as lowering blood pressure and cholesterol).

To inquire about adopting a senior pet, please visit [www.calgary.ca/adoptapet](http://www.calgary.ca/adoptapet).



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Good Sport

by Bev Watson

All my life I’ve been very competitive and a little contrary, but that has served me well. I’ve learned there’s really nothing you can’t do or learn if you find out what it takes, then break it down in tiny steps and go for it.

So, my life has been full of all kinds of interesting challenges and adventures. But here I want to talk about cancer and how Wellspring Calgary has helped me.

I had been a triathlete for 15 years when I won the 2013 World Championship Ironman in Hawaii. After that, biking and swimming started getting hard. I kept pushing myself, but something didn’t feel right.

I went to the doctor but tests showed nothing was wrong. I started losing my balance when I was walking or swimming, but I kept training.

I went in to see my dermatologist about another issue and when I told him my symptoms, he said he thought I might have a brain tumour. At his insistence, I went to Rockyview Hospital. They did a CT scan and saw a big dark spot, so they ordered an MRI. They took one look at the results and I was ambulated to Foothills Hospital.

It took a while to get the diagnosis. Brain tumour – malignant. Metastatic melanoma. I had brain surgery and vigorous treatment. I was told I had months, then weeks to live. That was two years ago, and I’m still here.

I’m here and I still have things to do. I go to Wellspring Calgary several times a week. They have all kinds of programs - free for people with cancer. Everyone is so caring and welcoming there. It doesn’t matter how bad you are at painting, or playing ukulele, you are always encouraged. If you have cancer – find Wellspring – it’s a life-saver!



Bev Watson with her sister and caregiver, Jan Watson.

This is Bev’s art she made at Wellspring Calgary.



Ask Charles

**I just listed my home, and my real estate agent told me we had to hire someone to professionally measure my home. The measurement was done, and now my agent sent me the bill. What should I do?**

The first thing you need to do is check your Seller Representation Agreement (listing agreement). That agreement outlines your responsibilities and the responsibilities of your real estate professional, including who is responsible for costs that may be arise during the listing. If the agreement you signed states the seller is responsible for additional costs, or it states the seller is responsible for paying third-party services, such as measurement companies or photographers, you’re going to have to pay that bill.

More and more residential real estate professionals are hiring professional measurement companies to measure their listings, but it’s not a requirement. There is a requirement to measure residential properties before listing them, but real estate professionals are allowed to do the measuring themselves.

If, for whatever reason, your real estate professional doesn’t want to do the measurement themselves, that’s fine. There are services out there that will do property measuring according to the required standards, but those professional measurement services come with a cost. Some real estate professionals may pass the cost on to their seller clients and set that out in the listing agreement, while others will see it as a business ex-

pense, for which they will eventually be compensated through the commissions they earn on the sale.

If your agreement doesn’t specifically indicate you, as the seller, will have to pay for or otherwise reimburse your real estate professional for third-party services, your real estate professional cannot require you to pay for such a service.

If your real estate professional continues to request payment or otherwise attempt to force you to pay, please discuss it with their broker.

“Ask Charles” is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta’s real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [askcharles@reca.ca](mailto:askcharles@reca.ca).



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## One Redd, Two Redd, Three Redd, Brown Redd!

### Calgary River Valleys announces the 2017 Lower Elbow River Redd Count on November 10, 2017.

No, we haven't spelled redd wrong! Redds are the nests that trout create in which to lay their eggs. In the fall, the female brown trout, when she finds just the right size and depth of clean gravel in a riverbed, wriggles her tail vigorously back and forth creating a small depression. The eggs are deposited, fertilized and then incubate in place overwinter until little fry (baby trout) emerge in the spring.

On November 10, 2017 Calgary River Valleys under the leadership of aquatic biologist, Chris Bjornson, will be guiding university students on the 21st Elbow River brown trout redd count from the base of the Glenmore Dam to the confluence with the Bow River.

Typically, redd counts might be done every 5 years. However, funding from a variety of sources including current funds from the Land Stewardship Centre has enabled Calgary River Valleys to conduct redd counts on an annual basis.

According to Chris Bjornson of Golder Associates, annual counts provide an early indication of trends over time. This was key when assessing the impacts of the 2013 flood. From a high of 427 redds in 2000 the number of redds dropped to 101 in 2014, post-flood. Counts in 2015 and 2016 are revealing a slow recovery. For more information see [www.calgaryrivervalleys.org](http://www.calgaryrivervalleys.org) and YouTube at <https://tinyurl.com/y76nytuf>

### What will be the story on November 10, 2017?

Calgary River Valleys is not sure but, on the day, we invite your participation to find out. New for this year Calgary River Valleys is offering observation spots on a third raft that will follow the two "count" rafts. Observers will be divided into two groups with one group in the morning and the other group jumping in at Stanley Park in the afternoon. If floating/walking down the Elbow River is not your cup of tea in November you can meet the redd counters at lunchtime at Stanley Park where there will be an informal talk, displays and the opportunity to indulge in the latest river fashion, chest waders, to view redds opposite Stanley Park.

Observation spots are limited. You must email [calgaryrivervalleys3@outlook.com](mailto:calgaryrivervalleys3@outlook.com) and reply to the skill-testing question, "Do you want to participate in the 21st lower Elbow River Redd Count?"

Calgary River Valleys thanks the Land Stewardship Centre, Chris Bjornson, The City of Calgary and of course the brown trout for giving us this opportunity

Calgary River Valleys champions and engages the public in the protection, appreciation and stewardship of Calgary's rivers, creeks, wetlands and water resources.

*We are the voice of our rivers.*

## 8 ways to invest in your health and save time

By Kevin Bell

Taking care of our health is the best investment we can make. When done right it saves us time, money and discomfort. But often we fail to make health a top priority because we just don't have a spare moment. However, experts suggest a small investment of time in the short run will yield a hefty payoff over the long haul - and happily, there are some things we can do *right now* to save us a little extra time.

Dr. Omair Siddiqui, Family Physician at Copeman Healthcare in Calgary, acknowledges there are a lot of barriers that prevent us from putting our health first. Foremost among them is a scarcity of time.

"Busy professionals often lack the time to see their doctor. This includes making appointments for the most important annual health checks such as mammograms, prostate and colon cancer screening."

This is unfortunate given that leaders often possess the perfect storm of health risk factors. Extensive travel causes disturbances to sleep, diet and exercise and when combined with chronic stress, long hours and insufficient time to relax our most important people are often our most at-risk.

So for those of us looking to carve out a little room for our health, here are 8 time-saving suggestions from the folks at Copeman Healthcare:

### 1. Skip the waiting room

Spending over an hour in the waiting room to see your doctor is not your only option. For instance, some private primary-care centres run appointments on-time. At Copeman, 95% of patients wait 10 minutes or less. Not waiting saves you time.

### 2. Avoid hurrying through appointments

If you spend more time in the waiting room than you do with your physician, something isn't right. Collaborative care models ensure you enjoy all the time you need with members of your care team.

### 3. Ask for help navigating community care

Whether it relates to disease management or specialist referrals, concierge medicine that offers advocacy and navigation services can help save you endless hours trying to decode how things work.

### 4. Look for services located under one roof

Having all of your healthcare services at different locations can be time consuming. Collaborative care models that feature co-location means your entire care team including your physician, dietitian, kinesiologist and lab services are all tucked under one roof.

### 5. Seek 24/7 coverage

Comprehensive health programs that include ongoing care often come with 24/7 access to emergency medical advice from an on-call physician. Clients can also contact their healthcare team by email or phone if they are away on business or need a last minute prescription renewal.

### 6. Use tools to manage your health

Managing your health commitments, appointments and schedules can be tricky. Rather than stumble through, consider using technology to remind you of your next health checkup, lab test or exercise routine. Plus, with some tools, all health data collected from FitBits and health monitors can be collected and monitored in a single easy-to-use web platform.

### 7. Prevent disease from taking hold in the first place

The most important way to save time is by preventing disease from taking hold in the first place. Having a proactive, rather than reactive, attitude towards health can greatly reduce your chances of developing serious illnesses. And let's face it; nothing is more annoying than downtime as a result of injury or illness.

### 8. Don't delay, know your risks today

When it comes to prevention, knowing sooner is always better. Detecting things in the earliest stages when they are most treatable is always better than waiting until later when lengthy treatments may be needed. And always remember to smile. It won't save you time, but it will make you feel better.

To try a new approach to healthcare contact Carlene Clemence at [cclemence@copemanhealthcare.com](mailto:cclemence@copemanhealthcare.com) or visit [www.copemanhealthcare.com](http://www.copemanhealthcare.com)



## It's Never Too Late for Self Care – Introducing The “Power Hour”

By Kelly Newman

For those of you who missed the beginning of September to start, or stick with your self-care routine and rituals, you are not alone. So many women struggle to make time for themselves, and they put their needs at the bottom of their never-ending to do list. One of my biggest “A-ha’s” was the realization that I am always going to feel like I have too many balls in the air. The never-ending chore list is never going to be done. So why wait until everything else is done, before I start taking better care of myself? Life is not going to get easier. My responsibilities are not going to go away, so how can I learn to manage my life experience without constantly feeling like I am barely able to keep my head above the water?

The only way we make our experience of our lives better is by becoming curators of our own wellness. We make taking care of ourselves a priority within our lives and we practice self-care. I am not talking about “lavish” self-care. Manicures, pedicures, shopping...all of those things are fantastic and fun and but what I am really referring to when I speak of self-care is daily rituals and routines that promote the nourishment of our bodies, minds, and spirits. They are the practices that help us tune into and keep in touch with ourselves; our needs, our wants and our dreams and our desires. Most women are very in-tune with what the people they care for in their lives need, but at times they are so focused on everyone else that they lose touch with themselves. To reconnect internally, I recommend that women

invest one hour per day, on herself, by herself, with herself. And that she uses that time to listen to her own voice, to hear her own thoughts, to own her feelings and emotions and decide from a place of calm and clarity what she is going to do about all of it.

Self-care is about making time and space for yourself, amidst all of your other roles and responsibilities. For myself and my clients, one of my favourite exercises is what I refer to it as the “Power Hour.” 20 minutes of moving your body, 20 minutes relaxing or meditating and 20 minutes doing something you love. A daily practice like this restores your reserves and puts you back in touch with your own experience. When we are more connected to ourselves, we are less reactive. We have more clarity about our priorities and values. We are more focused on what really needs to get done and what can wait.

When we create a time and space to breathe, to be ourselves, to be with ourselves every single day, we learn to care for ourselves. And when women practice excellent self-care, they feel more centered and in touch with themselves and thriving becomes the life experience instead of surviving. The more we learn to fill our own buckets, the more our overflowing buckets fill others’ buckets. For this next month, I challenge you to practice excellent self-care and start your own “Power Hour” rituals, and become a curator of your own wellness!

## Yielding to Emergency Vehicles

Time is the enemy in an emergency. For everyone’s safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road:

### When an emergency vehicle approaches with lights and siren activated:

- If you’re in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two-lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.

### When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated;
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.



## Nominations Open for Advisory Committee on Accessibility’s Annual Awards

Do you know an individual, group or organization who is removing barriers for people with disabilities in Calgary? Nominate them for one of three annual accessibility awards sponsored by the Advisory Committee on Accessibility. Categories include:

- Advocacy Award
- Access Recognition Award
- The Ella Anderson Accessible Transportation Award

The nomination deadline is Friday, November 17. Visit [calgary.ca/accessibility](http://calgary.ca/accessibility) for more information.



## Walking Your Dog Daily? Unleash Your Inner Volunteer!

Become an Off-Leash Ambassador and be a *pawsitive* role model in your community! We are recruiting volunteers to participate in the City of Calgary’s Off-Leash Ambassador Program to help us promote responsible pet ownership, positive pet interactions and safety in off-leash parks.

Take ownership in making your community a better place to live for citizens and pets, one off-leash park at a time. Conveniently choose when and where to volunteer to best fit your schedule.

To learn more or sign up, visit [calgary.ca/offleashvolunteer](http://calgary.ca/offleashvolunteer) or contact 311.





## Understanding Mental Illness

Each year, more than 810,000 individuals in Alberta consult a physician for addiction and mental health services.

Mental health problems are health conditions that impair an individual's thinking, mood, and/or behaviour (or a combination of these). This impairment leads to distress and/or reduced functioning, such as trouble going to work, completing daily activities, and carrying on with usual relationships.

Although there are many types of mental health problems, the most common ones are depression and anxiety. Depression affects about 2 million Canadians 20 years of age and older at some point in their lives. Depression is often seen with other mental health problems and physical illnesses including heart disease,

stroke, and physical disabilities. About 2.5 million Canadians 20 years of age and older live with an anxiety disorder. Schizophrenia and bipolar disorder (also known as manic depression) are less common, but can have a huge effect on the quality of life of people living with these illnesses.

With support and treatment, people with mental illnesses can lead full, productive lives. Early intervention and support is vital. Research shows that half of all lifetime cases of mental illness begin by age 14.

AHS provides mental health services to all Albertans, including children and youth, adults and seniors, as well as indigenous people, new immigrants and refugees.

Providing support to a family member or friend with a mental illness can be rewarding as well as stressful. It's important to also take care of yourself. For more information about how to take care of a loved one with a mental illness, please contact the 24/7 Mental Health Helpline at: 1-877-303-2642 (toll free within Alberta).

Should a crisis occur, there are a number of crisis services offered throughout the province, these include the following:

- 24/7 mental health helpline and 24/7 addictions helpline
- Crisis/Distress Lines:
  - Edmonton 780-482-4357 / 780-342-7777 (Mobile Response Team)
  - Calgary 403-266-1605 / 403-266-HELP (4357)
  - For other locations: <http://suicideprevention.ca/alberta-crisis-centres/>
  - Text: Calgary Connect Teen
  - Online Chat Distress Centre: <http://www.distresscentre.com/>

### Silver and Golden Girls

The girl's name Aurelia comes from the Latin word for golden (aurelius). If you wanted to name a girl after the Latin word for silver, the name would be Argentina (from argenteus).



### Oh Calgary – Can you be my home?

By K. Schulz

You were sparkling and dazzling in the summer's hot and oh so bright sunshine, when I first spotted you.

You looked so very pretty, as I was so tired – tired from travelling, tired from looking for a home.

The train had dropped me off some four hours north of you and now, as I was heading towards you, I was bouncing in an old, worn-out seat that kept me awake to not miss my first glance.

What did it feel like for all the others around me? Those who were sleeping in their seats and those who were relentlessly typing on their keyboards, not caring at all about taking a look since you weren't foreign to them.

What did it feel like for them, what did YOU feel like?

Home?

I have been looking for one for years and years. A location to live and love – somewhere that would embrace and love me back. Some were friendly, some were rough. I had been running from them in pain, fear and disappointment. And now, oh Calgary, here I am, a stranger from a land so far away.

I love your beauty, adore your kindness and admire your voices. You sound so thoughtful when you ask me "Ma'am, can I give you a hand?" You make me smile when you invite me for a trip in the fare-free zone. And I am heartened that you actually hear, care, and appreciate when I wish you a good day!

I had lost belief and filled up with gloominess. I didn't trust I would ever find what I call home. The love I got from someone who cares has led me to reduce what I was worried about – a physical home that I love and waits for me when I return.

It's made me understand that home is not just a place, but rather a feeling.

But please, oh Calgary, you are my hope.

Would you please try and be that missing piece to make the whole complete?

Oh Calgary, I beg you, can you be my home?

### Help Us Maintain a #butfreeYYC

The City of Calgary is looking to citizens to help solve a littering issue; extinguishing cigarette waste. Smoker or non-smoker, you've likely witnessed someone flicking a cigarette butt on city streets (yes, that is a littering offense). While we have many systems in place to manage waste effectively, the solution begins with citizen responsibility when it comes to littering.

#### Proper disposal of cigarette waste at home:

1. Extinguished cigarette butts should be thrown away in the black cart.
2. Cigarette ashes need to be double bagged, tied closed and thrown away in the black cart.
3. Never flush cigarette butts or cigarette ashes down your toilet, sink or drain, as they are harmful to the environment and may cause damage to the pipes in your home.
4. Cardboard cigarette packaging goes in the blue bin for recycling.

As a safety protocol, the Calgary Fire Department encourages citizens to ensure that smokers in your home douse cigarette butts and ashes with water before placing them into a non-combustible container and to not ash out or dispose of cigarette butts in planters, mulch or flower beds. The components of soil include organic material that can smolder for hours before igniting.

The city centre is populated with cigarette butt receptacles for citizens to utilize while in public. Many communities and businesses self-manage receptacles for proper waste disposal or recycling purposes.

We want to maintain the standard of cleanliness and safety we work toward collectively. Help us maintain a #butfreeYYC.





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Hon. Kent Hehr**  
950 6 Ave SW Calgary, Alberta T2P 1E4  
✉ kent.hehr@parl.gc.ca  
☎ 403-244-1880  
🌐 www.KentHehrMP.ca

You may have heard I was recently named Canada's Minister of Sport and Persons with Disabilities. The role allows me to:

- Continue to bring the needs of all Calgary Centre residents to the Cabinet table
- Promote healthier Canadians through sport and recreation
- Ensure greater accessibility and opportunities for Canadians with disabilities

The role combines two important aspects of my life, from my younger days loving swimming and baseball to the disability I acquired at age 21.

Growing up, my family and I took part in everything Calgary had to offer. By 1991, I was attending Mount Royal College and planning to become a phys-ed teacher. I played college hockey, worked part-time and had a busy social life.

Then I lost it all. I became a C-5 quadriplegic. Suddenly it was just me and my family, with no sense of direction.

One in seven Canadians has a disability. By age 75, it's one in two. People with a disability are more likely to be unemployed, divorced, or homeless. In all of Calgary, there are only 400 fully accessible rental suites.

It's tough. And, it's expensive.

That's part of why we made historic new investments in affordable housing. That's why we brought in the Canada Child Benefit, putting more money in the pockets of nine out of ten families, and helping lift hundreds of thousands of kids out of poverty. That's why we're investing in public transit, including \$1.5 billion for the Calgary Green Line – which will incorporate accessibility.

Whether you have a disability, whether you're born into a wealthy family or one that struggles, our government wants you to have the opportunity to succeed.

**PS: I hope to see you at my Holiday Open House:**

December 16, 11:00 a.m. to 2:00 p.m.  
1133 7 Ave. SW (Kerby Centre)  
Register at www.KentHehrMP.ca



**MLA Calgary-Elbow  
Greg Clark**  
Leader - Alberta Party  
☎ 403 252-0346  
✉ calgary.elbow@assembly.ab.ca  
📧 @GregClark4AB

After a busy summer spent here in Calgary-Elbow and around the province, I returned to the Legislature at the end of October. We have a full agenda this fall addressing issues that will impact Alberta employees, business owners, parents and students. Also, by the time you read this the final report of the Electoral Boundaries Commission should be out, and we'll be finalizing the updated electoral map in this fall's sitting as well.

The provincial government's consultations on proposed changes to Alberta's Occupational Health and Safety legislation wrapped up mid-October. I expect we'll see an update to this legislation, and I'll be keeping a close eye out to ensure that the changes genuinely improve worker safety while not unduly adding to the cost of doing business. I've heard from many business owners in Calgary-Elbow and beyond who are concerned about the cumulative impact of the changes the government has made in many areas, and I want to ensure Alberta remains safe for workers and is also a great place to do business.

The Minister of Education is also expected to bring changes to the School Act. I will push for clarity on school fees, in particular those relating to transportation for students in alternative programs like French Immersion. I've heard from many parents concerned about the recent changes to bussing and bell times and I will be sure to raise these in the debate on the School Act.

In addition to my work on the floor of the Legislature, I am continuing work on the Child Intervention Panel. The panel will move from consultation to deliberations on how we can improve Alberta's child welfare system, focusing on how to address the over-representation of indigenous children in care. These discussions will continue through the fall and our recommendations will be released early in 2018.

If this fall is anything like the past Legislative sessions there will also be a few surprises, and I'm always interested in hearing from you on anything going on in the Legislature or here at home. Feel free to contact my constituency office at 403-252-0346 or Calgary.Elbow@assembly.ab.ca any time.



## Letter to the editor



Dear Great News Publishing,

Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. Now I need to hire more people to keep up with all my new customers! I'm amazed at how well this worked!

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Sincerely,  
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MLA Calgary-Buffalo  
**Hon. Kathleen Ganley**  
130, 1177 11 Ave SW T2R 1K9  
403-244-7737  
Calgary.buffalo@assembly.ab.ca.

### Have your say on condo consultations

I have been working alongside my colleagues to make life better for all Albertans. Making life better for Albertans means having access to the protection they deserve when purchasing a home. If you are a condo resident, you will receive a letter from my office regarding the Condominium Property Amendment Act (CPAA). The second phase of consultations on this amendment are currently taking place as our government works to hear from all stakeholders involved, including those owning, living in, or managing condos. Our government has heard the need for a more efficient, less expensive way to resolve condominium disputes than having to proceed through the courts system and we are working hard to introduce a dispute tribunal intended to provide that alternative. Along with the dispute tribunal and new amendments, Albertans will benefit from the same level of protection as condominium owners elsewhere in the country. To provide feedback on condominium rules, you may submit a feedback form or fill out a survey on Service Alberta's website: <https://www.alberta.ca/condominium-consultation.aspx>. You can also contact my office at [Calgary.buffalo@assembly.ab.ca](mailto:Calgary.buffalo@assembly.ab.ca).

As Minister of Justice, I have also launched community consultations regarding street checks in Alberta. All Albertans deserve to feel safe and respected in their communities. Under Alberta's policing standards, police agencies are required to provide impartial policing without regard to ethnicity, gender, sexual orientation, age, belief, or social standing. Working closely with community groups across the province, I am working hard to ensure the views of those impacted by street checks are heard. Our government will be drafting a provincial guideline on the issue of street checks to ensure the rights of the public are respected, while still allowing community policing that engages with the public. I believe a provincial guideline created based on feedback from those groups impacted will allow for consistent rules across the province for all police to follow. I look forward to hearing from Albertans, community groups and police agencies on this matter.

On a final note, I would like to recognize those who have fought and died for their country. November 11th is Remembrance Day. Many Canadians have given up their lives to protect those they love and to ensure this great country remains strong and free. I will be paying my respects at the cenotaph in Central Memorial Park. I hope to see you there.



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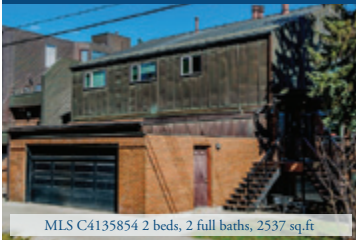
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