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Collection of over 200 works of art by Alberta Artists

Artists Reception
with Refreshments
Friday 6 - 9 pm

+ Silent Auction & Preview
Saturday 9 am to noon
Proceeds to **VETERANS Food Bank**

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3130 16th Street SW For information call **403-229 2953**

RE-ELECT EVAN WOOLLEY



MY PRIORITIES:

STRENGTHEN OUR ECONOMY	CONNECT OUR NEIGHBOURHOODS
REINVEST IN OUR NEIGHBOURHOODS	SUPPORT THOUGHTFUL DEVELOPMENT

ON MONDAY, OCTOBER 16, VOTE EVAN WOOLLEY evan-woolley.ca

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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

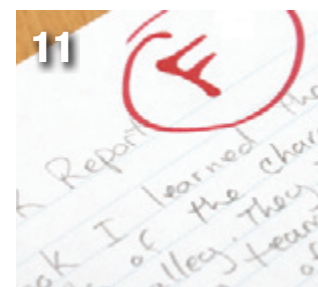
ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
Alberta Health Care	403-310-0000	
AHS Addictions Hotline	1-866-332-2322	
ATCO Gas – 24 Hour Emergency	403-245-7222	
Calgary HEALTH LINK 24/7	811	
Calgary Police – Non Emergency	403-266-1234	
Calgary Women's Emergency Shelter	403-234-7233	
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	

October 2017



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PRESIDENT'S MESSAGE

Hello Mount Royal,

I hope everyone had a terrific summer. Aside from the smoke, it has been a great one.

There have been a number of things happening in the community over the summer. We kicked it off with our Annual BarBQue at the Station. There was a terrific turnout and the weather was superb. Nice to see so many people from Upper and Lower Mount Royal supporting the event. Thank you to the Events Team for putting on another great event.

Many, I am sure, have already noticed that sidewalks were installed along the east side of 8th St at the Earl Grey School site. Along with a raised table-top cross-walk, this increases the walkability of the street and child safety as they travel to and from school. After the floods of 2013, we welcomed Elbow Park School on to the grounds of Earl Grey School. They have since gone back and the portable structures have now been removed and the land returned to green space.

The traffic calming pilot project on 8th St and Royal Ave has been in place for a few months and is still on-going. We are waiting for an update from the city but feel it may not be until after the election. We will keep you posted.

MRCA held an open house for Prospect Trail, a natural trail connecting the communities of Cliff Bungalow/Mission, Mount Royal and Elbow Park. There was a large turnout and we heard many great comments and suggestions. There will be a follow up open house near the end of October. We will be sure to send out the date and location once they are firm.

We will be updating our website with an expected launch date of late October/early November, www.mountroyalstation.ca. Please be sure to visit as it will be more interactive, easier to navigate and more importantly, have a calendar with upcoming MRCA events. Including details about our upcoming AGM on November 15, 2017, 7 pm at the Station.

I have always been amazed by the generosity and involvement of our community residents. We always welcome anyone who would like to get involved with the Community Association. It is a great way to help the community, meet your neighbours and exchange ideas to better our community. Like any organization, fresh faces and fresh ideas will help keep us current.

Plan on attending our upcoming AGM on November 15, 7 pm at the Station. It is a good time to meet your board of directors, hear what is going on in the community, and see your neighbours!!

Friendly regards,
Jeff Nichol



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Brad Currie, Broker/President

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





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:

Oct. 13
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.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 33

chinook school of music music kids



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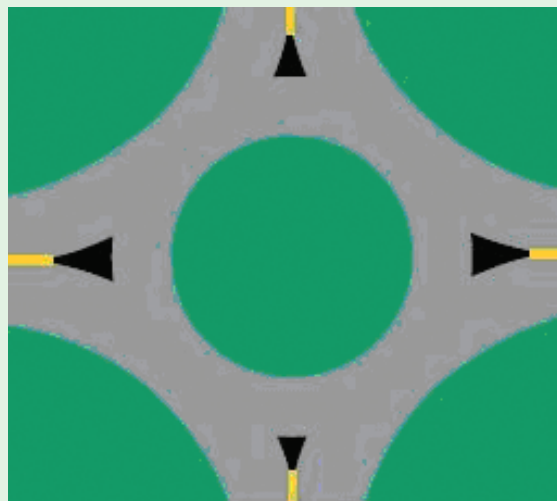
Roundabouts

FYI

Confused as how to use the Roundabouts in Mount Royal?

This explanation comes from Alberta Transportation:

ONE LANE TRAFFIC CIRCLE / ROUNDABOUT



An example of a single lane circular intersection

ENTERING CIRCULAR INTERSECTIONS:

Drivers entering a one lane circular intersection must yield to drivers already in the circle. Once in the circle, drivers must activate the right signal when preparing to exit.

EXITING CIRCULAR INTERSECTIONS:

Always wait to activate your right turn signal after passing the exit that is before your intended exit. This tells other drivers that you intend to leave the circle at the next exit.

When you intend to exit at the first available exit:

- Use your right signal as you approach. Leave it on until you have exited the circle.
- As you approach, scan for pedestrians and cyclists at the crosswalks at the entrance and exits of the circle.

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



Not receiving MRCA emails and would like to?

Send an email to membership@mountroyalstation.ca and we will add you to our email distribution list



FATIMA'S CORNER

Destigmatizing Failure in Canadian Schools

by Fatima Baloch, Mount Royal Resident

School is a place where kids make great memories but also learn many important lessons about life, many of which aren't taught in classrooms, but are learned through interactions with our teachers and our peers. One of the biggest lessons you will learn while being in school is that you will fail sometimes. Even then, the fear of failure remains and for many kids at school, it can be a brutal experience. I myself remember failing a very important social studies test in my I.B. class—the second time—and I quickly went into the girls' washroom and started crying. I was there for an hour. I only went back to class when there were twenty minutes left for that class to end. But the feeling that I was never bound to succeed in social studies class was still there, consuming my thoughts. It made me more anxious for upcoming tests than I already was. That is what failure does; it makes our goals seem less attainable.

We all want to be the best version of ourselves. We want to succeed. And sometimes, a lot of us do that to prove to people that we are capable of being smart, strong, talented. Sometimes for kids, it's to do it out of parental/family pressures. We then push ourselves to be near-perfect in everything we do, telling ourselves that failure is not an option. But failure is right around the corner, and as it arrives, it can be ever so disheartening. This begs the question; how can we encourage today's youth to get back up when they get knocked down?

Smith College in Massachusetts has opened up a program as part of an initiative called, "Failing Well." In the program, students and staff share stories of their big-

gest academic failures, from failing their first college writing exam to having a poem rejected by 21 journals. The program also includes workshops on perfectionism, Imposter Syndrome, Overthinking and Self-promotion. According to an article from the *Washington Post*, Rachel Simmons, a leadership development specialist in Smith's Wurtele Center for Work and Life, said that the program is designed to teach that "failure is not a bug of learning, it's the feature."

Upon entering the program, students are given a "Certificate of Failure" that certifies them to "screw up, bomb, or otherwise fail at one or more relationships, hookups, friendships, email or texts, papers, exams, class, extra-curricular activities, or any other choices and decisions associated with college herein, wherefore, and forevermore...and still be a totally worthy, utterly excellent human being."

Similar programs and projects have been opened up in Harvard, Stanford, and Penn-State University, all to achieve the same goal: to open up a conversation about personal academic and social failures during school in order to create resilience among students after experiencing a setback.

The same kind of approach should be taken in Canadian high schools and colleges. It is a fact that the anxiety and depression levels in students today are higher than ever before, and bringing this approach into our education system will play a part in the solution to this problem, and letting Canadian youth know, that it is okay to fail, and that they're never the only ones.

SUSTAINABLE GARDENING with Kelly!

Kelly Code, Mount Royal Resident
www.sustainablelandscapes.ca

Planting bulbs for Spring Blooms

October is the month to plant bulbs, which are available in garden centres until the end of the season. Groups of tulips and daffodils add early colour to the garden. Other bulbs, like lilies and alliums, are very popular and all bulbs look best when planted in groups of 5 or 10, depending on the space in your planting bed. Bulbs need to be planted at different depths, so plant them in layers using the deepest depths first. Generally, lilies require the greatest depth, then daffodils and allium, next tulips and finally smaller bulbs. Water the bulbs thoroughly and continue to water them if there is a shortage of rainfall during October and early November. When planting bulbs follow the guidelines on the packaging to plant them to the correct depth. Add compost to the existing soil and some bonemeal. Fill the hole with 2 inches of this soil mixture before placing the bulb with roots facing downwards.

Protect bulbs from the chinooks by keeping an eye on them throughout the winter season. If the bulbs start to sprout in December or January cover them with a layer of soil or compost.

If you live in an area where rabbits or deer are a problem, sprinkle blood meal on top of the soil as a deterrent.

Flagstone patios

Flagstone is a stunning natural material for patios and is readily available in Calgary in a variety of colours and sizes. Large pieces are the best for patios as they provide a stable surface for furniture, BBQs and fire pits. Measure the patio area to determine the square footage of flagstone required. A good size for a small patio is around 10 feet by 10 feet. Flagstone needs to be laid on a 4 to 6 inch compacted gravel base and a minimum 2 inch sand base to ensure it drains properly and remains level. Once the base is complete, lay the flagstones out so you can choose how they will fit together. Ideally, some of the flagstone pieces will need to be cut, so joints are even. The closer the joints generally means more cutting and shaping to achieve the desired effect. Joints can be filled with sand or rundle fines once the layout is complete. Larger joints can be filled with soil and ground cover plants such as thyme and scotch moss can be planted.

Lawn care and renovation

Generally, there is more rain in the autumn months, so it is a good time to aerate, top dress and reseed damaged lawns. Use an autumn fertilizer on established lawns and continue to water the lawn as normal until the ground freezes.

Autumn Clean up

Clean up fallen leaves and fruit on a regular basis during October and November. If there have been problems with insects during the season, all leaves should be collected

and disposed. Do not compost these leaves as many insect eggs overwinter in them and will reappear in the spring. Leave plants with interesting seed heads to provide interest on frosty mornings and following snow storms.

Amending soil and adding bone meal to planting beds

Add several inches of compost mixed with bonemeal around all plants, if you haven't already done this. This will ensure plants have nutrients and extra insulation as winter approaches and will provide extra energy in early spring when the plants start to grow.

Pruning and shaping shrubs and trees

As leaves fall off the trees and shrubs it is easier to see the shape of the plant and decide which branches to cut out. Branches growing inwards or overcrowded branches should be removed first. Trimming and shaping hedges and evergreens also prepares them for winter and protects the plants from breakage during snow storms. Do not prune maple or birch trees until the middle of July. Most other plants can be pruned at this time and it is safe to remove up to 1/3 of the plant. Check pruning details on the internet for individual species. There are very good videos for most types of trees and shrubs.

Winter protection for trees

Trees that face south and west can suffer from the sun's direct rays and this intensifies with reflection from the snow. Bark can heat up and cool down rapidly causing cracks especially in soft wood trees like apples, birch and cherry trees. Wrapping the trunks with a tree protector will reduce the problems and also provides protection from deer and rabbits.



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Artisan Market Live Music & Food

November 4th | 10am - 4pm
1802 33rd Ave SW in Marda Loop

Featured Artist: Cory Barkman
corybarkman.com

facebook.com/intheloopmarket intheevent.com intheevent@gmail.com



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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.

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Your Mount Royal Community Membership



What's it all about?

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

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

It's easy to join!

- Go to www.mountroyalstation.ca 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="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 | | \$ _____ |



Join us for the MRCA

Mount Royal Progressive Dinner



Saturday, Nov. 4, 2017
 5:30 pm

The most anticipated MRCA event of the year! Join your neighbours for a "travelling dinner party" beginning with a cocktail reception, followed by dinner and then desert at various Mount Royal homes.

Host homes needed - If interested contact events@mountroyalstation.ca.

Please note: event if only open to MRCA members - No guests, no minors. Thank you!

Membership can be purchased/renewed at point of Progressive Dinner purchase.

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HIGHER STATES: GLENBOW MUSEUM,
OCT. 7, 2017 – JAN. 7, 2018

Over 60 works of art make up this exhibition that shows another side of one of Canada's greatest artists. From mountains to states of mind, Lawren Harris aimed to always go higher. After his soaring depictions of mountains and icebergs made him famous and became quintessential Canadiana, the iconic landscape painter and member of the Group of Seven turned to abstraction, seeking to find or create "the spiritual in art." More info glenbow.org.



DOWNTON ABBEY ROAD – JUBILATIONS
DINNER THEATRE,

NOV. 3, 2017 – FEB. 4, 2018

The Crawley family is all abuzz with anticipation for Lady Mary's birthday celebration, the problem with Downton is that everyone has a dark secret. With more drama than you can shake a 20th century riding stick at, this show will make your family look normal. And it's all set to the music of the most British rock band to ever cross the pond—The Beatles. More info jubilations.ca.



VINTAGE REDEFINED MARKET

– 1390 17 AVE S.E.,
NOV. 3 & 4

Vendors from Calgary to various parts of Western Canada bring you everything the vintage and antique market has to offer! Over 25,000 sq ft of vendor space featuring: true vintage, collectibles, re-purposed, reclaimed, oil & gas, jewelry, antiques and more! More info eventbrite.ca.



NOVEMBER NOVEMBER NOVEMBER

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

**Peace by Piece Christmas Marketplace –
Cormack Hall, 903 75 Ave S.W., Nov. 4**

This Christmas market comes just in time to beat the crowds and find interesting gifts to cross off your list this year. Made-by-hand items, home décor, beauty products, tasty treats, paper and fiber arts, hand-made jewellery, and wearables will be on offer. Doors open at 10 am and admission is free. More info facebook.com/peacebypiecemarketplace.

**A Night of Chicago Jazz featuring Ramsey Lewis – Jack
Singer Concert Hall, Nov. 17**

Ramsey Lewis is a jazz legend. The iconic jazz star is known for his light swinging jazz that never fails to set the mood, dabbling and shifting through genres and sound through his 50-year career. This prolific artist has recorded over 80 albums, and notably sat in on Earth, Wind & Fire's Sun Goddess. Joined by jazz singer Ann Hampton Callaway and trumpet player Marquis Hill, Lewis will take you on a night of jazz to remember. More info artscommons.ca.

**Moscow Ballet's Great Russian Nutcracker – Jack Singer
Concert Hall, Nov. 18**

Marking the 25th Anniversary tour, Moscow Ballet's Great Russian Nutcracker features over-the-top production and world class Russian artists. Larger than life puppets, nesting dolls and gloriously hand-crafted costumes bring the Christmas spirit to life. More info artscommons.ca.

**Murder Mystery Dinner Theatre: Clue: Murder is NOT a
Game! – Fort Calgary, Nov. 17**

Murder mystery dinners are an interactive evening featuring fabulous food and entertainment. In the billiards room with the candlestick? In the dining room with the revolver? You are called to Fort Calgary Mansion as a potential witness to the murder of Mr. Boddy. Join Colonel Dijon, Ms. Starlet, Ms. Partridge and Dr. Peach for a full investigation. 18+, 1930s attire (or business casual) encouraged. More info fortcalgary.com.

**Professional Bull Riders at the Agrium Western Event
Centre, Stampede Park – Nov. 24 & 25**

Now slated for an additional night, this event aims to thrill. Featuring Canada's elite cowboys, alongside riders from up to five other countries, squaring off against the rankest bucking bulls from both Canada and the States. Fans will witness exhilarating 8-second rides and wrecks throughout the action-packed event as the PBR's courageous cowboys face off against their 2,000-pound opponents. More info pbrcanada.com.

Nice Horse

OCTOBER 21, 2017

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BEFORE



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SAFE & SOUND

Halloween Safety

Alberta Health Services EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31st approaches. Take some time to review these simple tips and reminders to help ensure your Halloween is a fun and safe night for everyone.

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.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.
- 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.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- 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.
- 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.

YOUR CITY OF CALGARY

Adopting a cat or dog



Adopting a cat or dog from Animal Services helps reduce the number of homeless pets in Calgary and provides a loving animal with a forever home. When you adopt a cat or dog you are giving that animal a new start.

Why should I adopt from Animal Services? There are many reasons, including:

- Adoption provides a healthy, loving cat or dog with a home.
- You are reducing the number of homeless cats and dogs in Calgary.
- You get a lot of value for your money (see above).
- All animals are checked by a veterinarian for health and behavioural problems.

- Qualified Animal Health Technologists advise you throughout the adoption process.
- Volunteers work with the animals to keep them happy and socialized during their stay at the Animal Services Centre.

The Animal Services Centre is located at: 2201 Portland Street S.E. To contact us for general information, questions or to report a bylaw infraction by phone, please call 311.

From <http://www.calgary.ca/CSPS/ABS/Pages/Animal-Services/Animal-Services-Centre.aspx>

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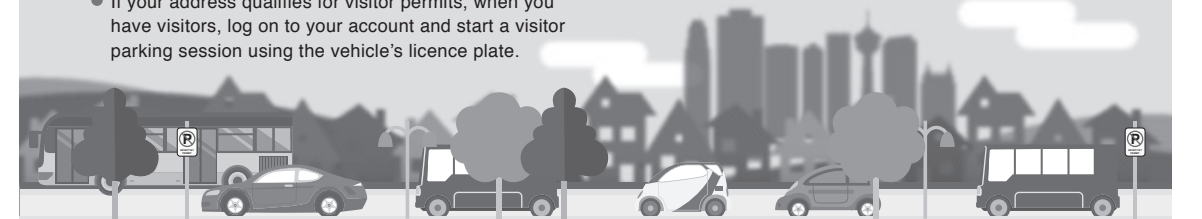


Residential Parking Permit Holders

- Before your permit expires, register for an online account and apply for your parking permits. No Internet? Come to our office to register or send your documents via fax or mail and then give us a call.
- There will be no physical passes or visitor hang tags; the new system is all digital.
- If your address qualifies for visitor permits, when you have visitors, log on to your account and start a visitor parking session using the vehicle's licence plate.

Benefits of the new system:

- Quick and easy application
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For more information, visit: permits.calgaryparking.com

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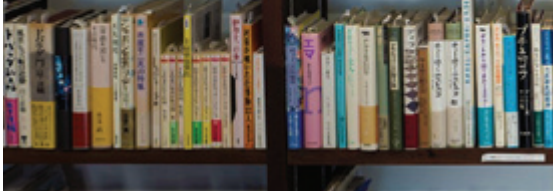


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CALGARY PUBLIC LIBRARY



Make an Informed Choice

On October 16, Calgarians will cast votes to elect their mayor, city councillors, and school board trustees. To help you get to know the candidates better, Calgary Public Library has invited all candidates to respond to a few questions about the Library, books, and reading. Visit calgarylibrary.ca/election to read candidates' answers. Arm yourself with the information you need to make an informed choice that will help create a strong, vibrant Calgary.

Forest Lawn Library Nature Playground

Calgary Public Library's first outdoor Early Learning Centre is now open at Forest Lawn Library! The nature playground is designed to help Calgary's kids learn and develop foundational skills through play. It's a fully accessible space with special features and movable elements to encourage creative play and exploration.

Early Learning Centres at Calgary Public Library are vibrant and interactive spaces for children ages zero to five to engage in play-based learning. Check out the new Early Learning Centre inside Saddletowne Library, and visit Early Learning Centres at Central, Fish Creek, Shawnessy, Quarry Park, and Village Square Libraries.

Free Access to Newspapers and Magazines

Did you know your Calgary Public Library card gives you free access to thousands of newspapers and magazines? Read more than 7,000 publications from 120 countries in their image-rich original layout at calgarylibrary.ca/resource/www-pressreader/ or by using the **PressReader** app when visiting any of our Library locations.



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Impacts of Blue Light and Screen Time

What is blue light?

Blue light is also known as high energy visible (HEV) light. Aside from sunlight, the most common sources of blue light today come from digital devices such as smart phones, tablets, computers and TVs. Other sources include fluorescent lamps, and LED lights. Blue light's high energy penetrates into deeper layers of the eye compared to other colours of lower energy.

How does blue light impact you?

1. Digital eye strain may develop gradually. Increased problems with blurred vision, dryness, slow focusing between near and far objects, headache, neck and shoulder pain are symptoms of computer vision syndrome. Research indicates that eye coordination disorders and increase in myopia (nearsightedness) are linked with prolonged digital eyestrain.

2. Studies suggest long term exposure to blue light and UV light from a young age may increase risk of cataracts and age related macular degeneration later in life.

3. The natural release of melatonin is suppressed by blue light, thus increasing alertness to the brain and disrupting sleep patterns. Limiting screen time before bed may help those who have problems sleeping.

Device advice

Since digital screens are unavoidable for many in the schools and workplace, eye doctors and Canadian pediatricians provide guidelines to parents and children:

- Limit screen time for children to 2 hours per day and follow the 20/20/20 rule.
- Infants and toddlers under 2 years of age should have zero screen time.
- Avoid "text neck." Children unknowingly bring the screen too close when concentrating.
- No digital devices in the bedrooms, to avoid affecting sleep patterns.
- Visit your optometrist to determine if glasses with blue blocker filters are needed to ease digital eyestrain.
- Develop ground rules with your family to keep digital device use at safe levels.

Missed the Eclipse?

If you missed the solar eclipse in August, not to worry! The next full solar eclipse is scheduled to cross North America on April 8th, 2024, and will cross from near Mazatlan, Mexico to Niagara Falls. This eclipse will also be partially visible from Calgary.



Dr. Dianna Leong, Optometrist
www.healthychildren.org/mediauseplan

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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Calgary
Humane
Society
Connecting Lives

**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 some sweet treats!

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. 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!

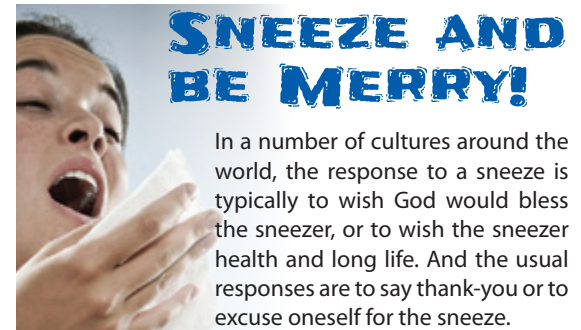
- 1. Keep candy out of reach of pets!** Chocolate, artificial sweeteners and certain types of nuts are toxic to animals.
- 2. Set up a safe space!** Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
- 3. 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.** Many pets may react to the doorbell more than knocking.
- 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. Be careful with Fido's costume.** 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!

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

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



SNEEZE AND BE MERRY!

In a number of cultures around the world, the response to a sneeze is typically to wish God would bless the sneezer, or to wish the sneezer health and long life. And the usual responses are to say thank-you or to excuse oneself for the sneeze.

Every family has a story...

Have your family's story featured in our newsletters and receive a complimentary photoshoot!



Email us@great-news.ca to have your family featured in the next edition.



Calgary AfterSchool

Never again hear the phrase, "I'm bored!"

Calgary AfterSchool offers fun, safe and FREE after school programs for children and youth. A collaborative effort between The City of Calgary and its community partners, Calgary AfterSchool drop-in programs run on school days and begin after school hours. Activities may include basketball, swimming, arts, leadership, cooking, music, skating, sports, games and much more. The goals of the program are to develop self-esteem, develop positive relationships and assist children and youth in becoming successful adults.

For more information, visit calgary.ca/afterschool.



Follow these three steps for collecting and setting out yard waste for pick-up



1. Fill your green cart with leaves and other yard waste like old annuals, vegetable plants, pine cones, etc.
2. If your green cart is full, use paper yard waste bags. Be sure the bags are rolled up and can be easily lifted.
3. Set extra yard waste bags at least 30 cm (1 ft.) to the side of your cart.

Never miss a collection day – Get a reminder every week

This fall, enjoy the convenience of using your green cart as you get your yard and garden ready for winter. Leaves, pine cones, branches (up to 6 inches in diameter and 4 feet in length), old annuals and pumpkins can all go in the green cart for weekly collection and will be turned into nutrient rich compost.

Three step checklist for fall yard waste:

1. Fill your green cart first. Yard waste can go directly inside the cart; there's no need to bag it first.
2. If your cart is full, simply use paper yard waste bags and roll down the top. Home and garden or grocery stores sell paper yard waste bags. They're usually sold in packs of five.

Please don't use plastic garbage bags. These bags will not be collected since they contaminate the compost.

3. Place the bags approx. one foot away from the cart for collection, so you can walk between the cart and the bag. Bags should be easily lifted (max. 20 kg).

During busy fall periods, to ensure our crews stay on schedule we may not be able to collect all of your extra yard waste bags right away. Please leave them out and we'll pick them up as soon as possible.

Other options for disposing of yard waste are available at calgary.ca/yardwaste.



King of Hobbies & the Hobby of Kings

Stamp collecting started with a Young Queen Victoria of England of the British Empire, later the British Commonwealth.

A member of the British Parliament was at a post office, where mail was sent and received with the receiver paying the rate charged to deliver a letter. A woman came in to see if there was any mail for her. The postman found a letter and asked for the money to pay for delivery. She examined the envelope and returned it. The Member of Parliament, Roland Hill, stepped forward and offered to pay the rate, but the woman thanked him, but refused to allow payment.

As she left the Post office, Mr. Hill followed her and asked why she refused his offer. The lady was embarrassed and told him that the letter was a sign that her brother was alive and fine, thus she did not need to pay. Roland Hill then considered that many people probably had some way to not pay for delivery. He then proposed that there should be a better and more efficient system. He researched the system and came up with a plan to have the mail paid by the sender.

He convinced the government and after much discussion it was discussed to use a universal rate inside England for all mail. He devised an adhesive stamp bearing the picture of Queen Victoria to be placed on an envelope for a letter. It was decided that the mail rate would be determined by weight with 1 English penny (about 2 cents) per ounce. The stamps were printed on sheets of 100 which were separated by cutting with scissors. Therefore, the first postage stamps were without perforation. Perforation machines were then developed. The sheets were then changed to be a red color for the penny rate and after that other stamps in different denominations were used to handle larger and heavier mail.

Other countries followed this featuring their monarch/leader's pictures. Gradually all countries joined a Universal Postal Union to regulate rates between countries. Countries found the opportunity to tell stories on the stamps of their homeland and promote their parks, animals, historic figures and more.

Canada has told the story of our history on stamps. This year we celebrate 150 years as a self-governing country. Our first Prime Minister, John A. MacDonald was first along the Fathers of Confederation.

The Calgary Philatelic Society, and the British North America Society-Calgary are clubs for those who are interested in the wonderful hobby of philately.





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.

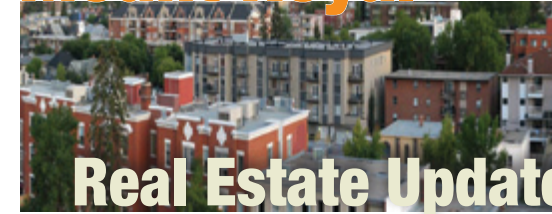
CITY OF CALGARY CONCERNS – Call 311
Please contact 311 and concerns (e.g. burnt-out street lights, garbage collection, etc.) will be forwarded to the appropriate department.

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, 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.

Mount Royal



Last 12 Months Mount Royal MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2017	\$990,000	\$970,000
July 2017	\$1,822,500	\$1,825,000
June 2017	\$2,350,000	\$2,190,000
May 2017	\$2,135,000	\$1,900,000
April 2017	\$709,800	\$688,000
March 2017	\$2,899,000	\$2,770,000
February 2017	\$1,575,000	\$1,575,000
January 2017	\$2,367,500	\$2,225,000
December 2016	\$3,433,000	\$3,200,000
November 2016	\$1,650,000	\$1,650,000
October 2016	\$599,000	\$596,550
September 2016	\$2,074,450	\$1,962,500

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

	No. New Properties	No. Properties Sold
August 2017	4	1
July 2017	6	4
June 2017	4	4
May 2017	4	4
April 2017	9	3
March 2017	1	5
February 2017	3	1
January 2017	6	2
December 2016	2	5
November 2016	3	3
October 2016	3	3
September 2016	7	4

To view more detailed information that comprise the above MLS averages please visit mount_royal.great-news.ca



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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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Owner of Buds and Blooms

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*Actual customer experience.



Helping Canadians with Disabilities Save

By Suzanne Smith-Demers – Consultant

Thousands of Canadians have opened a Registered Disability Savings Plan (RDSP) since the program was introduced in 2008. Thousands more who qualify have not. Here's what you need to know.

- An RDSP is a federal government savings program that encourages savings for the long-term financial security of an individual who is eligible for the Disability Tax Credit (DTC).
- Contributions can be made by anyone authorized by the holder of the plan up to maximum lifetime contributions of \$200,000 per beneficiary. Any investment growth and income generated will accumulate on a tax-deferred basis.
- The Canada Disability Savings Grants (CDSG) provide matching grants of up to 300% of contributions, based on the amount contributed and the family income of the beneficiary. The maximum lifetime grants available are \$70,000.
- The Canada Disability Savings Bond (CDSB) is available to low and modest

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income Canadians irrespective of plan contributions. The maximum annual bond is \$1,000 per year, to a lifetime maximum of \$20,000.

- When money is paid from an RDSP to the beneficiary, it does not affect the eligibility for federal or provincial social assistance programs (in most provinces). Furthermore, savings within the RDSP will not affect Alberta asset tested benefit programs such as AISH (Assured Income for the Severely Handicapped).

RDSPs are intended for long term savings and certain penalties can occur if the funds are used early in the beneficiary's life. It is important to work with an adviser who is well versed in the program to ensure that you understand the implications to your unique situation.

Mount Royal
mybabysitterlist

Name	Age	Contact	Course
Avery	15	403-891-8149	Yes
Carly	19	403-682-9420	Yes
Chanel	17	403-971-1258	Yes
Connie	18	403-862-2081	No
Kate	26	403-593-9466	Yes
Luka	17	403-688-0964	No
Marisa	26	289-922-8544	Yes
Melissa	21	403-835-8006	Yes
Nathalie	21	403-681-8432	Yes
Peyton	15	403-607-6025	Yes

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Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

BRAIN
GAMES

SUDOKU

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

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

With the ground breaking of Line 3 pipeline in Hardisty in August of this year, and the approval of Kinder Morgan's TMX expansion last year, we are moving forward in building this country for generations to come.

For too long now, Canadian middle-class families have found it hard to get ahead. That's why our government has a plan to grow the economy and strengthen the middle class. Canadians know that the environment and the economy go hand-in-hand. Our government has made a commitment to restore the confidence of Canadians in our natural resources development.

Our government is moving ahead with making smart, necessary investments. We've lowered taxes for 9 million Canadians, and introduced the Canada Child Benefit which will help 9 in 10 families to be better off. We've increased the Guaranteed Income Supplement for almost 1 million single seniors, and reached an historic agreement to strengthen the Canada Pension Plan to help provide Canadians with the strong, secure and stable retirement they deserve.

Moreover, our government is doing the hard work in partnership with provinces — through pricing carbon pollution, through the climate change plan, and through making the most significant investment ever to protect our oceans and coastlines — creating the conditions that will allow us to get our resources to market safely and sustainably.

If you'd like to read more, please visit my website at the below address.
www.KentHehrMP.ca/Pipelines

I am proud to be able to be an ally to the community and work with Canadians as your Member of Parliament in supporting good public policy. As always, my door is open to you. You can subscribe to e-updates online through my website at www.KentHehrMP.ca/email-updates, come by my office at 950-6 Ave SW, call at 403.244.1880, or send me an email at kent.hehr@parl.gc.ca.

Occupational Health and Safety (OHS) Legislation

For the first time since it was enacted in 1976, The Government of Alberta is completing a comprehensive review of the Occupational Health and Safety (OHS) system. In addition to the legislation, they will be reviewing compliance, enforcement, education, awareness and prevention efforts. Topics include:

- clarifying employer and worker responsibilities in legislation
- improving worker engagement in OHS
- renewed focus on illness and injury prevention

To help ensure Albertans are working in healthy and safe workplaces the government is asking for public participation in the review by way of an online survey or written submission. The survey is open until midnight on October 16th and can be found at <https://www.alberta.ca/ohs-system-review.aspx>.

Jobs and the Economy

Calgary continues to experience high rates of unemployment. There are signs of improvement, but at the time I am writing this article Calgary still has the second highest unemployment rate of any major Canadian city.

In October 2016 and March 2017, I offered workshops for people experiencing unemployment and underemployment in Calgary. During those sessions a number of participants requested we focus next on networking. So, we are doing just that.

Catherine Brownlee, President and CEO of CBI is volunteering her time and expertise to lead this session at no cost. "Networking 101" will give participants the opportunity to learn how to begin conversations, ask appropriate questions, and follow up for results. Participants should come dressed for success, carrying business cards, and ready with their 30 second 'elevator pitch'. Industry professionals will on hand to provide useful feedback.

The event takes place on November 9th. If you are interested in attending, please visit www.calgaryelbow.ca to register. Space is limited.

As always, I welcome the opportunity to hear from constituents. My office can be reached at calgary.elbow@assembly.ab.ca or by phone at 403-252-0346.



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INFORMATION EVENINGS

Attend one of our upcoming Information Evenings or book your own tour of the school campus.

- Thursday, November 2, 2017 at 7:00 PM
- Thursday, January 18, 2018 at 7:00 PM
- Thursday, February 22, 2018 at 7:00 PM

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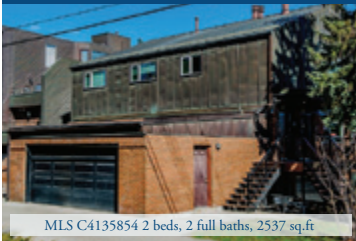
MLS C4116631 5 beds, 4 full baths, 1 half bath, 4388 sq.ft

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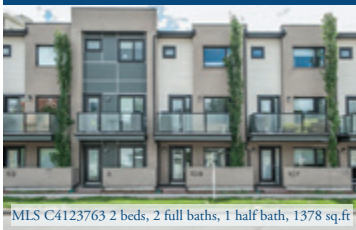
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2138 31 Avenue SW - SOLD in 7 days



2 beds, 2 full baths, 1 half bath, 1038 sq.ft

109-28 McDougall Ct - \$559,900



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