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

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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	
Weather Information	511
Gamblers Anonymous	403-237-0654

September 2017



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Highlanders' Commemorative Ceremony

On September 17th, 2017 the Old 78th Fraser Highlanders will again hold a commemorative ceremony at South Mount Royal Park in Calgary marking the 258th Anniversary of the Battle of the Plains of Abraham in Quebec. All members of the Mount Royal Community are once again invited to attend and participate in this event.

September 17, 2017, 10:30 – 12:00

South Mount Royal Park, Intersection of Wolfe St, Quebec Ave & Montcalm Cr.

Join us for:

- March on of the Youth Band and Honour Guard of the 78th Fraser Highlanders;
- An Act of Remembrance, led by our Honourary Padre;
- The laying of wreaths at the base of the statue in memory of the fallen;
- March off of the Honour Guard and Youth Band
- Performances by the Pipes, Drums & Dancers of the 78th Fraser Highlanders;
- Demonstration of Musket drill and firing by the 78th Fraser Highlanders.

Part of the ceremony this year will include The Lord Strathcona's Horse with up to 4 horses and 10-12 personnel. This is a great family event commemorating an important time in Canada's history. We are very lucky to be able to host this event in our community.

The ceremony will go on rain or shine. We will have refreshments and light snacks to keep you warm in the event of a chilly day! Hope to see you there!



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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MRCA Newsletter: Submissions Needed!!!



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

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Email article, recipes, anecdotes or neighbourhood pictures to: newsletter@moutroyalstation.ca

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Save The Date!



Mount Royal Progressive Dinner Saturday, November 4th

Don't miss the community event of the season!
 Tickets go on sale October 1st!

Host homes needed! Whether you can host 100 for cocktails or dessert, or 6-16 for dinner, we need community members to volunteer and open their homes to make this event the success that it continues to be!

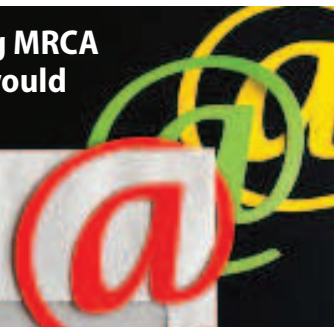
Contact the events team for more information!

Char, Flavia, Amanda & Solange
events@moutroyalstation.ca



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Looking Back at Peter Mansbridge's Career as a Young Aspiring Journalist

By Fatima Mir Baloch



Journalism is a career path I can be quite scared of, yet I can't look away from it entirely. There is something heroic about writing stories. Since they're based on real facts, there's a guarantee that a number of people will be caused to think and reflect on the world we live in. Before you know it, you've played a part in changing the world. And there's a bonus point if you get to report on the scene; you get to live your story. That's what keeps me from abandoning the career path once and for all.

Peter Mansbridge of The National has left his position as the main anchor. On July the first, Canada Day, Peter Mansbridge appeared on screen for the last time, saying he was not a "fan of long goodbyes," but rather a "fan of long thank yous."

So he went on to thank everyone he could in the amount of time he had, thanking first Gaston Cherpentier, who hired him back in 1968, and the rest of the workforce at CBC.

Mansbridge's path to journalism is the most unique one has ever heard in Canada. He dropped out of high school in Ottawa, Ontario, then served the Royal Navy in 1966 and 1977. Later he found a job as a ticket agent at Churchill Airport in Churchill, Manitoba. One fateful day, he was ordered to announce the next flight, and Mr. Cherpentier, who was the CBC manager at the time, happened to be there. He liked Mansbridge's voice and hired him to work at CBC. Mansbridge was only 19 years old at the time.

"It was the 1960s and I wasn't a hippie or druggie..." he said, according to an article from the magazine for senior living called *Inspired*, "but I was living a pretty

carefree life and I wasn't focused on the future and then suddenly I realized I've been very lucky.

"I'm having fun, I'm making some money, but there's no road out of this. I said to myself, 'You can't keep letting these opportunities pass you by; you've got to work at it and you've got to take advantage of it.' And I did. And it led me on a long, winding road to where I am now."

He indeed took advantage of the opportunity quite well, when you look at his impressive work experiences. On screen, he anchored coverage of major world events such as the 9/11 attacks and the Gulf War, and also reported the fall of the Berlin Wall, the funeral of Diana, Princess of Wales. These are only mere glimpses into his incredibly vivid career.

But with all its glory, journalism has its own set of challenges, and Peter Mansbridge tells a tale no different from that.

"The hours can be really long... an eight-hour day is not part of this job," he said. "You're kind of 'on' all the time and that can get to you. It costs personal time; it costs family time, so it doesn't come

with all glory, there's an expense to it, as well. So, I won't miss that, but it's a decision I made that the job was really important to me."

Mansbridge has a collection of items that remind him of the places he had the chance to visit as a reporter, such as pieces of the Berlin Wall and the Great Wall of China, and a bracelet from South Africa with the numbers "46664," which was Mandela's prisoner number at Robben Island. He also has dirt from Vimy Ridge. His trip at the tunnels under Vimy Ridge is one of his most memorable moments as a journalist, stating that when he came out of the tunnel, he "had never felt more Canadian. There I was in France," he said, "visiting something almost one hundred years old, and it was incredibly moving."

While we can only dream of having a CBC manager come up to us and hire us, that is not what's important. What's important is that Mansbridge was handed an opportunity out of nowhere and he took it in stride, as he went on to report major world events, events that he, no doubt, will never forget, at least not easily. He is one of many Canadian journalists who help define Canadian pride to the world. As he leaves the National, he leaves behind a story for many young hopeful journalists to get inspired by. It teaches us that a passion for telling stories is an important asset in journalism. For that, to Mr. Mansbridge, I say thank you, and goodbye, for now.



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Edge Design

Lawns and planting beds benefit from an edge that stops the grass from growing into the border. Edging materials can be metal, plastic or concrete blocks. Natural stone and boulders provide variety and interest, but can be harder to install.

Dig a trench where you want to install the edge and then follow the manufacturer's instructions. A trenching shovel is useful for this project. An edge using concrete blocks can also double as a mowing edge making maintenance easier. Concrete block edges require a wider trench, a 4-inch gravel base and sand for the joints. Putting edges into the garden defines shapes and adds interest and beauty to the planting bed.

Autumn Blaze

Keep your eye out for stunning blooms in September and October. Plan for adding a few new plants into any gap in your planting beds. Brown eyed Susan (Rudbeckia), Helen's flower (Helenium) and blanket flower (Gallardia) bloom until the first frosts in late September/early October. Cone flower (Echi-



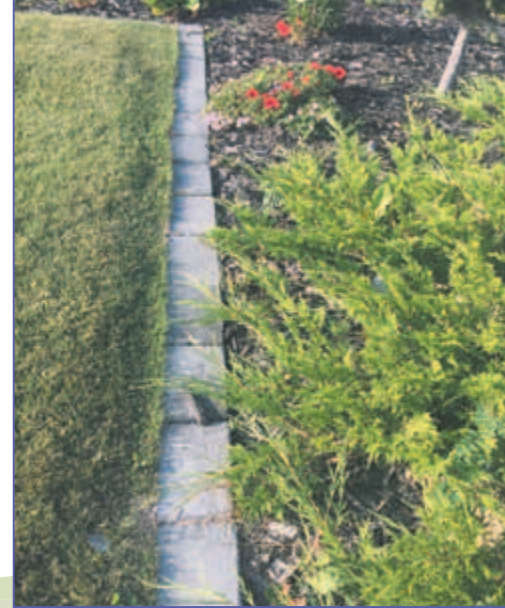
nacea) also provides splashes of colour and the seed heads last through the winter adding interest during frosty mornings or after snow has fallen.

Transplanting

Now is the time to transplant perennials grown in containers. Simply, remove the plant with as big a rootball as you can and plant it into a gap in your planting bed. Add compost and bone meal while planting and cut back 1/3 of the plant to help it to establish a few roots in the last few weeks before the ground freezes. Cut back all the leaves in late October, and, although there is no guarantee for survival, many perennials make it through the winter. Think carefully about height, spread and bloom time of the plant so it fits into its new place in the border.

Deadheading

Deadheading flowering shrubs and perennials can bring on a second flush of blooms, so cut out any dead flowers and leaves. When deadheading cut back to the end of the flower stalk



and cut leaves cleanly from the branch or bottom of the plant. There is a lot of information about cleaning up individual plants on the internet, so if you are unsure spend a few minutes researching.

Drought Alert!!!!

Water plants if the edges start to brown to avoid drought symptoms. Trees, shrubs and perennials all suffer from drought and all dead or diseased leaves and flowers should be removed and disposed of. Water several times a week making sure the water soaks into the base of the roots which is a minimum of 6 inches deep. Spraying water on the surface every day will cause the plants to develop shallow root systems.

Integrated Pest Management Strategies

Inspect your plants on a regular basis and remove any leaves or flowers that have evidence of insects or a fungal infection. There are several steps you can take to manage insect invasions:

1. Prune and maintain plant vigour.

Mild infestations caught early can be controlled by pruning out infested branches. Water and fertilize

the plant to maintain plant vigour. Use of chemical pesticides will adversely affect populations of beneficial insects that help to control the pest.

2. Properly timed dormant oil spray.

A very effective control is to use a dormant oil spray in late March or early April, before new growth begins. The oil coats the scales, preventing oxygen intake, so the insects suffocate. Dormant oil sprays are nontoxic to humans, birds, and pets, but must be applied at the right time to be effective and prevent damage to the plant.

3. Properly timed insecticidal sprays.

Scale insects are very resistant to pesticides when they are protected by their scales. However, they are very vulnerable when they are in the crawler state. Examine infested plants with a magnifying glass for the crawlers. At the presence of crawlers, spray with an insecticidal soap or a summer oil spray.





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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.

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
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- 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="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 \$ _____

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Rundle College Primary/Elementary
October 19, 2017
Kindergarten Session at 6:00pm
Grades 1-6 Session at 7:00pm

•
Rundle College Junior High (Grades 7-9)
October 12, 2017 at 7:00pm

•
Rundle College Senior High (Grades 10-12)
November 23, 2017 at 7:00pm

MEET
CHRIS DAVIS

With over 25 years of direct municipal involvement, Chris Davis brings a wealth of experience to City Hall. Like most Calgarians,

Chris believes taxpayers money matters. He believes city council should not only deliver quality services, but prioritize responsible spending and keeping life affordable for hard-working Calgarians.

Voters tell Chris the roads in the community need attention and traffic volume and speed can still be a problem.

Policing presence is also important for a sense of community security.

Chris pledges to bring these concerns forward as councillor for Ward 8.

www.chrisdavis.ca
/chrisdavisward8
@chrisdavisward8
Chrisdavisward8YYC

WARD 8



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Autumn Pumpkin Festival – Calgary Corn Maze & Fun Farm, Weekends in October

Celebrate Autumn each weekend in October at the corn maze, the fun farm and the petting zoo. Endless activities to keep the wee ones occupied and then pick a pumpkin to take home on your way home. Not all activities included in admission price. More info: calgarycornmaze.com.

The Great Grilled Cheese Cook-off – Jerome’s Appliance Gallery, Oct. 1

Amateur and professional chefs will prepare their very own gourmet grilled cheese recipes in support of Brown Bagging for Calgary’s Kids. Your mission is to taste 10 samples and then judge them along with a distinguished panel of judges, with a hand-crafted soda to wash it all down.

Piaf! The Show – Arts Commons, Oct. 4

A powerful and moving celebration of the life and music of the legendary French chanteuse, Edith Piaf. Starring Anne Carrere who has been hailed as “Edith Piaf’s legitimate musical heiress,” Piaf! The Show has received rave reviews around the globe. More info: artscommons.ca.

Wordfest – various venues, Oct. 10 – 15

Wordfest is a not-for-profit organization that hosts year-round literary events featuring the world’s best writers at around 70 events in our city. More info: wordfest.com.

Reconciliation Journey: Walking a Path Together – Carriage House Inn, Oct. 12

This is the second conference planned this year by the Indigenous Advisory Committee through the Enough For All Catalyst Fund. Expect discussions of the organization’s work on Reconciliation as they relate to the 94 Calls to Action, as well as special guests, keynote speakers and panel discussions about the exciting work happening across Calgary. More info: vibrantcalgary.com.

Ghoul’s Night Out – Heritage Park, Oct. 26 – 27

Heritage Park will be transformed into a spooky extravaganza for families with children three to nine. Ghostly encounters, crafts, treats, festive festooning and so much more! Look for more info to come: heritagepark.ca.

HALLOWEENS – CALAWAY PARK SEPT. 9 – OCT. 9

Enjoy Calaway in full spooky splendour with the Boo Crew, and don’t miss: face painting, Thriller dance lessons, scavenger hunts, special guests, family photos and more! There will even be a costume contest on Sept. 16. More info: calawaypark.com.



ZACHARY LUCKY – GALLERY HOUSE CONCERT SOCIETY, OCT. 2

Check out this unapologetically old-school country performer. Armed with his husky, baritone voice, he has received comparisons to Gordon Lightfoot and Kris Kristofferson. He sings of Canadian places and people, and puts on a sultry and intimate performance. More info: galleryhouseconcerts.com.



CANADA SOCCER’S TOYOTA NATIONAL CHAMPIONSHIP U-15 CUP - CALGARY SOCCER CENTRE, OCT. 5 – 9

These championships are the definite amateur soccer event of the year, crowning the country’s best community soccer clubs. Over 3,000 participants and spectators from across Canada are estimated to be part of the 2017 U-15 Cup in Calgary this year. More info: canadasoccer.com.



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Back to School Health Checklist



It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most of the year ahead—taking care of your child's health. As the most important head-start you can give your child, beginning the year with good health is also simple with this back-to-school health check-list:

- **Immunization:** Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her important grade 5 and/or grade 9 immunizations.
- **Vision screening:** Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.
- **Hearing/speech screening:** If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.

- **Dental checkup:** Regular dental checkups start early! If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health. Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.
- **Emergency contacts:** Make sure the school has up-to-date emergency numbers for each of your children, including contact information for parents, physicians, etc.
- **Health conditions:** Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.
- **Backpack basics:** Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture. For more information visit: <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abk0958>
- **Nutrition plan:** Ensure your child has a healthy breakfast before heading to school in the mornings, and help him or her pack a nutritious lunch. Planning meals ahead of time and involving children in planning and preparation can make this task more manageable and fun. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>.



Ask Charles

My elderly mother passed away at home. We are now selling her home; do we have to disclose that she died in the property?

Simply put, you are not required to disclose her death to potential buyers.

Sellers are required to disclose certain defects to potential buyers, but a death occurring in a home is not a defect.

When a death occurs in a home, the property may be considered a "stigmatized property." A stigmatized property is one that has an unfavourable quality that *may* make it less attractive to some buyers. That quality, though, is unrelated to the physical condition or features of the property.

As a seller, you are not required to disclose stigma to potential buyers. Stigmas are different from material latent defects, such as un-remediated hidden flood damage or mould, which sellers *are* required to disclose.

Some stigmas include:

- a suicide or death occurred in the property
- the property was the scene of a major crime
- the address of the property has the wrong numerals
- reports that the property is haunted

Potential buyers' different values, perceptions, and backgrounds will affect the significance of a potential "stigma". Some buyers won't care about a death occurring in the property, while others may be completely put off by it.

Although you are not required to disclose stigma to potential buyers, because some buyers may have concerns about stigmas, those buyers can ask their real estate representative to ask your representative about possible stigmas. You don't have to answer their questions, but if you choose to, you must do so honestly.

If you decide not to answer, a buyer has to decide if they are comfortable proceeding without an answer. Remember that not answering may turn the buyer off of your property more than simply responding honestly; it will depend on the specific buyer, their particular concerns, background, and perceptions.

"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. 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.



City of Calgary adopts a River Access Strategy

With the growth in population and resulting increase in water sports and recreation, the unfettered access by humans and dogs to our rivers was and is having deleterious consequences on the fishery, riverbanks and water quality. Safety was also threatened as the Calgary Fire Department competed with the public to access emergency launch sites that were never intended for public use and are now gated. Communication has been scarce regarding appropriate access sites, regulations, health advisories (excessive E. Coli counts) and other safety concerns and, information for tourists difficult to find according to Parks.

Hopefully all this will change under a new River Access Strategy adopted by City Council. Upgrading of existing sites, development of new access points, signage, mapping and education were approved in February 2017 to promote safety, environmental protection and user experience. While the bulk of development and implementation is unfunded in the budget cycle ending 2018 the goal is to have 28 access points on the Bow River from West Baker Park, northwest of downtown, to Carsland by 2022.

On the lower Elbow River, 4 hand-launch sites have been approved: upstream of Sandy Beach proper, accessed via the parking lot; north Sandy Beach at the Riverdale Avenue parking lot; Stanley Park; and Stampede Park. Outside of the River Access Strategy it is worth noting that there are 3 off-leash, dog access points identified on the east side of the Elbow River, downstream of the footbridge, where the slope is gradual and access is graveled. Dogs must be leashed upstream of the footbridge and are not allowed water access at Sandy Beach.

The Glenmore Reservoir has 3 approved hand-launch sites.

For a complete listing of existing and proposed new sites go to: <https://tinyurl.com/ycsw5s5h> or www.calgary.ca and type in "river access".

By the end of 2017 all existing sites should be mapped and signed and priority 1 sites upgraded or constructed. Between 2019 and 2022 we can look forward to the completion of priority 2 sites on the Bow and other initiatives including the development of a river APP, a river ambassador program and continuation of public art.

So, when accessing the river, consult the City's website for current information at: <http://www.calgary.ca/CS/PS/Parks/Pages/River-Access.aspx>, keep your heads up for signs and access and egress the rivers only where indicated. The sites have been chosen for your safety and to minimize damage to sensitive riverbanks and fish nesting sites.

Happy recreating!

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary.



Back to Cruel

Didaskaleinophobia is the fear of going to school, which 2.4 per cent of children world-wide suffer from.

SAFE & SOUND



Risks of Dehydration

Dehydration can occur in anyone of any age, but it is most dangerous for babies, small children, and older adults.

Dehydration occurs when your body loses too much fluid. This can happen when you stop drinking water or lose large amounts of fluid through diarrhea, vomiting, sweating, or exercise. Not drinking enough fluids can cause muscle cramps. You may feel faint. Usually your body can reabsorb fluid from your blood and other body tissues. But by the time you become severely dehydrated, you no longer have enough fluid in your body to get blood to your organs, and you may go into shock, which is a life-threatening condition.

Dehydration in babies and small children:

Babies and small children have an increased chance of becoming dehydrated because:

- A greater portion of their bodies is made of water.
- Children have a high metabolic rate, so their bodies use more water.
- A child's kidneys do not conserve water as well as an adult's kidneys.
- A child's natural defence system that helps fight infection (immune system) is not fully developed, which

increases the chance of getting an illness that causes vomiting and diarrhea.

- Children often will not drink or eat when they are not feeling well.
- They depend on their caregivers to provide them with food and fluids.

Dehydration in older adults:

Older adults have an increased chance of becoming dehydrated because they may:

- Not drink because they do not feel as thirsty as younger people.
- Have kidneys that do not work well.
- Choose not to drink because of the inability to control their bladders (incontinence).
- Have physical problems or a disease which makes it:
 - Hard to drink or hold a glass.
 - Painful to get up from a chair.
 - Painful or exhausting to go to the bathroom.
 - Hard to talk or communicate to someone about their symptoms.
 - Take medicines that increase urine output.
 - Not have enough money to adequately feed themselves.

Watch babies, small children, and older adults closely for the early symptoms of dehydration anytime they have illnesses that cause high fever, vomiting, or diarrhea. These are the early symptoms of dehydration:

- The mouth and eyes may be drier than usual.
- The person may pass less urine than usual.
- The person may feel cranky, tired, or dizzy.

Check your symptoms to decide if and when you should see a doctor or call Health Link at 811.



Mongolian Pony Express

The Mongol Empire invented an efficient horse-back mailing system that they called the *Yam*. Six centuries later, the *Yam* system would emerge again to be implemented in America, where it was known as the Pony Express.

Financial Tips for Newlyweds

By Toddy Kam, CFP®, CFA

A marriage is a new financial start. When couples get together there are adjustments to be made, goals to be set, and financial adventures to take. Share information. Both partners should be fully aware of each other's financial situations, from spending to debt to investments. With full financial disclosure, you'll be better equipped to plan together. Review and establish goals. The sooner you set financial goals, the better your chances of reaching them.

Do you want to buy a new home or move up in the housing market? What about a retirement savings strategy? How much will those goals cost and how long will it take to reach them?

Budget. Create a budget that will allow you to save and invest enough to reach your goals. A good budget will help identify how much you earn and spend, and how to divert more income to savings. Decide how finances will be managed. Will one spouse be responsible for a larger percentage of bills and expenses, or will they be shared equally? Will you have joint savings and investments? Who will physically handle financial transactions? Pay down debt. If you owe money, particularly high-interest debt such as credit card balances, formulate a plan to pay it off. Consider ways to reduce bor-

rowing costs—for example, setting up a home equity line of credit if you own a house and quickly paying off any amounts you borrow.

Assess insurance needs. Life insurance is a necessity when you're married. The last thing you want is for your spouse or family to be left in dire financial straits if something happens to you. Consider disability and critical care insurance as well. Make or update wills. Both partners should have up-to-date wills. This means jointly discussing estate planning needs and goals. You should also have powers of attorney for financial and personal care, in case one of you is unable to manage your financial or personal affairs because of illness or injury.

Establish an emergency fund. Keep six to nine months' combined living expenses in an emergency fund. If you run into financial difficulty—perhaps one of you could fall ill or lose your job—an emergency fund can help you get through.

One final tip. It's a good idea to get help from financial experts. At this stage of life couples can benefit from professional advice, including the services of a financial advisor. With the right advice, you can ensure your financial life together gets started on the right note.



Free Homework Help

If your kids are heading back to school this fall, we've got them covered. Free homework help, available through a variety of in-person and online programs, is available at the Library. Here's a sampling:

School Support is for students aged 10 to 14. Drop in with your English Language Arts or math assignments to get help from trained volunteers. Visit calgarylibrary.ca, click programs, and search 'School Support' to find out where and when the program is offered.

Students in Grade 2 to Grade 12 can access free online tutoring at calgarylibrary.ca/resource/brainfuse. Students in Grade 3 to 12 can prepare for tests and final exams, take lessons, and review coursework at calgarylibrary.ca/resource/solaro. Both resources are aligned with the Alberta curriculum.

2017 Author in Residence

Calgary Public Library's 2017 Author in Residence is Bruce Hunter, an award-winning writer and poet. Hunter will offer public programs, readings, and individual manuscript consultations, from September 11 to November 24. Whether you're a beginner or established writer, you can meet with Hunter at Central Library. Email air@calgarylibrary.ca starting August 28 to book an appointment.

Saddletowne Early Learning Centre

There's a new place to play in Calgary! Step inside the transformed space at the Saddletowne Library and discover the five stages of early learning. Play is a priority at the Library, because it's central to how kids learn and grow. The Saddletowne Early Learning Centre opens mid-September.

Looking for more places to play? Check out the Early Learning Centres at Fish Creek, Shawnessy, Quarry Park, and Village Square Libraries. Central Library hosts *The New Adventures of Engine 23* interactive fire-truck exhibit, and the Forest Lawn Library Nature Playground opened in August. Come play!

Back to school safety

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

Motorists

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

Around school buses

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

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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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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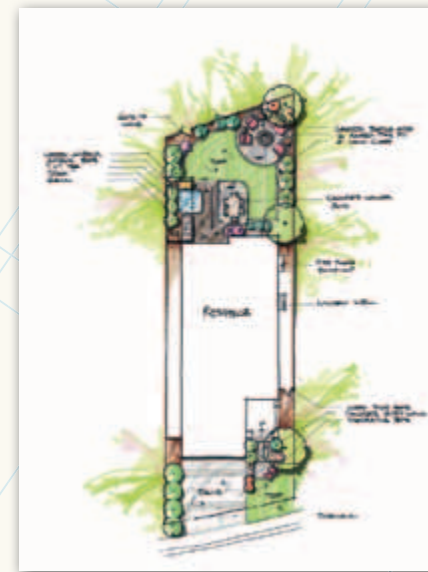


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YOUR CITY OF CALGARY

2017 Municipal Election: Vote for your Mayor, Councillor, and School Board Trustee

This Fall Calgaryans will vote for their Mayor, Councillors, and School Board Trustees in the 2017 Municipal Election. Voters can choose to cast their ballot during the Advance Vote from October 4 – 11, excluding October 9 (Thanksgiving) or on Election Day, October 16. There are many ways to vote, so be sure to check the website www.electionscalgary.ca for a complete list of voting options. Voting station locations will be available online after September 19, 2017, or you can watch the mail for your official Election Guide.

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

NATIONAL PHILATELIC STAMP SHOW: Exhibits, Dealer Tables, Seminars, Club Tables, and Auction. Free admission. Sept 1-3, 2017. At the Calgary Hyatt Regency, 700 Centre St SE. 1-888-591-1234. More details at online.

LOVE TO SING? A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a central location. Repertoire includes jazz, gospel, African, Canadian, Renaissance, pop, original contemporary. Vocal Latitudes puts on a winter and spring concert and participates in special events. For more information, see www.vocalatitudes.org.

PRACTICE ENGLISH: Make friends and have fun at a New Friends and Neighbourhood Group! Free, no immigration requirements and no minimum English. Free childcare. Visit www.ciwa-online.com or contact Debra Colley at debrac@ciwa-online.com, 403-444-1752.



Happy September!

We hope you all had a great summer! At Calgary Humane Society, we are winding down from another successful season of summer camps that saw hundreds of compassionate children and teens spend a summer learning how to care for animals.

Helping animals is a great way for kids to become involved with their community! Many children feel a connection to the natural world and enjoy learning about animals of all shapes and sizes, but these interactions build more than just knowledge! Research has shown that children who spend time with animals learn enhance many social skills including:

- **Empathy** – Empathy is considered by many psychologists to be the root of “pro-social” behavior. Pro-social behaviors are the behaviors that allow us to build relationships, maintain friendships and connect with our communities. Interacting with animals allows children to practice skills of non-verbal empathy as they try to understand how an animal is experiencing the world.
- **Compassion** – Empathy is a foundation for understanding others, but compassion moves those feelings into action. Through acting compassionately, children learn that they can have a profound impact on the community around them and that they play a key role in “creating the world they want to live in”.

- **Respect** – When children help others they learn more about why other people (and animals) sometimes need help, and why needing help is not a bad thing. Through helping animals, children learn that even the smallest fish deserves to have good food and a safe home by virtue of being a living, thinking, feeling being.

Are you looking for a great way for your child to become more involved in helping animals? We would love to help! While our minimum age to volunteer is 16 (for safety reasons) we have many great programs for kids of all ages!

- **Attend a youth program!** Children in our kids’ clubs and youth programs get to participate in select animal interactions with carefully chosen animals and complete fun activities with animal loving peers!

- **Party with a purpose!** Check out Calgary Humane Society’s birthday party program and spend your next birthday with us! Our experienced birthday staff lead the party for you – all you do is bring the cake and presents!

- **Collect donations/wish list items** – Another great way to get kids involved in helping is to raise funds or collect items for animals in need! Kids who collect donations for the shelter can book a special ‘behind the scenes’ tour with our humane education department too!

- **Take great care of your pets!** Your child can be an “ambassador” for great animal care by encouraging them to learn more about your pets and help with their care.

Looking for more information on our programs or more ideas on how to get your child involved in helping animals? Our Humane Education team would love to help! Visit www.calgaryhumane.ca or call 403-205-4455 for more information.



Myokymia
is the medical term to describe eyelid twitches and spasms. Myokymia can often be triggered by stress, lack of sleep, and poor nutrition. So, if you find your eyes twitching, it's time to get a little more shut-eye!

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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
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
August 2016	\$0	\$0

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

	No. New Properties	No. Properties Sold
July 2017	6	4
June 2017	5	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
August 2016	3	0

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



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

Help improve Alberta's consumer protection laws

You deserve to be protected when making a purchase, big or small. And businesses deserve to be protected from companies who don't play by the rules. For the most part, I have confidence in my purchases, but we've all heard horror stories of scams on the news, or maybe you've had a bad experience with an aggressive door-to-door salesperson yourself. I've heard from many Calgary-Buffalo constituents about unsolicited sales calls and aggressive sales tactics that make people feel pressured.

Our government is working to make life better by protecting families from scams, false claims, unfair tactics, aggressive sales pitches, and price gouging. These stories hurt businesses, too; it's not fair to the majority of honest companies in Alberta to have their reputation undermined. I hate to think about small and family businesses having to compete against unfair tactics.

We want a marketplace that's fair for buyers and sellers. This creates consumer confidence – and that's good for business. Consumer protection laws help protect consumers from unfair practices and businesses from unfair competition. But – are these laws keeping pace with changes and trends in the marketplace?

We want to hear from all Albertans – whether you are a buyer or seller – about how we can protect your pocketbook and help businesses compete on a level playing field.

How can you get involved?

- Complete an online survey at ServiceAlberta.ca until September 15, 2017
- Participate in an open house session (visit ServiceAlberta.ca for a detailed schedule).
- If you are with a specific consumer or business group, look for invites from your business association/Chamber of Commerce to solicit group feedback for targeted stakeholder discussions.

We want to make sure our laws protect consumers and help businesses compete fairly. Now more than ever we need strong rules to increase consumer confidence.

Through the public consultations, we want to know how familiar Albertans are with consumer protections currently in place, if those protections are working for you, and what needs improvement. We will also be asking questions about specific issues like ticket sales and warranties.

The consultation feedback will help inform improvements to consumer protection legislation and contribute to our government's efforts to make life better by protecting consumers and ensuring there's a fair, competitive marketplace for businesses.



MP Calgary Centre

Hon. Kent Hehr

950 6 Ave SW, Calgary, Alberta T2P 1E4

✉ kent.hehr@parl.gc.ca ☎ 403-244-1880 🌐 www.KentHehrMP.ca

Before I begin with this month's newsletter I wanted to make sure you knew about my BBQ on Sunday, September 10th. We'll be at the Sunalta Community Hall (1627-10 Ave SW) from 11:00 AM to 1:00 PM, where we will have my father, Richard Hehr, doing his best Elvis impersonation, free food, and a celebration to cap off the end of summer.

Next, I wanted to share with you an update about an issue near and dear to Calgary Centre.

It's about the work we're doing in the nation's capital to make sure all Canadians are free to identify themselves and express their gender as they wish, without fear of discrimination and hate. With having Pride this September, it's both topical and relevant. Calgary Centre is a Pride community – in the heart of its downtown core, we have one of the most vibrant LGBTQ2 communities in North America.

I have had the pleasure of working with advocates – like my caucus mate and special advisor to the Prime Minister on LGBTQ2 issues, MP Randy Boissonnault – and others across my involvement. At each place and stage my efforts were to make sure that no one should be refused a job, be disadvantaged in the workplace, be unable to access services, or be the target of harassment and violence because of their gender identity or gender expression.

One part of this was with Gay Straight Alliances being supported in every school across Alberta where and when students want them: first with my motion (Motion 503), which with community supporters, students, parents, and staff, ultimately making it the law of the land. The research is there that students have a reduced rate of suicide – across the entire population of students, not just LGBTQ2 students – with policies that encourage and allow students to support one another.

Since moving federally this work has not stopped or stalled. Our government has moved full-steam ahead with:

- Passing C-16, a bill that ensures the full protection of transgender people across Canada,

- Announced a strategy to prevent and address gender-based violence,
- Introduced legislation to remove section 159 of the Criminal Code – ensuring Canadians are not unfairly criminalized for consensual activities,
- Flying the pride, transgender, and bi flags on Parliament Hill for the first time,
- Beginning the process of an apology to the entirety of the LGBTQ2 community for previous governments' failings to defend their rights and freedoms.

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.

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MLA Calgary-Elbow

Greg Clark

Leader - Alberta Party

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September is an exciting time for kids (and certainly for parents too!). New schools and new friends, all supported by tremendous teachers and staff. As kids head back to school please be careful driving around schools; those kids are excited to get back to school and may not always be paying as much attention as they should.

As fall sets in I'm moving on from a busy summer of community activities and shifting my focus to activities in the Alberta Legislature. I was appointed to the all-party Ministerial Panel on Child Intervention early this year to look at ways to improve Alberta's child intervention system. In the initial phase, the panel heard from stakeholders across from Alberta and engaged in an open and collaborative conversation about how to strengthen Alberta's child death review process. The panel provided detailed recommendations to streamline and strengthen the child death review process, which led to the passage of Bill 18 *Child Protection and Accountability Act* last spring.

In Phase 2, the Panel is reviewing legislation, policies, current practices, literature, relevant data, and past recommendations, including those from the Office of the Child and Youth Advocate and the Auditor General. It is also soliciting feedback from the public, subject matter experts, Indigenous communities, Albertans with lived experience and frontline staff (the comment period is still open; you can make a submission via email at CIPanel.questions@gov.ab.ca).

Our next step is to visit reserves across the province to hear from Indigenous people in their own communities about the vast over-representation of Indigenous children in Alberta's child intervention system. Currently, 69% of the over 10,000 children receiving services in Alberta are Indigenous.

Upon completion of our work the panel will submit recommendations addressing:

- The root causes and factors that contribute to child and family involvement in the child intervention system
- Current funding and resource levels for the child intervention system as well as an assessment of workplace

culture and staff morale

- Existing supports for families, including supports for kinship caregivers, foster parents, and families at-risk of needing child intervention services
- Opportunities and concrete actions to improve the child intervention system, address over-representation of Indigenous children in intervention system and improve outcomes for all children receiving child intervention services
- Identifying recommendations of past studies, prioritizing them and discussing implementation timelines and oversight

Whenever possible panel meetings are open to the public. A complete list of all upcoming meetings will be posted on the panel's website as soon as dates, times and locations are confirmed. Details can be found at <https://www.alberta.ca/child-intervention-panel.aspx>. Again, if you have questions or comments you wish to share with the panel you can submit your thoughts via email to CIPanel.questions@gov.ab.ca.

And as always, I am very interested in hearing from you on this or any other issue. My constituency office can be reached at Calgary.Elbow@assembly.ab.ca or (403) 252-0346.

TO-MAY-TO, TO-MAH-TO:

Tomatoes are originally from Central and South America. The name comes from the word *tomatl* in the Aztec Nahuatl language, which translates roughly as "fat thing". While technically a fruit, you don't want to put a tomato in a fruit salad!



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Volunteering in the Arts

By Alex Bonyun

Want to be involved in the arts, but don't know where to start? A great way to dip your toe in without spending money is to volunteer. It may seem like a daunting proposition if you've never volunteered before, but non-profit cultural organizations are always looking for helpful volunteers, whether it's for ushering at a theatre performance, helping out at a festival booth, or lending a hand with administrative work at the office. The rewards of volunteering go beyond gaining access to tickets or other perks. It allows you to gain experience in a particular field or with a particular organization which can later lead to other opportunities such as serving as a Board Member for an organization that aligns with your values or joining committees in your community to boost the presence of arts in a particular discipline.

This year, Canada 150 is challenging everyone to lend a hand and give 150 hours of time volunteering before the end of 2017. The gift of your volunteer hours goes above and beyond the organization you benefit with your time. It can create a lasting impact throughout your community. You can register for the challenge and learn more at <https://volunteer150for150.ca>. It's not too late to complete the challenge as many organizations start their seasons full force in the fall, and are always in need of volunteers.

In our community approximately 50,000 Albertans volunteer for not-for-profit arts organizations every year, creating opportunities for community engagement, service, and belonging. Additionally, volunteers can help an organization build capacity, which can result in more economic stability and growth.

For a comprehensive list of all of Calgary's non-profit organizations in need of volunteers, please visit <http://public.propellus.org/NonProfitMemberList.aspx>.

This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues.

Democracy 101

In October, Calgarians will vote to elect their Mayor, Councillors, and School Board Trustees. Your voice helps shape your community and city. Here are some things you need to know before October 16th.

If you cannot vote during the Advance Vote or on Election Day due to physical incapacity, being absent from the city, working as an election worker, or volunteering/working on a campaign, you can request a mail-in ballot online by visiting www.electionscalgary.ca, by phone, 403-476-4100 (option 2), in-person or in writing at the Elections & Census Office, 1103 – 55 Avenue NE.

If you request a mail-in ballot, a ballot package with instructions will be mailed to you after Nomination Day (September 18, 2017). A photocopy of an authorized piece of identification must be sent back with the returned ballots. Ballots must be received by the Elections & Census Office no later than 8 p.m. on Election Day (October 16, 2017). For more information on the Election, or to sign-up to receive updates, visit www.electionscalgary.ca.

I shared this information last May, but it bears repeating. This year, it's easier than ever to make your vote count. There is now a free transit pass with each election brochure that will be mailed to you and there will be a full week of advance voting polls at Mount Royal University, the University of Calgary and SAIT.

2017 Election Ward Boundary Changes

During the 2017 Municipal Election, new ward boundaries come into effect, which could change the candidates on your ballot and at your voting station location. If your community has changed wards, you will be voting in a different ward than the last municipal election. It is important to check your ward so you know what candidates are running in your ward and where to find your designated voting station. To check your ward, visit www.electionscalgary.ca, or call the Elections & Census Office at 403-476-4100 (Option 2).



French Immersion Grades 7-12 Still accepting applications for Grade 7 and 8 for the 2017-2018 school year

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MLS C4112628 3 beds, 2 full baths, 1 half bath, 1735 sq.ft

5 - 1205 Cameron Ave SW - \$689,900



MLS C4124496 2 beds, 2 full baths, 2537 sq.ft

1114 6 Street NE - SOLD in 15 Days



3 beds, 2 full baths, 1 half bath, 1548 sq.ft

609 9 Ave NE - \$624,900



MLS C4128411 3 beds, 2 full baths, 744 sq.ft

2138 31 Avenue SW - SOLD in 7 days



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

109-28 McDougall Ct NE - \$564,900



MLS C4123763 2 beds, 2 full baths, 1 half bath, 1378 sq.ft

782 Coral Springs BLVD NE - \$459,000



MLS C4122976 4 beds, 3 full baths, 1 half bath, 1461 sq.ft



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