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 E: springbankhilldental@gmail.com

# STOP MEN DYING TOO YOUNG



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

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

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



**Strathcona Park •  
Christie Park • Signal Hill**

## Elected Officials



**Councillor Richard Pootmans**  
**Ward 6 Office**  
P.O. Box 2100, Station M  
Calgary, AB, Canada T2P 2M5  
Phone: 403-268-2430  
Fax: 403-268-3823  
Email: ward06@calgary.ca  
Web: www.calgary.ca/ward6



**MLA Mike Ellis**  
**Calgary-West**  
Unit 234, 333 Aspen Glen Landing SW  
Calgary, AB Canada T3H 0N6  
Phone: (403) 216-5439  
Fax: (403) 216-5441  
Email: calgary.west@assembly.ab.ca



**MP Ron Liepert**  
**Calgary Signal Hill**  
#2216, 8561 8A Avenue SW  
Calgary, Alberta T3H 0V5  
Phone: 403-292-6666 • Fax: 403-292-6670  
Email: ron.liepertC1A@parl.gc.ca

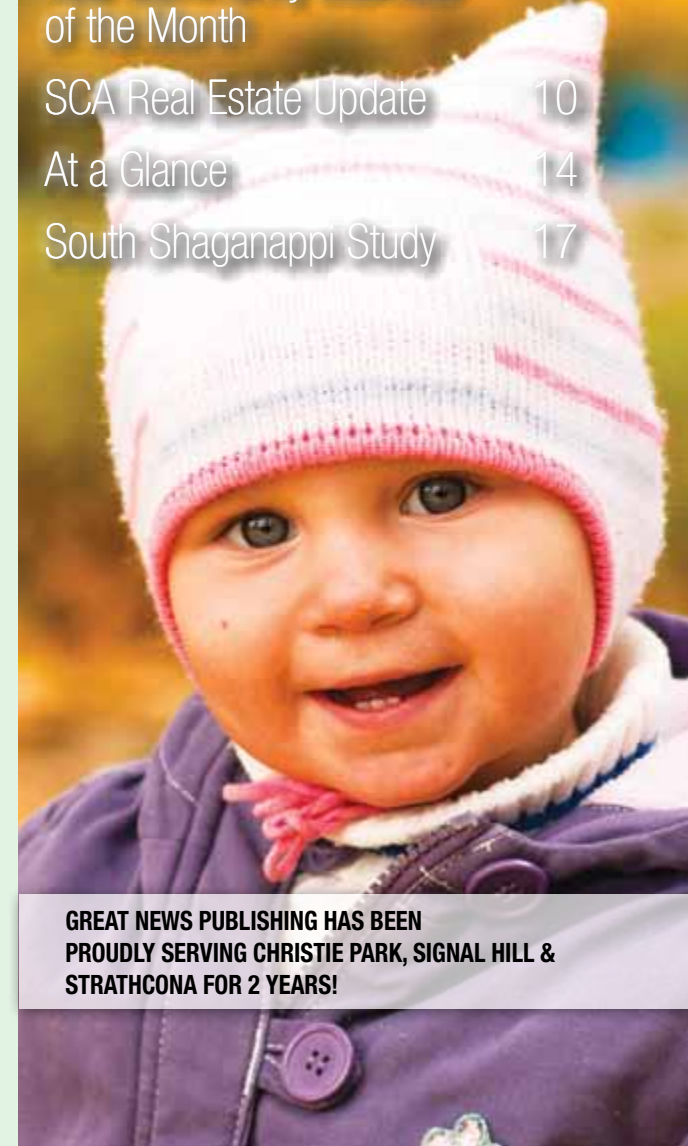
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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING CHRISTIE PARK, SIGNAL HILL & STRATHCONA FOR 2 YEARS!



# The Red Crossbill

By J.G. Turner

Photo by Andy Reago

& Chrissy McClarren

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

#### Fun Facts:

- The tips of its large bill are crossed; an adaptation for removing seeds from tight closed cones.
- The Red Crossbill's biting muscles are stronger than the muscles to open the bill so it places the tips of its slightly open bill under a cone scale and then bites down.
- You can spot this songbird by their undulating (wave-like) flight, which is even noticeable when they are flying at great heights
- Red Crossbills are considered irregular breeders because they can breed whenever and wherever they can find a large crop of cones, even during the winter

- Because of this irregular breeding, the timeframes for the Red Crossbill's lifecycle varies more than most North American songbirds. For example, juveniles hatched during the summer molt only once (between late summer and late autumn) whereas juveniles hatched from late winter to early spring molt twice (about three and a half months after hatching and again during the main summer molt period).
- Because of their dependence on food supply, Red Crossbills may occupy an area in huge numbers and then disappear for long periods of time (this behaviour can sometimes be called 'irruptive')
- These birds can often be heard but rarely do they make themselves visible
- Red Crossbills will come to feeders to eat niger and small seeds but the best way to tempt this elusive bird is to allow them to take sunflower seeds directly from the sunflower heads.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions and advice, or visit our website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.

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## Signal Hill Real Estate Update

Last 12 Months Signal Hill  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$650,000.00	\$630,000.00
September 2016	\$669,900.00	\$636,500.00
August 2016	\$694,500.00	\$678,250.00
July 2016	\$689,950.00	\$672,500.00
June 2016	\$682,450.00	\$658,500.00
May 2016	\$607,400.00	\$589,750.00
April 2016	\$655,000.00	\$620,000.00
March 2016	\$629,900.00	\$617,000.00
February 2016	\$624,900.00	\$604,000.00
January 2016	\$639,900.00	\$613,000.00
December 2015	\$704,400.00	\$675,000.00
November 2015	\$599,995.00	\$599,500.00

Last 12 Months Signal Hill  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2016	16	13
September 2016	12	8
August 2016	7	8
July 2016	15	10
June 2016	11	18
May 2016	16	14
April 2016	23	15
March 2016	21	11
February 2016	14	8
January 2016	13	5
December 2015	4	6
November 2015	6	9

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

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# your COMMUNITY business of the month

## Brian Lehman Evaluation Inc. Estate Sale Profs.

Beginning in the 80s, Brian Lehman was a constant factor on CBC Radio, Breakfast Television, Global TV and QR77's *What's It Worth, Brian?* radio show engaging and enlightening the audience with his appraisal knowledge of antiques and collectables. The popularity of the spots and show made Brian Lehman Evaluation Inc. the number one company in Alberta offering Estate and Appraisal services for insurance and estate purposes. Brian is an accredited Canadian Personal Property Appraiser.

As the business has grown, two additional appraisers have joined the company. We carry on the tradition Brian established by helping people find information on family heirlooms; often solving mysteries about the history and value of their possessions. We have a specialist in every category.

Once items are appraised, people ask, "How can I sell them?" They say, "I have no room." Estate Sale Profs was formed to assist people who want to downsize from their home or loved one's home. We recommend people take what they want and sell the rest from the home. Estate Sale Profs offers a plan that takes the stress out of the process of downsizing.

Behind every successful man there is a very successful woman, and Brian is proud to partner with "the lovely Donna." Donna manages the office and works with clients and the team from the beginning to the end, counselling on every aspect of your move.

First, we recommend having an appraisal conducted of the home contents. Then a plan is put into place based on the options available for your situation. If you're moving and downsizing--find a home. Decide what you need. That's the key! Don't take stuff you can't use or don't have room for. This is the best opportunity to find out what it's worth and start fresh.

Appraisal/Assessment for whatever your needs may be:

- "Insurance Replacement Cost" and "Fair Market Value"
- Insurance Appraisals – Find out what it's worth, so your possessions are properly documented and appraised should a loss occur. It's your responsibility to know what you own before something happens.
- Moving and Downsizing – Start with the end in mind!
- Estate Sale – Find out what it's worth and see where it will go!
- Estate Planning – Get your will in order now. Find out what it's worth! If you are planning to leave items in your will to designated beneficiaries make sure you have the values of your estate in order.
- Estate Liquidation – Find out what it's worth before passing it on or selling.
- Matrimonial assists – Appraise the joint assets for a fair and equitable division.
- Business Asset - Selling or buying a business!

Have the trust and confidence to call Brian Lehman Evaluation Inc. accredited "Personal Property Appraisers" and Estate Sale Pros team of experienced professionals.

Call and speak with Donna, we'll get you started on the right path 403-249-7333 or email [donna@blecalgary.com](mailto:donna@blecalgary.com)

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**UPCOMING OPEN HOUSES:**

**Sarcee Trail / Richmond Road S.W. Interchange Functional Planning Study**

The City of Calgary is undertaking a study for the Sarcee Trail/Richmond Road S.W. interchange. Although there is currently no funding allocated to construct an interchange at this location, The City hopes to have these plans approved and have the interchange included as a candidate project for funding in 2018.

This timing allows us to evaluate the option to design and construct the interchange in coordination with the Southwest Calgary Ring Road (SWCRR) project, which is scheduled to open by 2021.

We will be holding two open houses to gather feedback from nearby communities and businesses on interchange design options, accesses and connectivity.

These two open houses will be held in late November. For information on the dates and locations, please visit [www.calgary.ca/sarceerichmond](http://www.calgary.ca/sarceerichmond).

No RSVP is required.




## SCA Real Estate Update

### Last 12 Months Strathcona Park MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$679,000.00	\$711,000.00
September 2016	\$652,450.00	\$618,000.00
August 2016	\$699,900.00	\$675,000.00
July 2016	\$759,000.00	\$758,000.00
June 2016	\$679,000.00	\$652,500.00
May 2016	\$649,500.00	\$635,000.00
April 2016	\$549,900.00	\$533,000.00
March 2016	\$742,450.00	\$721,250.00
February 2016	\$799,800.00	\$777,500.00
January 2016	\$679,450.00	\$662,500.00
December 2015	\$634,700.00	\$622,000.00
November 2015	\$641,400.00	\$625,000.00

### Last 12 Months Christie Park MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$799,900.00	\$767,000.00
September 2016	\$0.00	\$0.00
August 2016	\$975,000.00	\$930,000.00
July 2016	\$0.00	\$0.00
June 2016	\$929,900.00	\$895,000.00
May 2016	\$897,450.00	\$860,000.00
April 2016	\$859,900.00	\$855,000.00
March 2016	\$669,900.00	\$629,000.00
February 2016	\$0.00	\$0.00
January 2016	\$600,000.00	\$592,800.00
December 2015	\$509,900.00	\$504,500.00
November 2015	\$0.00	\$0.00

To view the specific SOLD Listings that comprise the above MLS averages please visit [strathcona.great-news.ca](http://strathcona.great-news.ca) or [christie\\_park.great-news.ca](http://christie_park.great-news.ca)

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The veterans of the Canadian Armed Forces are in the front of our minds this November as we mark Remembrance Day. While we solemnly observe this day of homage; when we wear our crimson poppies over our hearts and attend ceremonies all over Canada and around the globe, “the 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month”—marking the end of the First World War—is a time for reflection on all that veterans, and the men and in women in action have sacrificed.

There are numerous ceremonies and charities that observe this day and its honourees, and one such organization, Wounded Warriors Canada, has challenged Canadians in a new way to raise funds and attention to the rate of suicide among our Canadian Armed Forces members, veterans and first responders. In Canada, we lost 160 veterans to suicide between 2004 and 2014 – greater than the total number of Canadian Armed Forces members killed during the war in Afghanistan. The 22 Push Up Challenge is asking that people see these numbers as a call to action, a call to support those who have come home and need our support.

If you frequent Facebook you may be familiar with the campaign, and that is what’s a little different about this

charitable challenge, it is intended to encourage participation through social media.

The idea is that the participant will do 22 push ups for 22 days and videotape their campaign, which they can then post to social media each of the 22 days. Participants are encouraged to nominate others to “join the fight” and tell people what this challenge means to them. Each participant is also encouraged to donate \$22 to Wounded Warriors Canada. According to their website, they’ve had a great response:

“I have a brother in the military and my father also served. I think we all know someone who’s been impacted either directly or indirectly from this. The 22 Push Ups Challenge is such a small way that we can let them know, we’re here for them. We want to help. We’ve had people who can’t physically do the push ups do squats or crunches instead. It’s really about the intention behind the action and making the \$22 donation.”

Charities benefiting veterans are plentiful, so if the 22 Push Up Challenge doesn’t appeal to you, be sure to look into the other ways to give back to this community. For more information on Wounded Warriors Canada visit [www.woundedwarriors.ca](http://www.woundedwarriors.ca)

- Vanessa Gillard



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

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

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

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

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

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

Recipients must:

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

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

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

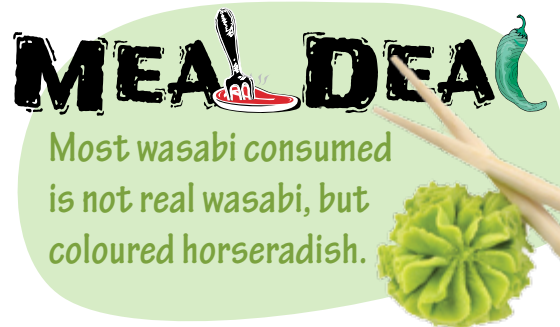
**Citizenship:** has been a responsible citizen who is an informed and involved member of his/her community – locally, nationally, globally.

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

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

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

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



## Westhills mybabysitterlist

Name	Age	Contact	Course
Hannah	12	403-246-6578	Yes
Brianna	13	403-686-1717	Yes
Brooke	14	403-212-1014	Yes
Destynnee	14	403-875-3069	Yes
Sophia	14	403-708-0601	No
Rahell	14	403-999-2851	Yes
Kyla	15	403-217-0282	Yes
Yasmin	15	403-402-9244	No
Lauren	15	403-217-3249	Yes
Allison	15	403-475-3122	Yes
Karl	15	403-212-1014	Yes
Izzy	16	403-863-1453	Yes
Izzy	16	403-863-1453	Yes
Sarah	16	403-702-5549	Yes
Sarah	16	403-702-5549	Yes
Izzy	16	403-863-1453	Yes
Olivia	17	403-246-0203	Yes
Makayla	17	587-888-9389	Yes
Priya	17	403-471-1033	No
Jayde	17	403-481-3315	Yes
Megan	18	403-266-4610	Yes
Brooke	18	403-874-3111	Yes
Eugene	19	403-703-4488	Yes
Elizabeth & Michelle	20	403-918-2035	No
Yena	20	403-479-7911	Yes
Negin	43	403-217-5778	Yes
Nabila	47	587-215-2673	Yes

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### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).

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**DECEMBER 10  
SLUMBER PARTY AT THE  
GLENBOW MUSEUM**

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



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

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



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

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



DECEMBER

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

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

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

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

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

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

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



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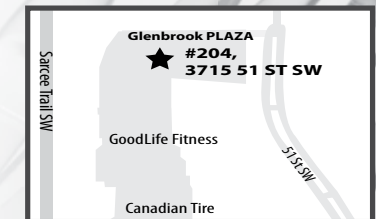
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## Should you 'exchange' your shorts for a snowsuit next winter?

Suzanne Smith-Demers – Consultant

For snowbirds who've found a way to enjoy life while avoiding Canada's frosty winters, this coming winter may turn out to be less (financially) relaxing than most.

Around April is the time when many snowbirds make the decision about where they'll be living when they head south. They make their decisions, sign their rental agreements and pay their deposits – in other words, they are locked in. That's exactly what you did last April and then the exchange rate continued to drop. Now, that rental deal that looked quite economical in April will look a lot less attractive this fall and winter.

So, what do you do when April 2017 rolls around? Do you roll the dice and secure a condo rental for winter 2017?

With uncertainty on whether the exchange rate will improve any time soon, you may be inclined to forego your southern sojourn next winter – but you have other options.

- Explore the exchange rates offered by boutique currency exchange companies. The Canadian Snowbirds Association provides a currency exchange program that offers very competitive rates.
- Buy U.S. dollars over the year whenever the loonie goes up.
- Open a U.S. dollar account at a bank that offers no-cost transfers from a Canadian U.S. dollar account to a U.S. dollar account in the United States.
- If you're flying, consider doing so from a U.S. border airport where fares may be cheaper.
- Check out more affordable destinations away from the usual southern hotspots; the exchange rate and cost of living may be more favourable in Mexico, Costa Rica, Panama and other non-traditional southern locations.

It's an unavoidable fact: No one can predict the future with 100% accuracy. The key is to be prepared for whatever comes, planning is key.

## South Shaganappi Study: You shared ideas. We developed concepts. Let's evaluate.

The City of Calgary is continuing to conduct a transportation corridor study to explore the future design for the south end of Shaganappi Trail.

As part of Phase 2: Concept Development and Analysis, we are asking Calgarians to evaluate the preliminary concepts against the study's objectives and community values developed in Phase One: Project Initiation and Definition. We will then use the evaluation, along with additional technical review, to identify a set of recommendations for Calgarians to provide feedback on in Phase 3: Preferred Concept Selection in spring 2017.

Join us at the November open house or provide your input online.

**Public Open House**  
**Thursday, November 24, 2016**  
**5:30 to 8 p.m.**

**Foothills Academy, Wellness Centre - 745 37th St. N.W.**

**Provide input online at [calgary.ca/southshaganappi](http://calgary.ca/southshaganappi)** Opportunities to participate online will be available around the same time as the events listed above.

Please note: an open house for the adjacent communities of Montgomery, Parkdale and Point McKay has been scheduled in November. This invite-only event provides those with homes and businesses in close proximity to the study area an opportunity to participate in the same event with others who may share similar perspectives.

To learn more about the study, visit [calgary.ca/southshaganappi](http://calgary.ca/southshaganappi) or call 311.

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# How To Get Mom To Agree To A Pet Lizard!

I always wanted a pet reptile as a child, but like the myriad of other exotic pets I campaigned for, I was never successful in acquiring a snake or lizard. Now as a veterinarian and Mom of two boys I get to vicariously have all kinds of wonderful pets. "The boys wanted it"; this is the story my husband gets and I'm sticking to it. Fortunately with a little research and the help of a fellow lizard lover we became the proud owners of a Leopard Gecko called "Gecky".

Gecky, the Leopard Gecko, is a perfect pet in my eyes. He eats mealworms and crickets that are dipped in a calcium powder. He has a little container of a vitamin-mineral mixture he snacks on and a small water bowl. Room light is sufficient with a small heated pad stuck to the tank bottom providing additional heat he can move away or towards as he needs. Leopard Geckos can't even get out of the tank if the lid is left off by small children. Gecky did have a heat lamp (unnecessary) but that was eliminated when my six-year old tried to burn the house down. This sweet little creature will happily sit on your shirt through an evening of television. A dampened tissue is placed in the corner of the tank Gecky chose to use as his bathroom so cage cleaning is a breeze. This is a fabulous low-maintenance pet for young children with minimal supervision during handling periods. It is really gross when the tail falls off and twitches around for a while but they grow back.

Why did I say fortunately we picked a Gecko earlier? A neighbor asked us to babysit their Bearded Dragon, Steve. I have treated these wonderful attractive lizards but never kept one. Theory is easier than practice!

Steve arrived in his massive aquarium equipped with under tank heater, heat lamp, and two lights on a twelve hour cycle providing full spectrum lighting. There are multiple electronic thermometers to ensure the proper temperature gradients between 85 to 100 degrees F. Not the most attractive setup. Bearded Dragons are omnivores. So in the morning I cut Steve's veggies and fruit into pieces "smaller than the distance between his eyes". Then there was his daily quota of mealworms and crickets. Did I mention the cricket tank with over a hundred large live SINGING crickets?

Steve poops. He poops once a day and it needs to be removed immediately. I have treated thousands of animals of many, many species and I have worked in a pathology laboratory with animals in various stages of decomposition. I have to say the stench of Bearded Dragon poops elevate their owners to martyrs. Even after disposal it lingers in your nostrils and sinuses for hours. So Steve, I did like you, especially when you charged around your cage with your tail arched over your back gobbling up crickets. I liked to cuddle you Steve, but I was glad to see you go home.

If you are considering getting an exotic pet don't limit your research to learning about the care and needs of these creatures from books. Talk to people who actually own the exotic pet you're considering. Try to get a look at the set-up and even babysit as we did. Join TARAS, the Alberta Reptile and Amphibian Society. We won't be getting a Bearded Dragon but I hope the boys consider a cockatiel one day, I have always wanted one...

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



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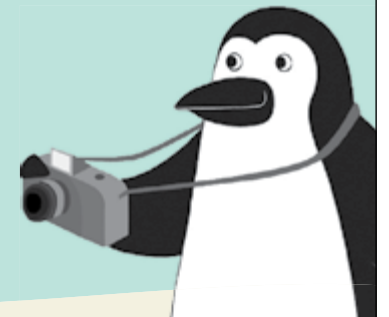
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2016-2358

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7PM MEN'S HOCKEY

@ FLAMES COMMUNITY ARENAS

THURSDAY, NOVEMBER 10

6PM MEN'S AND WOMEN'S BASKETBALL

@ MOUNT ROYAL UNIVERSITY KENYON COURT

FRIDAY, NOVEMBER 18

7PM WOMEN'S HOCKEY

@ FLAMES COMMUNITY ARENAS

SATURDAY, NOVEMBER 26

5PM MEN'S AND WOMEN'S VOLLEYBALL

@ MOUNT ROYAL UNIVERSITY KENYON COURT



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

Janine Rea, BA Economics

### Key Points:

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

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

### Help secure your family's future

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

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

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

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

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

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

### Start now

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

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

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

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

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

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

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

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

## IN & AROUND SCHOOLS

### St. Michael School Christmas Craft Parade

St. Michael School  
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## BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 26

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## IN & AROUND CALGARY

### Calgary Southwest Events

#### Remembrance Day at the Military Museums

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

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

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

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

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

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

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**CALGARY PUBLIC  
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#### Winter Word Fair

Kickoff the holiday season with Calgary Public Library's Winter Word Fair—your one-stop bookish Christmas shop featuring unique vendors, entertainment, and refreshments.

Take advantage of the Library's in-house expertise to buy great reads during the most popular book-giving period of the year.

Get there early! The first 50 people get an opportunity with a personal shopper, who will match you to the perfect reads for everyone on your list, and your very own gift bag to fill with incredible bookish gifts.

#### Central Library

Thursday, December 1 | 5:00 pm–8:00 pm  
Everyone welcome!

#### Calgary Public Library Foundation Tours

The Library has 18 community libraries across the city—how many have you visited? Join the Calgary Public Library Foundation for a series of free one-hour tours that provide a special behind-the-scenes look at many of the features, programs, and benefits at each unique location.

You'll hear about a patron's personal experience, learn about what's planned for the future, and be taken on a tour led by Library staff. You'll leave with a new perspective on your local library!

To register, visit [LibraryFoundation.eventbrite.com](http://LibraryFoundation.eventbrite.com) or call 403.260.2631.

#### Library Updates

The Library will be closed Friday, November 11, for Remembrance Day.

The Children's Library at Village Square Library has been completed and is open for play and reading! Your kids will love the brand-new vibrant and interactive Early Learning Centre!

Renovations to the Nose Hill Library have been completed. Make sure to drop by and see the revitalized space!

The November/December *Library Connect* is now available. Pick up your guide to the Library's free programs and events at any community library, or download a copy at [calgarylibrary.ca](http://calgarylibrary.ca).

# Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to [W@great-news.ca](mailto:W@great-news.ca)

# BRAIN GAMES SUDOKU

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Nov 7

Full Moon  
Nov 14

Last Quarter  
Nov 21

New Moon  
Nov 29

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As fall is now upon us, I would like to extend an invitation to you and your family to join me for my **Open House** on November 16<sup>th</sup> 2016 from 4:30 to 6:30pm. The Open House is at my office Suite 234, 333 Aspen Glen Landing SW (above the CIBC in Aspen Glen Landing). Please RSVP to Calgary.West@assembly.ab.ca.

Each day I hear new stories of our friends and neighbours who continue to be affected by the downturn in oil prices. I recognize how stressful this time is for many families in our community. The PC caucus in Edmonton continues to work daily on your behalf, to encourage the NDP government to send strong signals to industry that Alberta is a place to invest. Although we may be in a downturn now, we urge the NDP to use this as an opportunity to encourage companies to invest in future projects and to do whatever is possible to keep Albertans jobs in place. With legislative policy like the carbon tax and climate change plan, the NDP continues to proceed down a dangerous path.

When I am listening to Albertans, I hear their stories of resourcefulness and that can-do spirit that has kept Alberta going through similar periods. I believe strongly that Albertans are resilient and tough. I remain very confident this period of difficult time will pass.

If you have any suggestions or concerns, I would be pleased to hear from you as your MLA. Please call my office at 403-216-5439 or email Calgary.west@assembly.ab.ca or join us at our Open House.



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Canadians are very fortunate to be able to live in a free and democratic society which has been made possible due to the sacrifices of those who came before us and fought for the freedoms that we are fortunate to enjoy today. On November 11th each year we honor and recognize the countless men and women who risked their lives to protect and defend ours.

In our constituency there are numerous Remembrance Day Ceremonies held as well as throughout the city and I invite you and your family to attend one close to you. I have included information about a few ceremonies below.

Last year I had the honor of representing the Canadian Government at the 100th Anniversary Commemoration of Battalion Park at 3001 Signal Hill Dr. S.W. The fifth annual ceremony will occur there again this year with ceremonies beginning at 10:30 a.m.

This year I have the pleasure of participating in the ceremonies hosted by the Bowness Community and the Canadian Legion Bowness Branch #238 located at 7904 43 Ave NW starting at 10:45 a.m.

Across the city there are several additional public ceremonies that take place. Central Memorial Park, Calgary's oldest park, hosts a Remembrance Day ceremony. Remember fallen soldiers in front of the First World War statue (located in front of the library) and the Boer War Memorial equestrian statue. This ceremony includes a parade with the Calgary Highlanders.

The largest ceremony is held at the Southern Alberta Jubilee Auditorium. This Remembrance Day ceremony is free and open to all, but try to get there close to 9:30 a.m. when the auditorium doors open as seating is assigned and tickets are issued on a first-come, first-served basis. This ceremony includes the laying of wreaths by political, veterans, military, civic and community organizations. Depending on the weather, there is also a march outside the west side of the auditorium after the ceremonies end. The 75-minute service begins at 10:30 a.m.

Leading up to November 11th ceremonies there are many programs that serve to recognize soldiers, one being at the Field of Crosses, a Canadian Legacy Project. Each year,

more than 3,000 white crosses are displayed along Memorial Drive to symbolize the roughly 3,000 soldiers from Southern Alberta who have died in action in various conflicts since the WW1. Visit the site at any point to read the names, ranks, regiments, date of death and age of death of the Southern Albertan soldiers killed in action. For a truly moving experience, visit at sunrise or sunset for the flag raising ceremony that takes place daily, or attend the Remembrance Day service.

Also, on Remembrance Day you are invited to take a free guided tour of the 13-hectare Burnsland Cemetery and learn more about some of the heroes that were laid to rest here. There are more than 22,000 buried at this cemetery, including many of Calgary's veterans from the First World War. This tour is also an opportunity to reflect on the Canadian Military and RCMP traditions. The tour begins at 2 p.m. and runs until 3:30 p.m.

In November I encourage you to proudly wear the red poppy to honor the veterans and soldiers that sacrificed their lives to ensure our safety and on the 11th if you are unable to personally attend a Remembrance Day ceremony, I ask that at 11:00 a.m. you take a moment of silence and reflect on those who led the path to the freedoms and privileges that we all enjoy in this great country, Canada.



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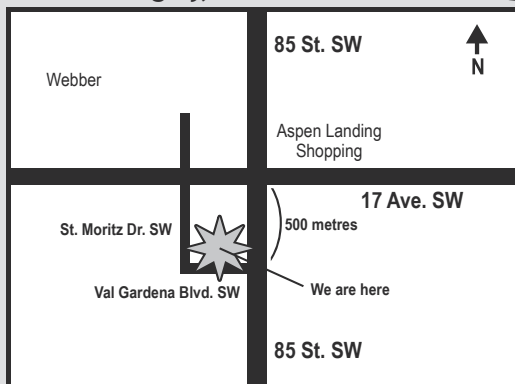
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Please join your neighbours and the King's Own Calgary Regiment on Friday, November 11, 2016 for our fifth annual Remembrance Day ceremony at Battalion Park. Battalion Park, originally named Camp Sarcee in 1915, commemorates the soldiers who trained here for the trench warfare of World War I. Members of the Calgary, Lethbridge, Central Alberta and Edmonton battalions hauled over 16,000 stones onto the hill to form the numbers 137, 113, 151 and 51, representing the regimental numbers of their battalions. In 1991, after members of the 137 Battalion lobbied to have the stones declared a historic site, Battalion Park was opened.

We worked with the Parks Foundation, Signal Hill Community Association, and City administration to declare Battalion Park a designated Municipal Historic Resource



on July 27, 2015. For last year's 100<sup>th</sup> Anniversary ceremony, I supported our application for a Federal Historic Designation of this site, and we hope to honour this designation during Canada's sesquicentennial with you next year. We hope you can join your community in a moment of silence to reflect on the sacrifices made by these brave Canadians.

**Date:** Friday, November 11<sup>th</sup>, 2016

**Time:** 10:30 am

**Location:** Battalion Park at Signal Hill

### Access

- We encourage you and your family to walk to the ceremony. Pedestrians can access from Signal Hill Drive until 10:30am. No parking available on Signal Hill Drive SW.
- Parking will be available in designated locations at the Signal Hill Shopping Centre. Attendees will then continue up the stairs behind Lowes to the ceremony site.
- For attendees needing assistance, please proceed to the 'Assistance Drop Off Zone' on the east side of the parking lot where volunteers will be able to transport you to the ceremony site.
- You can also contact our office with any assistance request or for more information at 403.268.1646.

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ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
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
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Calgary Parking Authority	403.537.7000
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Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
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**Deadline – 1<sup>st</sup> of each month for the next month's publication**

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

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

**FREE ENGLISH CONVERSATION CAFE (ESL) AT THE SCA COMMUNITY CENTRE.** Practice speaking English at this fun conversation class for adults provided by St. Martin's Anglican Church. Tuesdays 9:30-11 am September 13 - December 13, 2016. All welcome. Contact Laura at 403-612-9949 or email [community.stmartins@yahoo.ca](mailto:community.stmartins@yahoo.ca) for more info or to register.

**COOKING WITH FRIENDS** - a fun cooking class where we share recipes, cook together and have lunch with new friends. All Welcome. Childcare available with pre-registration. Thursdays, 10:30 - 1 pm, September 15 - December 8, 2016 at Knox Presbyterian Church. Contact Laura at 403-612-9949 or email [community.stmartins@yahoo.ca](mailto:community.stmartins@yahoo.ca) for more info or to register.

**LOVE TO SING?** Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see [www.vocalatitudes.org](http://www.vocalatitudes.org).

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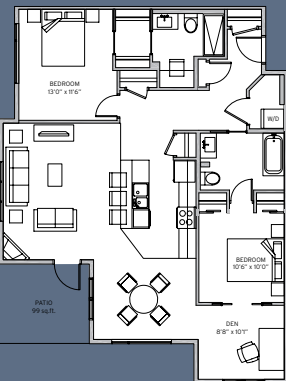
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