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CONTENTS

My Babysitter List	7
Signal Hill Real Estate Update	8
SCA Real Estate Update	10
When a Child Falls Behind	12
At a Glance	18
Do you tip the pizza delivery guy or gal?	21



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Living In A Man's World

by Elisabeth Fayt

One thing I look forward to each year is the annual Book Fair in a little lake town where I spend my summer vacations. They cram the local town hall with used books at bargain prices, so I always manage to fill two boxes or more. I figure, if I get at least one good life-changing quote, I've gotten my money's worth. And there it was, a self-help book for women on "How to Thrive in a Man's Environment" filled with pointed advice on how men would like women to communicate with them, such as this nugget: "Spare me the pain, just give me the baby."

What a message, loud and clear. Men just want the facts, Jack. The problem is, as women, we love to do this seductive pole dance around the punch-line, keeping our listener captive with every detail before we get to the point, if we ever get there. Shocker, ladies, this drives our men crazy!

Let's face it, men and women are different. The good news is, we weren't designed to drive each other crazy. What I've learned spiritually is that our goal is to find a balance between our two natures. For men, it means loosening the grip on *reason* long enough to *feel*, and for women it means getting off the emotional train ride long enough to *reason things out*. It's a delicate juggle between heart and head.

It can be done, and we grow spiritually the more we're able to combine the two. It happens with practice, with of our bosses, partners and friends, so bring on those relationships that push your buttons and take you to the next level.

Westhills mybabysitterlist

Name	Age	Contact	Course
Allison	15	403-475-3122	Yes
Brianna	13	403-686-1717	Yes
Brooke	14	403-212-1014	Yes
Brooke	18	403-874-3111	Yes
Destynnee	14	403-875-3069	Yes
Elizabeth & Michelle	20	403-918-2035	No
Hannah	12	403-246-6578	Yes
Izzy	15	403-863-1453	Yes
Izzy	16	403-863-1453	Yes
Izzy	16	403-863-1453	Yes
Jayde	17	403-481-3315	Yes
Karl	15	403-212-1014	Yes
Kyla	14	403-217-0282	Yes
Lauren	15	403-217-3249	Yes
Makayla	17	587-888-9389	Yes
Megan	18	403-266-4610	Yes
Nabila	47	587-215-2673	Yes
NEGIN	42	403-217-5778	Yes
Olivia	17	403-246-0203	Yes
Priya	17	403-471-1033	No
Rahell	14	403-999-2851	Yes
Sarah	16	403-702-5549	Yes
Sarah	16	403-702-5549	Yes
Sophia	13	403-708-0601	No
Yasmin	15	403-402-9244	No
Yena	20	403-479-7911	Yes

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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
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
October 2015	\$651,950.00	\$635,750.00
September 2015	\$699,000.00	\$675,000.00

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

	No. New Properties	No. Properties Sold
August 2016	9	8
July 2016	17	10
June 2016	12	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
October 2015	10	10
September 2015	14	11

To view the specific SOLD Listings that comprise the above
MLS averages please visit signal_hill.great-news.ca

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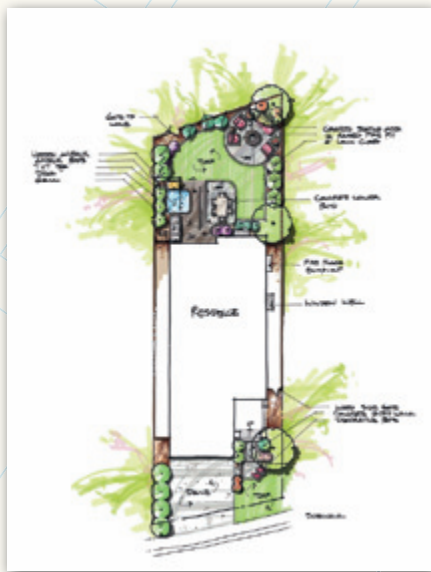


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SCA Real Estate Update

Last 12 Months Strathcona Park
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
October 2015	\$656,500.00	\$625,000.00
September 2015	\$679,900.00	\$659,000.00

Last 12 Months Christie Park
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
October 2015	\$699,900.00	\$675,000.00
September 2015	\$964,900.00	\$960,000.00

To view the specific SOLD Listings that comprise the above
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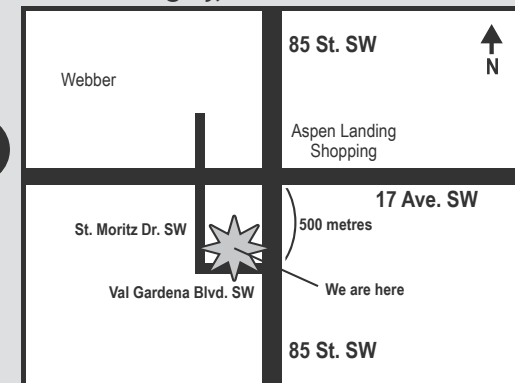
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WHEN A CHILD FALLS BEHIND:

TIPS FROM A PSYCHOLOGIST & FORMER TEACHER

By Joyce Achtnig BEd, MC, CCC, Provisional Psychologist & Canadian Certified Counsellor

What Can You do if Your Child is Struggling in School?

Is your child underachieving academically? Or do you think your child may be gifted and is underachieving due to boredom and lack of challenge? Parents and teachers are often the first to voice concerns regarding a child's struggles and need for help. When teachers suspect that issues like Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), or a learning disability may be at the root of a child's challenges at school, they will often recommend a psycho-educational evaluation. Current research demonstrates that early identification, understanding, and appropriate intervention is the key to a child's success.

What are School Psycho-educational Assessments and What Benefits do They Offer?

It is understandable that many parents are unclear about exactly what a psycho-educational assessment is when school staff or a physician recommend it. A psycho-educational assessment will evaluate your child's thinking/reasoning abilities and underlying psychological processes (e.g., attention, processing, fluid reasoning, memory). It also assesses academic achievement (e.g., expressive and receptive language, reading, writing composition, math), social development, emotional functioning, and behaviour. This is generally accomplished through standardized testing, informal assessments, interviews, questionnaires, observations, and review of previous records or reports.

The end result is a rich and comprehensive assessment that helps parents and educators by making sense of a child's struggles and uncovering his or her strengths. A psycho-educational assessment is a powerful tool because it creates a more accurate and complete picture of your child that can change the way your child is perceived and ensure that appropriate resources, educational programming, and accommodations necessary for success are recommended. In addition, information in the assessment may also be used to qualify the child for disability services, or to guide physicians in choosing appropriate medication, etc.

How Can Parents Obtain a Psycho-educational Assessment?

Parents may ask the school to complete a psycho-educational assessment; this is done by school board psychologists, at no cost to parents. Unfortunately, there are waitlists and only the most severe or in need students will qualify for the few assessment opportunities that have been allocated to each school for that year. The fastest way to obtain an assessment for your child is to use a psychologist in private practice; we can usually book an appointment in less than a month, and have the report completed between four to six weeks after testing. In Calgary, the cost for a psycho-educational assessment ranges from approximately \$1,400 to \$2,800, depending on the psychologist you choose and the assessment tools and time required. In many cases, a parent's insurance plan through work can pay for at least some of this expense.

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How Accurate Is Your Body Image?

By Carol Fredrek, Registered Psychologist

Do you measure your self-esteem by how you look or find yourself preoccupied with your weight, letting the numbers on the scale define who you are? Do your relationship to food and your body interfere with your life or prevent you from enjoying everyday activities?

Body image and weight obsession in our culture is rampant. According to the article 11 Facts About Body Image "91% of women are unhappy with their bodies and resort to dieting to achieve their ideal body shape". www.dosomething.org

Body image exists on many levels:

- 1. Visual** – how you see yourself when you look in the mirror or when you picture yourself in your mind.
- 2. Mental** – what you believe about your appearance.
- 3. Emotional** – how you feel about your body, including your height, shape and weight.
- 4. Kinesthetic** – how you sense and control your body as you move.
- 5. Historical** – a lifetime of experience including pleasure and pain, praise and criticism.

Your body image is always changing as your body changes with age or illness, hunger or fatigue. Your feelings, attitudes and values are so easily shifted by external factors. A slight comment by someone such as "You look great today. Have you lost weight?" or "Perhaps those black pants would be more slimming" can alter your body image. Stepping on the scale in the morning can determine how you feel about yourself for the day.

Negative Body Image: Body Loathing

- You have a distorted perception of your shape.
- You are convinced that only other people are attractive and that your body size or shape is a sign of personal failure.
- There is a feeling of preoccupation and dissatisfaction with your appearance.

- You feel ashamed, self-conscious, and anxious about your body.

Positive Body Image: Body Love

- You have a clear, true perception of your shape.
- You experience a mixture of emotions, attitudes and actions that let you enjoy the way your body looks and the way it feels.
- You celebrate and appreciate your natural body shape.
- You feel proud and accepting of your unique body and refuse to spend an unreasonable amount of time worrying about food, weight and calories.
- You feel comfortable and confident in your body.

Body Loathing to Body Love

First it is important to understand the relationship between body image and self-esteem. Poor body image has very little to do with how you actually look. Studies have shown that there is very little connection between a woman's actual physical attractiveness (as rated by others) and her satisfaction with body image. In addition, there is little connection between physical attractiveness and feelings of self-worth.

A self-esteem survey was given to both attractive and unattractive people and their

scores were very similar; however, there is a strong relationship between body image and self-esteem. What this means is that despite appearance, people who view their bodies positively also tend to have higher self-esteem. On the contrary, those who see their bodies negatively are apt to have lower self-esteem. (Freedman, R. 1988)

Body Love is not about making a perfect body but rather about being in this world contentedly in an imperfect one.

Carol Fredrek, MA, R. Psych. is a Registered Psychologist that has worked in the areas of women's issues, disordered eating and body image for over two decades.



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OCTOBER

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

September 21 to October 2 - Calgary International Film Festival (CIFF): The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com

October 1 - A Little Light Music: This is a chamber music concert with a special focus on well-known Canadian composers. There will be a fun, playful line-up of music in this concert with everything from A Little Light Music to Viva Gershwin. www.scpa.ucalgary.ca/events/little-light-music

October 6 - An Evening With Bethany Hamilton, Soul Surfer: Bethany Hamilton has become a source of inspiration to millions through her story of determination, faith and hope. Hear Hamilton discuss her surfing career and her charitable contributions in this inspirational talk. www.ticketmaster.ca/event/110050A6A6225E87

October 7 to 8 - Disney In Concert: Tale As Old As Time: Start Thanksgiving weekend with some classic Disney tunes performed by the Calgary Philharmonic Orchestra. The popular Disney songs from these films are played alongside clips from the movies. www.calgaryphil.com

October 11 to 29 – Boom: Using images and video, the show explores the musicians, politicians and cultural icons around from 1945 to 1969 that shaped the baby boom generation. www.theatre Calgary.com

October 12 to 15 - Intensional Particle + Split Flow: Hiroaki Umeda is a Japanese multi-disciplinary artist. He's a dancer, a sound, image and lighting designer, and a choreography. He brings two new solo shows to Theatre Junction. www.theatrejunction.com

October 14 to 29 – Fluid Festival: This year marks the 11th Fluid Festival, and just like the inaugural event, this year's Fluid Festival will celebrate dance and physical performance. www.springboardperformance.com

October 15 - Calgary Stampeders PinkPower Game: This football game joins in the fight against women's cancers. Arrive early to the game to purchase limited edition PinkPower merchandise, then watch the Calgary Stampeders take on the Montréal Alouettes. www.stampeders.com

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STEP INTO FALL

Are you thinking of becoming more active? The University of Calgary is recruiting volunteers for a 12-week physical activity study.

- To participate you must be:
- 18 years of age or older
 - Exercising less than 3 days per week
 - Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact:
Research Coordinator
403.210.7044 or perryr@ucalgary.ca



Ethics ID: REB15-2944
This study has been approved by the University of Calgary
Conjoint Health Research Ethics Board.

IN & AROUND CALGARY

Urban Planning Made Fun and Easy!

Are you curious about the urban planning process in Calgary? Do urban planning terms make your head spin? Do you want to know what a development permit is? If you've answered "yes" to any one of these questions, we have the right tool to help you!

The Federation of Calgary Communities is pleased to introduce our newest resource: Planning Cue Cards. Planning Cue Cards are the absolute beginners guide to the urban planning system in Calgary in fun and easy way! The cue cards will help you understand planning acronyms, the hierarchy of planning policies, implementation tools, and more.

These versatile cue cards are great for both the beginner to jump right into, or for the mature planning representative who needs a brush up on their knowledge. They are available for purchase at the extremely affordable price of only \$5 a set, and can be purchased in sets of one, five or ten in our online store at calgarycommunities.com/online-store.

Need a bit more convincing? Read a testimony from Bryan Ellert of the Downtown West Community Association:

Thank you for developing the Planning Cue Cards! I think you did a great job of making the planning hierarchies more understandable. In my view, the cards help make it a lot easier for members of communities to understand the "big picture" planning policies and where their work needs to "fit in" to help them achieve their goals.



Do you tip the pizza delivery guy or gal?

If so, how much? Below are some facts and figures to help you out.

Tom Allum

If you get food delivered, whether it is Chinese, pizza or your standard fare, there normally is a delivery charge. The amount of the delivery charge varies from each establishment but is normally between three and four dollars per trip. This amount usually goes to the driver at the end of each shift. The driver supplies their car, fuel and insurance and maintenance. 99% of drivers are on contract basis only. They average 12 trips per shift. This equals \$42.00 for a five to 10 hour shift. Not including tips if any.

Most pizza places have a defined area of delivery which is about eight kilometres to the furthest delivery point. With an average of five kilometres one way per trip, and round trip equals of 10 kilometres. The government (CRA) allows independent contractors a 0.54 cent per kilometre allowance. At 120 kilometres per shift this equates to the driver going into the red for about \$20. So why do it? Most do not make enough to pay rent or even claim the 0.54 cent allowance. Most drivers pay out approximately \$15 for gas per shift which to them equals a positive cash flow of \$27 per shift. (Not including tips, if any.)

Which brings us to the question of do you tip or not and, if you do, how much? There are of course no set guidelines, established rules or common practices such as in

sit down restaurants. (Restaurant staffs expect 10 to 20% of your total bill as a tip which they normally share.)

So what should you tip? But, before we get to that, let's explore some of the demographics regarding pizza deliveries and how different groups tip.

Office staffs ordering during the day often tip a minimum of 15% or \$10. I am sure they do not want to look cheap in front of their coworkers and most can expense this. Senior citizens always tip (there are a few exceptions) normally \$5 and sometimes as little as \$2. Low income do not tip well at all although some do make an effort. People who live in million dollar homes are normally not good tippers. Working class people normally are the best tippers. College and high school students are very poor tippers (unless ordering from a party).

And the big one - women are better tippers than men (although there are exceptions).

A decent tip would be minimum of \$5 -\$10 for orders up to \$50, \$10 to \$15 for orders up to \$100, anything over a \$100 a minimum of \$20 would be nice.

So they do it for the cash and the tips. Some are retired and cannot live on the amount they receive; others cannot find a steady job or are limited due to personal circumstances that prevent full time employment.



BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 30

Registration, September 7th, 2016 7 - 8:30 pm
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Canadian Cancer Society
Société canadienne du cancer

Harvest summer's fresh bounty

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

There's no better time of the year than now to eat more fruit and vegetables.

Alberta summers offer a bounty of fresh produce. You name it; this season's got it – cucumber, carrots, summer squash, sweet corn, strawberries, blackberries, cherries and more.

It should come as no surprise that eating plenty of vegetables and fruit is good for your health. But did you know a diet that includes a variety of produce helps to reduce your risk of developing cancer?

Research has shown that vegetables and fruit may help protect against certain types of cancer, such as head and neck, esophageal, stomach and cervical cancers. And, because produce is low in calories and high in fibre, eating a variety of fruits and vegetables can help you reach and maintain a healthy body weight, which in turn helps to reduce your risk of developing cancer (being overweight or obese puts you at a higher risk of cancer).

You can't go wrong with eating more fruit and vegetables. They're good for you, and delicious too.

Here are some Canadian Cancer Society tips to help you add more fruit and vegetables to your diet:

- Prepare a weekly meal plan and shopping list that includes plenty of fruits and vegetables. This way you know how you'll use all that produce so it won't go to waste.
- Make a veggie version of your favourite pasta, pizza, curry or chili. You could even try having meat-free meals for an entire day once a week.
- Fire up the barbecue and grill fresh fruit slices such as peaches and pineapple for a healthy, sweet dessert.
- Go for a rainbow of colour. Different coloured veggies and fruit provide different nutrients.
- Think of vegetables and fruit as natural convenience foods. Bananas, apples and oranges all come in their own packaging and can be eaten on the go. So can most raw veggies.
- Liven up the food you eat with crunch and colour. Put tomatoes, cucumber, peppers and radishes in sandwiches, berries in yogurt or cereal, and extra vegetables in pasta, rice, stir-fries and soups.
- If time is an issue, buy packages of pre-cut carrots, peppers, leafy greens or mixed fruit to make life and cooking a little easier.

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Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

What's new at the CBE

The beginning of a new school year is always an exciting time. It's a time when friends reconnect with friends, teachers welcome new and returning students and we set out our shared goals and objectives for the year.

Opening new schools

This year is particularly exciting as we're opening an unprecedented number of new and replacement schools while updating others with new equipment and modern classroom configurations. All of this construction is expected to ease the space crunch for the over 118,000 students we are welcoming this year, while opening up new learning possibilities in our schools.

With all of these openings, there will be changes throughout the year for students and staff. Some of our existing schools will have fewer students in September as many students will be attending a new school in their community. Even if your community isn't impacted by students leaving, your schools may be welcoming a new principal, teachers or support staff. Certainly, every school will welcome new students! We are working together to ensure we make the transition as welcoming and positive an experience as possible for everyone.

To learn more about our new schools and our ongoing construction projects please visit cbe.ab.ca/newschools.

Building a new approach to community engagement

The CBE is committed to involving people in decisions that affect them. To do this more effectively, we have developed a new system-wide approach to commu-

nity engagement called the Dialogue Framework. This framework will help us plan engagement activities on topics that we know are important to our staff, parents, students and other community members. In addition to gathering input on building the framework last school year, we also connected with people on transportation services, schools impacted by the opening of new schools, our budget and more. We heard from thousands of people and your perspectives have helped us develop plans for the future. You can expect to hear more about these engagements and opportunities to share your perspectives this fall as we continue to involve you in issues that affect you or your family. We all have a part to play in the education of our young people and by working together, we can make a difference for our students and our community.

For more information on CBE's community engagement initiatives, please visit cbe.ab.ca/dialogue.

We look forward to another great school year at the CBE. The start of the school year is an exciting time, especially for families with students beginning school for the first time. We look forward to meeting you! Welcome back to all of our returning students and staff members. We hope you had a restful summer and are ready for an exciting year of learning.

If you are interested in learning more about how the Board of Trustees advocates to protect public education and student success, we'd love to speak with you. Contact us at boardoftrustees@cbe.ab.ca

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The Course of the Elbow River

Ever wonder where the water in our Elbow River comes from and where it goes? A new map developed by Canadian Geographic Education and the Lake Winnipeg Foundation under the OPEN Water Program answers that question.

The meandering Elbow River is just 120 km long but is part of the vast, million square kilometer, Lake Winnipeg watershed that spans 4 provinces and 4 states. The river and its valley was formed toward the end of the last ice age, some 12,000 years ago.

The source of the Elbow River is the Rae Glacier, so named for Dr. John Rae, a Scottish explorer hired by the Hudson Bay Company to survey 2500 km of arctic coast. In 1847 Rae discovered the fate of the Franklin Expedition, and it was Rae, not Franklin, that found the final link to the North West passage. In 1864 Rae's last main survey was for a route for a telegraph line through the Rockies.

About 600 meters downslope from the glacier, sits the pristine Elbow Lake in the upper Elbow Valley below El-

poca Mountain. Here the Elbow River watershed is 40 km wide, narrowing to 5 km past the Glenmore Dam and just 1 km where it empties into the Bow. The glacier is retreating at a rate of 6 meters per year, but the river is fed by snow melt and storm water; sometimes extreme, like we saw in 2013.

The Elbow's water joins with the Bow River at Fort Calgary, then the Bow joins the Oldman River from the south, just west of Medicine Hat, forming the South Saskatchewan River. The South and North Saskatchewan Rivers merge near St. Albert, Saskatchewan, ultimately flowing into the north eastern region of Lake Winnipeg.

So untreated water moving over inner-city Calgary roads and properties, can reach Lake Winnipeg, more than 1,800 kilometres away, in as little as two to three weeks. After that it moves north, ultimately mixing with the salt water of Hudson Bay.

Lake Winnipeg is the 10th largest freshwater lake in the world. Threatened by the waste of millions of people, agriculture and industry in the watershed, symptoms of the lake's ill health are toxic algae blooms, invasive species, impacts on the fishery, beach closures, drinking water advisories and so on. Hands-on citizen science and education initiatives like this new map, supplement research and efforts to clean up the lake.

Sources: lakewinnipegfoundation.org, cangeoeducation.ca, and "Mountains to Metropolis" by Diane Coleman (2014).

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. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus



IN & AROUND CALGARY

Alberta Health Services EMS

Back to School safety

Alberta Health Services EMS would like to remind parents and children about a few 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 a cell phone, texting, or any other behaviour 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, 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;
- When activating overhead crossing lights, pause and make eye contact with all drivers before stepping off the curb. This is to ensure that motorists in both directions have seen you and 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 vehicles 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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Calling All Neighbours!



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Plant Trivia



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 Calgary, Alberta T3H 0V5
 Phone: 403-292-6666 • Fax: 403-292-6670
 Email: ron.liepertC1A@parl.gc.ca

Summer is coming to a close which means routines are going back to normal not only for all the students but also for me as your MP. The time in Calgary and in the riding has given me a chance to speak with a great number of you and I appreciate input on your concerns and counsel. You can be assured that I will be taking your feedback with me to Ottawa as the new session of Parliament begins.

First let me start this message by asking if you would consider allowing me to send updates in occasional emails to you in my role as your MP. Our office has a list of emails that constituents have consented to for that purpose, which we use **very sparingly** (last parliamentary session, we used the list a total of four times). If you'd like to be included in those updates, please visit www.ronliepert.ca to sign up, or call 403-292-6666. If you feel that the messaging is too frequent or not relevant you can unsubscribe at any time. I am also on Facebook and Twitter if that is more your style.

We are expecting a very full fall session, as the Liberal Government presented an ambitious slate but did not have a lot of success in actually getting much of that legislation passed last year (less than 50% of the Government's bills passed). That backlog, plus a new set of priorities has made for a very full order paper.

One of the biggest issues ahead is electoral reform. As you've likely heard, the Liberal Government wants to change how you elect your MPs. I am not opposed to the study of electoral reform and look forward to the work of the committee examining changes to our electoral process. I do feel, however, that if substantive changes to how we elect our Members of Parliament are proposed by the committee, then citizens should have a final say by way of a national referendum.

A committee of politicians, no matter what the composition, should never be the sole decider of how politicians are elected.

As a constituent in Calgary Signal Hill, you will be consulted prior to my voting on any matter related to electoral reform. It is my belief that my vote should reflect your views. I will be conducting a consultation similar to the one I did regarding Medical Assistance in Dying to hear from you. Watch your mailbox and voicemail (and email if you are signed up) for more details soon.

IMPORTANT NUMBERS

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Alberta Health Care	403.310.0000
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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
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- ◆ 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 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 for more info or to register.

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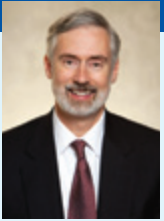


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www.calgary.ca/ward6 •

Hello,

It was great to visit with many of you this summer at Stampede and community events across Ward 6. As our vacation time winds down and school goes back into session, routine daily and weekly activities ramp up! I am reminded how traffic management is a big part of getting around the city in a timely manner. The City of Calgary operates a computerized traffic signal management system that allows City traffic engineers to monitor and control the operation of The City's traffic signal network. There are 980 traffic signals in Calgary, 549 of which are connected to the Management Information System for Transportation (MIST). The City's Roads Operation Centre is the facility that monitors, responds and presents real-time information to motorists using:

- Cameras to monitor traffic flow, road conditions and traffic obstructions.
- Systems to monitor and control the operation of traffic signals.
- A website map that shows road closures, road works and other activities impeding traffic flow.
- A FM radio station delivering current traffic information.
- Dynamic signs to inform motorists of traffic problems.
- Bluetooth tracking travel time information.
- Lane reversals.
- High Occupancy Vehicle (HOV) lanes.
- Roving tow truck services.

This combination of technologies gathers real-time traffic information and uses that information to revise traffic signal operation where appropriate and keep motorists advised of abnormal traffic conditions, congestion, lane closures and construction delays. You can complete an online service request to inquire about the timing of traffic signals or call 311.

MIST monitors the traffic signals for proper operation and collects data on traffic flow, such as volumes and speeds from vehicle sensors at the intersections. The signal system interacts with the LRT system, some of the bus routes and some of the fire routes by providing priority for these vehicles. The MIST system can override the normal operation of traffic signals if and when necessary. Special events like hockey games or concerts at the Saddledome with large attendance or even major road construction may require a short term adjustment to the signal timing.

The City continues to take advantage of the construction season, with many projects continuing and moving toward completion. Our calgary.ca/ward6 website is full of up-to-date information that pertains specifically to our Ward including; developments and projects, Council committees and motions, my positions on issues in the media, community specific projects, transportation and road changes, as well as public information events. This ranges from drainage and Water Services projects, new construction in your community, updates regarding issues like secondary suites before Council, to new transportation infrastructure, as well Ring Road updates including open house opportunities and scheduled Councillor Chats.

I will be hosting a Traffic Safety Town Hall event as well as a Councillor Chat this fall in the Ward. You can find me on Facebook or Twitter, @pootmans, and get detailed articles about our biggest projects and issues in Ward 6 to your email every other month. Due to the new anti-spam legislation, to receive information relevant to Ward 6, I need your consent to receive emails from my office. If you are interested in receiving our bi-monthly Ward 6 Report or any other pertinent information that affects the Ward or your specific community, please visit calgary.ca/ward6connect to give consent and sign up!

BRAIN GAMES SUDOKU

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

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