

OCTOBER 2017

DELIVERED MONTHLY TO 8,900 HOUSEHOLDS

your WESTHILLS

BRINGING CHRISTIE PARK, SIGNAL HILL & STRATHCONA RESIDENTS TOGETHER





Clear Water Academy
A CATHOLIC SCHOOL OF INTEGRAL FORMATION



Learn More About One of Alberta's Top Ranked Elementary Schools

BOOK A PERSONAL TOUR
Contact Val Blahut
403-240-7924
vblahut@clearwateracademy.com
clearwateracademy.com



ON OCTOBER 16 VOTE

ESMAHAN RAZAVI
✓
THE RIGHT CHOICE FOR
WARD 6 CITY COUNCILLOR

STRONG ECONOMY SMART DEVELOPMENT WORLD CLASS INFRASTRUCTURE SAFE COMMUNITIES

ESMAHANRAZAVI.CA @ESMAHANYYC ESMAHAN@ESMAHANRAZAVI.CA 403-988-7439



Springbank Hill DENTAL

📞 403.454.4757

- Family and Cosmetic Dentistry
- Evening and Weekend Appointments
- Direct Insurance Billing
- Dedicated Children's Play Area with iPads
- Botox Cosmetic & Therapeutic Treatments
- Start-to-Finish Dental Implants
- Invisalign Clear Braces



New Patients and Emergencies Always Welcome

DIRECTIONS



CONTACT INFO
Dr. Michael Sander, DMD
Springbank Hill Dental
#133 - 7460 Springbank Blvd. SW
Calgary, AB T3H 0W4

T: 403.454.4757
W: www.springbankhilldental.com
E: springbankhilldental@gmail.com

CALLING LOCAL PHOTOGRAPHERS

SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF THIS NEWSLETTER

Please submit your best captioned photos with your name for the photo credit and mention what community you're from. Send to news@great-news.ca. If you'd like to see your work on our social media channels—Twitter and Facebook—submit your social media information as well.



YOUR WESTHILLS

Delivered monthly to 8,900 households and businesses for 3 years!

Advertising Opportunities

403-263-3044 | sales@great-news.ca

Editorial Submissions

news@great-news.ca

All advertisements and editorial submissions must be submitted by the 1st of the month for the following month's publication.

Published by Great News Publishing

Serving Calgary communities for 28 years
87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
Calgary, AB
T2C 2K2

Check out our website:
www.great-news.ca



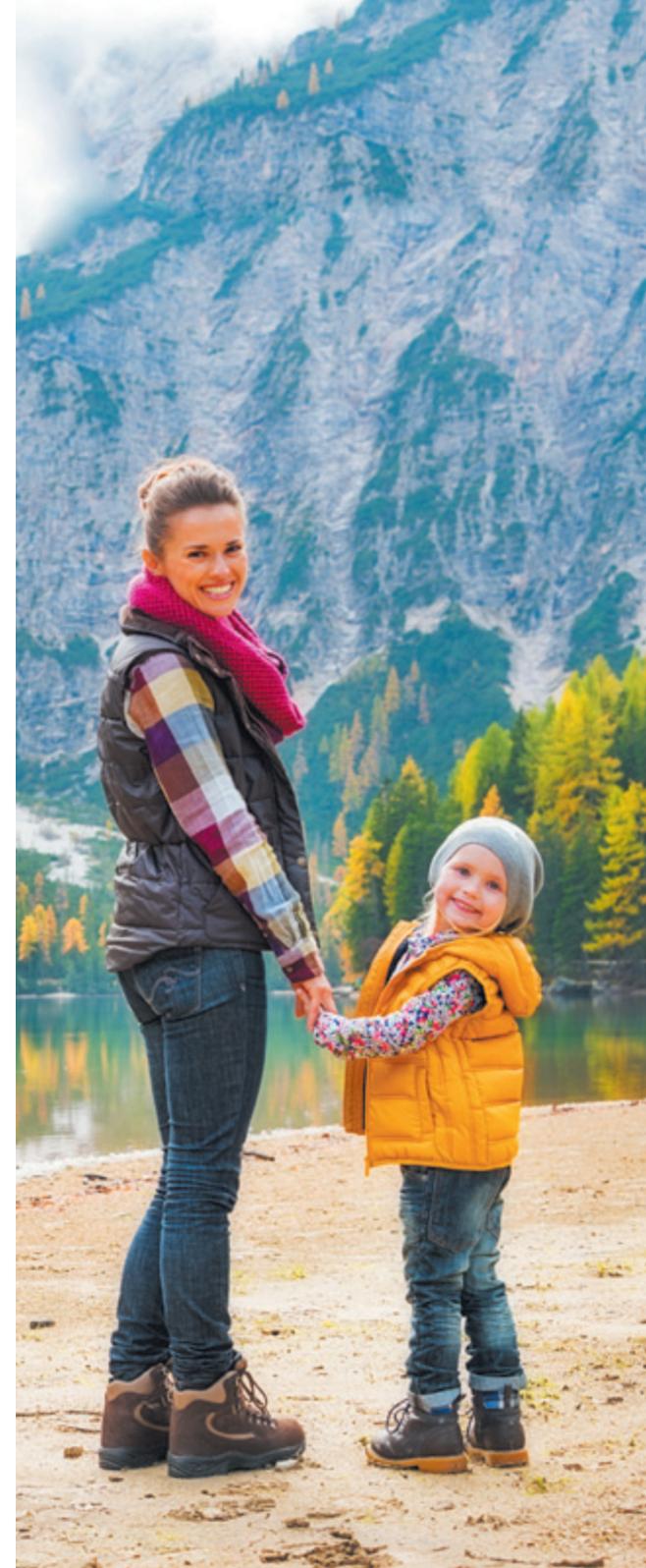
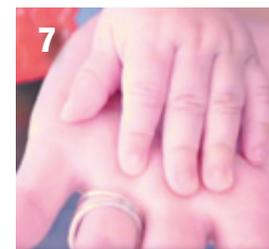
The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing.

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

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

CONTENTS

- 7 RESIDENT PERSPECTIVES: FOSTERING POTENTIAL AND WELL BEING
- 10 PHOTO CORNER
- 15 TAKE ON WELLNESS: DOING SPORT AND EXERCISE BETTER
- 22 TAKE ON WELLNESS: 5 SIMPLE WAYS TO EASE MIGRAINE PAIN
- 23 DOLLARS & SENSE: ARE YOU AN EFFICIENT INVESTOR?
- 25 YOUR CITY OF CALGARY: IMPROVING STORM WATER DRAINAGE
- 26 AT A GLANCE
- 30 BUSINESS CLASSIFIEDS
- 32 MP RON LIEPERT'S REPORT
- 33 MLA MIKE ELLIS' REPORT





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.liepert.C1A@parl.gc.ca

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women’s Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children’s Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	511
Gamblers Anonymous	403-237-0654

RESIDENT PERSPECTIVES



Fostering Potential and Well-Being

Any number of social issues can leave children and youth unable to live at home. Enter Mark and Nancy, foster parents who have cared for more than 65 children in their home over the past 15 years. Children in their care have stayed for a few days, up to a few years, depending on the circumstances, with Nancy and Mark providing each child with support until they are able to return home, are adopted, go live with family, or an alternative permanency plan is in place.

These experiences have proved rewarding not just for Nancy and Mark but for their whole family. “Each of these children have become a member of our family,” says Nancy. To this day they have a number of their foster children come back to visit as adults.

Over the years, Nancy’s philosophy and reasons for wanting to help have remained the same: “Mark and I believe it takes a village to raise a child and we just want to do our part.” Time and again, Nancy has seen that the more individuals who support a child and contribute healthy experiences, the more these children have thrived, preparing them to make a positive impact on the next generation. Even though the youth and children in her care have come and gone, Nancy feels that the connections formed last a lifetime. “I have often said that when a child leaves, they leave a bit of themselves with us, and take a bit of us with them.” Now that seems like a fair trade.

The third week of October each year is Foster Family Appreciation Week: a week dedicated to celebrating the commitment of individuals, like Mark and Nancy, who open their hearts and homes to children in need.

Tenchoe Dorjee works with community to share the positive impact of Foster Care in supporting vulnerable children and youth in Calgary and area.

Sixth Annual Remembrance Day Ceremony at Battalion Park

Please join your neighbours and the King’s Own Calgary Regiment on Saturday, November 11, 2017 for the sixth annual Remembrance Day ceremony at Battalion Park. Originally named Camp Sarcee in 1915, Battalion Park 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. Join us at this important ceremony during Canada’s sesquicentennial, and participate in a community moment of silence to reflect on the sacrifices made by these brave Canadians.

Date: Saturday, November 11th, 2017

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.





Since 2004

**Moisture in your Windows?
Don't replace...RESTORE!**

- ◆ Moisture Removal
- ◆ Caulking
- ◆ Hardware Replacement
- ◆ Weather Stripping
- ◆ Glass Replacement
- ◆ Custom Glass Design

403.246.8805
clearvucanada.com



Signal Hill Real Estate Update

Last 12 Months Signal Hill
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2017	\$675,000	\$665,000
July 2017	\$639,900	\$630,000
June 2017	\$667,400	\$665,000
May 2017	\$714,900	\$712,000
April 2017	\$633,000	\$645,000
March 2017	\$635,000	\$613,000
February 2017	\$595,000	\$578,000
January 2017	\$607,000	\$600,000
December 2016	\$623,900	\$601,000
November 2016	\$660,000	\$635,000
October 2016	\$650,000	\$630,000
September 2016	\$669,900	\$636,500

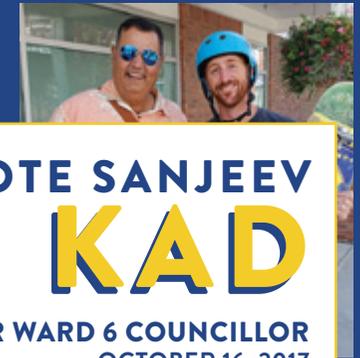
Last 12 Months Signal Hill
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2017	15	13
July 2017	16	9
June 2017	18	16
May 2017	20	15
April 2017	16	15
March 2017	20	17
February 2017	12	5
January 2017	9	5
December 2016	3	10
November 2016	19	13
October 2016	13	13
September 2016	10	8

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

COMMUNITY NEWSLETTER AD SALES

GREAT NEWS PUBLISHING 28 YEARS
Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca
www.great-news.ca



**VOTE SANJEEV
KAD**
FOR WARD 6 COUNCILLOR
OCTOBER 16, 2017

BIG. BOLD. BEAUTIFUL.

Big Stature. Big Ideas. Big Perspective. Big Experience.

Bold Personality. Bold Thinking. Bold Approach. Bold Improvements.

Beautiful Communities. Beautiful Outlook. Beautiful Collaboration.

BEAUTIFUL FUTURE.



KAD IS PUTTING OUT BOLD, BEAUTIFUL IDEAS FOR WARD 6:

- ☑ Improving property tax assessment and reporting
- ☑ Establishing a one-window approach to city services for business
- ☑ Advocate for a jobs audit within the City of Calgary
- ☑ Diverting public arts funding on major roadways to noise reduction
- ☑ Building the city using smart density approaches

Kad is a business man, athlete, and an Indian Scandinavian Canadian. As a Ward 6 resident he has loved raising his family in this area of Calgary and wants to bring his BIG, BOLD, BEAUTIFUL ideas to City Hall.

Kad is a community builder that believes in working hard and playing by the rules – he is loyal and accountable and is passionate about supporting job creators, cutting taxes and measuring results.

LEARN MORE ABOUT KAD'S BIG BOLD BEAUTIFUL CAMPAIGN

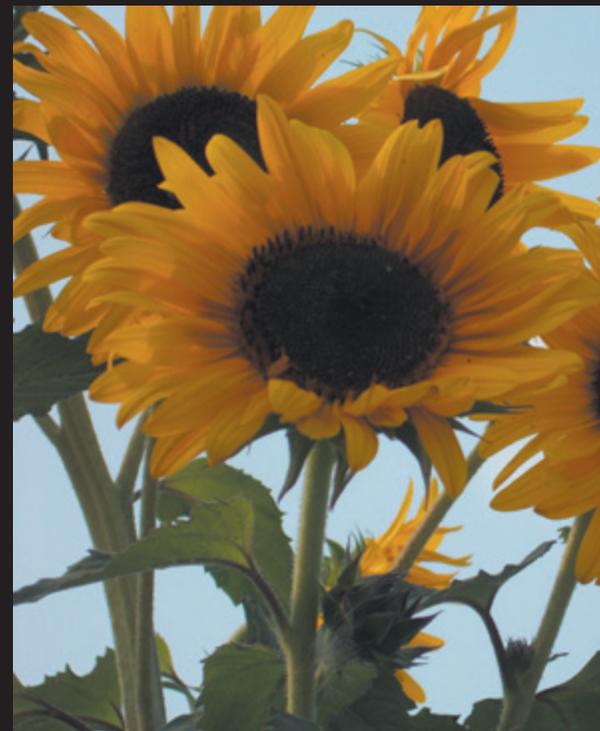
KADFORWARD6.COM @kadforward6



Endless Summer by
Pamela Blanchard



PHOTO/CORNER



Photos by Nyckie Rea



Medically Supervised Weight Loss

At LivLean Calgary we welcome you to begin a lifestyle change for yourself today! As a result of being overweight, have you struggled with:

- Obesity • Slow Metabolism
- High Blood Pressure • Diabetes
- Coronary Heart Disease • Sleep Deprivation • Or Any Other Disorders?

LivLean has an individualized program for you!

- Our Program Includes:**
- Body Composition Analysis
 - Vitals & Hormonal Lab Testing
 - Individual Caloric Intake
 - Weight Loss Injections
 - Program Manual | LivLean Recipe Book
 - Weekly Vitamin B Lipotropic Injection
 - Access to your own MyLivLeanPage and so much more!

GRAND OPENING SPECIAL

\$150 OFF any program!

Expires Oct. 31, 2017



SOUTHWOOD CORNER
#145, 10233 Elbow Drive, SW

ROYAL OAK
#240, 8730 Country Hills Blvd, NW

587-747-0742

LivLean.ca



VOTE ALEX COLUMBOS

Candidate for
Ward 6 Councillor

www.alex4ward6.ca

"I didn't expect to bring Bella with me."



At Amica you can always feel at home. Expect premium amenities and personalized service with a range of care options. You can even bring your pet.

Independent Living • Assisted Living

Expect More.™

Any Friday this month, book a tour and we'll treat you and a friend to lunch or dinner.

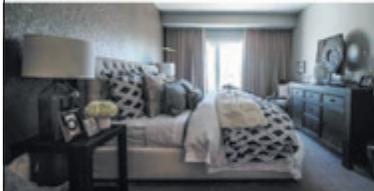
AMICA™
Mature Lifestyles

Amica at Aspen Woods
10 Aspenshire Drive SW, Calgary
403-240-4404
amica.ca/aspenwoods



Luxury Bungalow Villas







A place for *Everything* and everything in a great place

There's a place for you to grow at Morena West. Its sophisticated open plan has ample room to grow your circle of friends; a chef's kitchen provides room to grow your culinary skills; a back yard offers room to grow your flair for gardening and there's even an optional lower level you can grow into. Situated in Sienna Hills with easy access to city and mountains, Morena West fits your life by delivering what you want, right where you want it.

Photography by Soolstrucker Photography



Come view our Showhomes!
55 Sierra Morena Way SW
Monday - Thursday: 3pm - 7pm
Saturday - Sunday: Noon - 5pm

Or by appointment
Traci Wilson Area Sales Manager
Call 587.226.9470
twilson@rockford.ca

Low Maintenance West End Living
from the **\$650^s**







587.226.9470

liveatmorenawest.com



Ornamental
landscape maintainers

Full Service Landscape Company specializing in:

- Tree pruning
- Shaping,
- Trimming,
- Tree removal
- Tree Health Assessments



Don MacDonald, Arborist
Over 45 years' experience



One of Calgary's most respected professional Arborists & Journeyman Landscape Gardeners
Graduated of Horticulture - Dalhousie University

Onsite ISA Certified Arborists at every job
TOP QUALITY EXPERT SERVICE

403-273-7957
www.ornamentallandscape.ca

FALL SPECIAL! Assessments & First Sessions are **FREE**




BODY CORE
FITNESS • STRENGTH • NUTRITION

Personal Training
Small Group Boot Camps

FLEXIBILITY & MOBILITY • ATHLETIC PERFORMANCE
WEIGHT MANAGEMENT • REHABILITATION

Located in Discovery Ridge
Maree Leighton AFLCA, TRX certif.

403-604-0123
www.bodycorefitness.net

Elect

Grace Nelson
Councillor ♦ Ward 6

Vote Oct. 16 2017

To make this City work better, we all need to do our homework. Here is part of Grace's plan:

1. **Keep employment here.** Before we seek other professionals and experts from outside our City, let us ensure we have given our homegrown talent a chance to work with us.
2. **Effective communication** between businesses, City departments and neighbourhoods. Residents want to be more engaged in decision making in planning and implementing stages of our infrastructure projects.
3. **Preserve the institutions that have made us unique.** Let us maintain that friendly, western hospitality and show the world, that we welcome diversity and inclusiveness, because this contribution benefits us all.
4. **Maintain Calgary as a resilient, prosperous and thriving City.** Our boom and bust cycles must not continue. We need to be more resilient and diversified economically, so we do not feel the pinch.
5. **As we Transition to an Environmentally Sustainable Lifestyle,** Calgarians need encouragement in public research and education to make this possible for business to create jobs. I will work to implement policies that encourage safe and affordable options for all demographics.

♦ 403-264-3844 ♦ gracenelson4yyc@gmail.com ♦ www.gracenelson4yyc.ca
 f @gracenelson4yyc t @gracenelsonyyc ♦ #GowithGrace



TAKE ON WELLNESS

Doing Sport and Exercise Better

Part Three

By Joe Mills
jpmills@ualberta.ca



So far in my series of short articles, I have described how there is a lot more to effective sports and exercise than most people are aware because of a series of “gaps” or “distortions” in knowledge and practice. One of the main reasons for these knowledge gaps that I have yet to discuss and that may sound counter-intuitive is that nearly all the research and knowledge that drives best practices today comes from science, technology and systematic programs.

Yet if athletes and exercisers were inanimate objects, robots or machines; or if sciences, technologies and systematic programs hadn't developed from humans working together themselves; or if sport and exercise took place in a vacuum or in a lab then this scientific, data-driven programmed logic in sport and exercise would make a lot more sense.

Unfortunately, none of these statements are true, and although the most progressive theories of human behaviour moved on by accounting for the much broader, unseen, complex and ever-changing processes that always surround and shape human (social) interaction: the sports and exercise sciences didn't, hence potentially unseen problems and overlooked alternatives.

As a good example, while scientists do a great job examining and finding out more about the human body, to do so they have no choice but to cut the body up into

increasingly smaller parts. In so doing, there is rarely any understanding of “how the environment—that today forces us to be *still-and-hunched* over a phone, tablet, computer, desk—affects the whole body.” Yet this consideration is incredibly important because in not moving, we don't ‘use’ and therefore likely ‘lose’ the deeper structural muscles that hold us up—we *collapse!*

But because the brain is so strong an organ, it makes our inevitable collapse' (along with our already slightly-distorted sports and exercise beliefs) feel completely “natural and normal”; and so most people do sports and exercise as the *“Leaning Tower of Pisa”* while believing they're the “Empire States Building.” Meaning that: **“Normal” bodies don't exercise/perform—“collapsing” bodies do!**

And as a result, *people who don't exercise aren't lazy and injured athletes haven't overworked.* Rather, they're all a product of their “still-hunched” environment, as the collapsing body requires so much more energy to move, wears out quicker and sports and exercise become an awful lot harder than they need to be!

Stay tuned to find out how to start addressing our inevitable collapsing bodies, but also and a lot more importantly, how our current work-based exercise and sports training beliefs may actually make our collapsing bodies worse!

Bag to Earth® Food Waste Bags

Approved for use in the City of Calgary Green Bin Collection Program. Our Bags are a Proven Alternative to Keep Your Kitchen & Curb-side Food Scraps Collection Bins Clean & Odour-free.

- Our Paper Bag **is made entirely of renewable and sustainable resources**
- Features Unique Leak-Resistant Cellulose Lining... **it's "clear paper" - not plastic**
- Tough... **No need to double-bag as with other bag products**
- Environmentally Friendly... **and completely compostable**
- Certified Compostable... **Meets BPI/ASTM industry standards**
- Used in Households Across Canada
- Available in 2 Convenient Sizes ... **Small 10-pack & Large 5-pack**

Available at major Grocery, Club, Mass Merchandiser, Pharmacy and Home Improvement stores in the Calgary Area. **Made in Canada** 🇨🇦

Visit www.bagtoearth.com for more product information & how to purchase

JEFF DAVISON

COLLABORATION • EFFICIENCY

FOCUSED ON WARD 6. FOCUSED ON YOU!

As a life-long Ward 6 champion, I am familiar with the unique challenges our communities are facing. We deserve better value for our tax dollars. It is time we focus on a sensible agenda of spending priorities.

Ward 6 deserves a strong voice. I am the only candidate with extensive experience in responsibly managing public dollars, ensuring accountability and value for all our citizens. I'm running to put operational efficiency, effective collaboration and true accountability back in City Hall.

Councillor
Ward **6**

Facebook: @jeffdavisonyyc | Twitter: JeffDavisonYYC | Website: www.jeffdavisonyyc.com

Westhills mybabysitterlist

Name	Age	Contact	Course
Allison	16	403-475-3122	Yes
Anna	15	403-607-5026	Yes
Bianca	15	587-717-8550	No
Brianna	14	403-686-1717	Yes
Brooke	15	403-212-1014	Yes
Brooke	19	403-874-3111	Yes
Christie	13	587-223-5952	Yes
Destynnee	15	403-875-3069	Yes
Elizabeth & Michelle	21	403-918-2035	No
Evan	14	403-804-8916	No
Hannah	12	403-246-6578	Yes
Hannah	17	587-436-3638	Yes
Hannah	18	587-830-4262	No
Izzy	16	403-863-1453	Yes
Izzy	17	403-863-1453	Yes
Izzy	17	403-863-1453	Yes
Jayde	18	403-481-3315	Yes
Joanne	13	587-966-6277	Yes
Karl	16	403-212-1014	Yes
Katie	20	403-397-5333	Yes
Kyla	15	403-217-0282	Yes
Makayla	18	587-888-9389	Yes
Meg	13	403-702-6327	Yes
Megan	19	403-993-4056	Yes
Nabila	48	587-215-2673	Yes
Negin	44	403-217-5778	Yes
Sarah	17	403-702-5549	Yes
Sophia	15	403-708-0601	No
Yena	21	403-479-7911	Yes

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

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

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.



Join us for WIC's annual Open House October 26, 2017 7 p.m.

To RSVP, register online at
www.westislandcollege.ab.ca/openhouse

Be Bold. Be Brave. Be Ready.
OWN YOUR FUTURE

Facebook: West Island College Calgary | Twitter: @WICYC
LinkedIn: West Island College Calgary

westislandcollege.ab.ca 403.444.0023
7410 Blackfoot Trail S.E. admissions@mywic.ca

West 85 Dental



DR. REENA KALOTI • DR. RAMAN MINHAS



New Patients and Children Welcome

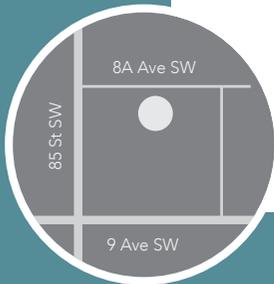
Evening and Early Morning Appointments Available
Open Alternate Saturdays

.....
We Accept Direct Billing of Your Insurance
PLEASE CALL TO BOOK YOUR APPOINTMENT

General Dentists that offer a full range of services

403-246-5545 • info@west85thdental.com
www.west85thdental.com

2110 8561 8A Ave SW



WEBBER ACADEMY

PREPARING STUDENTS TO THRIVE
IN UNIVERSITY AND BEYOND



DISCOVER THE OPPORTUNITIES AT WEBBER ACADEMY

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

INFORMATION EVENINGS

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

VISIT WWW.WEBBERACADEMY.CA OR CALL (403) 277-4700 FOR MORE INFORMATION

CIAO BELLA MODA INC
WOMEN'S FASHION

EUROPEAN IMPORTS
NEXT TO SUNTERRA MARKET

#315, 1851 Sirocco Drive S.W., Calgary
info@ciaobellamoda.ca
403.816.4300



SCA Real Estate Update

Last 12 Months Strathcona Park MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2017	\$719,900	\$700,000
July 2017	\$597,200	\$585,000
June 2017	\$569,900	\$566,558
May 2017	\$659,900	\$635,000
April 2017	\$659,900	\$650,000
March 2017	\$674,450	\$657,550
February 2017	\$670,000	\$640,000
January 2017	\$574,950	\$562,250
December 2016	\$690,000	\$668,000
November 2016	\$589,450	\$564,500
October 2016	\$679,000	\$711,000
September 2016	\$652,450	\$618,000

Last 12 Months Christie Park MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2017	\$749,900	\$738,500
July 2017	\$939,000	\$930,000
June 2017	\$830,000	\$809,000
May 2017	\$799,900	\$775,000
April 2017	\$899,950	\$881,250
March 2017	\$689,900	\$681,000
February 2017	\$857,450	\$840,000
January 2017	\$0	\$0
December 2016	\$800,000	\$757,500
November 2016	\$850,000	\$800,000
October 2016	\$799,900	\$767,000
September 2016	\$0	\$0

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

COMMUNITY NEWSLETTER AD SALES

GREAT NEWS PUBLISHING 28 YEARS

Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca
www.great-news.ca

Accounting and Tax Services

Bookkeeping - monthly, quarterly or annual • Year-end Financial Statements
Corporate and Personal Tax Preparation, Filing and Planning

Albert R. Rupps Professional Corporation

Chartered Professional Accountant

(587) 703-3961

arrpc@telus.net

HOME REPAIRS • SMALL RENOVATIONS • PLUMBING • ELECTRICAL • FENCES
WELDING • FABRICATION • RV REPAIRS

CHS LTD. Calgary Handyman Services Ltd.
No Job is too Small!

Neil Penner
tel: 403-472-8943
email: calgaryhandyman@shaw.ca

DECKS • YARDWORK • GARDEN DESIGN
HAULING • CONDO MAINTENANCE • MOVE OUT REPAIRS & CLEAN-UP • PRUNING

ACHILLES FOOT CLINIC | Work, Play, Live
Pain FREE!

Heel Pain • Ingrown Toenails • Plantar Fasciitis • Foot/Achilles Injuries
Fungal Nails • Custom Orthotics • Foot Surgery • Diabetics

North Clinics: #606 - 1701 Centre St. NW • 403-277-9476
Oasis Medical at Deerfoot City • 403-910-4576

South Clinic: #203 6707 Elbow Dr. SW • 403-777-0085

www.achillesfootclinic.com **NO REFERRAL NEEDED**
Saturday hours available

skoah.
get your glow™

skoah provides personalized skin care training programs and customized facial treatments using simply powerful skin care products that deliver desired results.

Visit our facial shop at:
260 Stewart Green SW

587-315-5327 | westhills@skoah.com | www.skoah.com

SAFETYSYNC
Manage Your Workplace Safety
safetysync.com



Home Care ASSISTANCE

Changing the Way the World Ages

Calgary's Premium Provider of In-home Services

- In-Home Assisted Living
- Cognitive Therapeutics
- Care Management
- Hospital to Home Care

587-894-2273 | HomeCareAssistanceCalgary.com



5 Simple Ways to Ease Migraine Pain

by Dr. Alma Nenshi, Family Chiropractor

Most people associate migraine headaches with intense throbbing head pain lasting several hours to days, and sometimes accompanied by nausea, vomiting, visual disturbances, vertigo and sensitivity to lights, scents and sounds. Migraines are actually the result of increased electrical activity in the brain. Neurologically, they uniquely affect sensory perception and motor control of the body and can include a variety of symptoms that may or may not even include a headache.

So, what are some common stresses that trigger migraine headaches?

- Neurological stresses like excessive sensory stimulation from glare from the sun, loud noises, certain scents (whether pleasant or unpleasant), neck or head traumas, infections, intense physical exertion and chronic poor posture. Calgarians in particular are prone to headaches when their body can't adapt to the pressure changes from the Chinook winds.
- Chemical stresses include food triggers like red wine, caffeine, aged cheeses, chocolate, monosodium glutamate (MSG), dyes, pickled or fermented foods and nitrates found in deli meats. Skipping meals, fasting and hormone fluctuations may also cause migraines, as do certain medications such as acetaminophen, aspirin, non-steroidal anti-inflammatory drugs (NSAIDs), codeine, hydrocodone and birth control medications, just to name a few.
- Emotional Stress - Did you know over 90 percent of all chronic health challenges including cardiovascular disease, strokes, cancer, hormone imbalances, weight problems, accelerated aging, diabetes and neuro-degenerative diseases, are all related to the inability to deal with stress? Both getting too much or too little sleep can also trigger migraines.

Migraines need to be properly diagnosed by a health care professional. If you ever feel like you are experiencing the worst

headache of your life, it may be a medical emergency. Don't take any chances, contact 9-1-1 immediately.

Here are 5 easy ways to help you manage migraine symptoms at home:

1. Turn off your electronics! Constant, chronic low levels of electromagnetic stress impact brain and nervous system function. Migraine patients will find much relief from completely powering down their electronic devices (cell phones, computers, lights) and relaxing in a dark and cool room.
2. Drink some water! Staying hydrated has many health benefits, and for migraine sufferers, it can mean the difference between a manageable headache and a debilitating episode. Drink half your weight in ounces of water and non-caffeinated beverages everyday and don't forget to add an extra 2 cups of water for every cup of coffee you drink (yes this goes for decaf too!)
3. Smell some peppermint. Whether it's candy, essential oil or a peppermint teabag, a little at the start of your migraine will go a long way in helping to ease your symptoms.
4. Ice versus heat. Use heat to relax tense muscles in the early stages of your migraine before the throbbing starts. For a full-blown migraine, choose icing the affected areas for no more than 10 minutes at a time. Anything longer may trigger a reflex reaction that may increase the throbbing pain.
5. And now the best kept secret of all, when you have a full-blown migraine, soak your hands in hot water! This simple action will trigger your nervous system to direct blood away from your core, thereby easing the pressure and throbbing symptoms in your head and buy you time to get to your chiropractor for a proper assessment and treatment to ease your pain.



Are You an “Efficient” Investor?

By Kevin O'Hagan, PFP, FMA, CIWM

Generally speaking, if you're efficient at a particular task, you'll get good results without wasting effort. As you've already learned from your life experiences, it's usually far better to be efficient at something than to be inefficient — and that's certainly true with investing. So, what can you do to become a more efficient investor? Here are a few ideas:

Invest systematically

If you put a few dollars in an investment, such as a stock, that you heard was “hot,” and then a few months later put some more money in another vehicle that strikes your fancy, and you continue this pattern indefinitely, you may not be maximizing your resources. By taking this type of haphazard approach, you could end up owning a bunch of investments without rhyme or reason — a motley assortment that may not help you reach your goals.

Instead of following this route, consider a systematic approach, sometimes known as dollar cost averaging. To do so, you'll first want to identify some investments that are appropriate for your objectives, risk tolerance and time horizon. Then, automatically move the same amount of money each month from your chequing or savings account into the investments you've chosen. When the price of your investments falls, your contribution will buy more shares, and when the price rises, you'll buy fewer shares — in other words, you'll be fulfilling the “buy low” part of the classic investment formula.

Over time, this technique should result in a lower average cost per investment. Keep in mind, though, that dollar cost averaging does not ensure a profit or protect

against loss — and you'll need to have the financial resources available to continue investing, even in “down” markets.

Reinvest dividends

Among your investments, you may own stocks that can pay dividends. You can take these dividends as cash, but if you don't need the money to meet everyday expenses, you may be better off by reinvesting the dividends. This is an efficient way to increase your shares — and boosting your share ownership in quality investments can be a key way to help build wealth. (Be aware that companies can increase, decrease or discontinue dividends at any time.)

Look for tax-efficient techniques

Another type of efficiency associated with investing is tax efficiency, which refers to your ability to defer taxes as long as possible. Tax-deferred accounts, such as a TFSA can help you put off the tax bill until retirement, when you may be in a lower tax bracket.

Consolidate investment accounts

If you have one RRSP with one financial services provider, another with a second, and a separate investment account with a third, you may end up paying more in expenses, fees and commissions than is necessary — and since these costs can eat into your investments' “real” rate of return, this scattershot ownership method may be inefficient. You may be better off by consolidating all your investment accounts with one provider.

Seek to become an efficient investor. You may be pleased with the results.

Member – Canadian Investor Protection Fund

Cooking for one is a lot of work.
 Now I can easily order balanced meals with free delivery!



Get delicious, frozen meals, soups and desserts delivered directly to your home.

Made for Seniors

Request your **FREE Menu Catalogue Today!**
 1-844-431-2800
 HeartToHomeMeals.ca



Free Delivery*. No Obligation. Delicious Choices.

HEART TO HOME MEALS
 DELICIOUS MEALS MADE FOR SENIORS

*some conditions may apply.

Your Gold - Our Mold
 Custom Design

THE KARAT PATCH
 JEWELLERS

We specialise in alterations, sizing, & repair

- Ring Sizing - Watch Band Shortening
- Chain Repairs - Watch Batteries
- All Types of Repairs & Pearl Restringing
- Fast Service Done In-House & Locally

Ph. 403-242-6767
 www.karatpatch.ca info@karatpatch.ca



#100, 5253 Richmond RD. SW, east off Sarcee Tr. and Richmond Rd.
Located across the lot from London Drugs

PLUMBER
PLUMBOB For All Your Plumbing Needs



- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403.257.3465 / 403.461.3490

the Gutter Doctor
 EAVESTROUGH
 Cleaning • Repair • Installation
 FASCIA • SOFFIT • SIDING • ROOFING
 20,000 happy customers since 2003!
 403-714-0711 gutterdoctor.ca



RELIABLE HOME
 Maintenance Solutions Inc.
 www.reliablehms.com
 403-860-3180

Simplified Home Maintenance
 Do you want to remain in your own home as long as possible? Want more time to do the things you love?

Licensed-Bonded-Insured-WCB




YOUR CITY OF CALGARY



Improving Stormwater Drainage for SW Communities

The Community Drainage Improvements program was launched in 2010 to mitigate flooding in areas throughout the city. Drainage studies were undertaken to identify solutions for communities frequently hit by flooding due to extreme rainfall. Such solutions can include adding additional storm drainage pipes, increasing the size of pipes, and adding wet or dry storm ponds to help manage stormwater.

In recent years the communities of Woodlands, Woodbine, Cedarbrae and Braeside have experienced an unusually high number of high volume rainfall events.

These communities currently have a storm level service of a one-in-five year rainfall event or less. That means that there is a 20 percent chance (or greater) that the storm system will not handle rainfall events causing local flooding in any given year.

Drainage improvements being looked at for these communities target a 1-in-50 year level of service. Once upgrades are in place there will be a two percent chance in any given year that rain events would overwhelm the storm system.

Installation of a dry pond

The City of Calgary will be constructing a new dry pond in the fields located east of the John Ware and St. Benedict schools. This dry pond will greatly reduce flooding during extreme rain events, specifically the flooding that occurs at the intersection of Southland

Drive and Braeside Drive. Construction is expected to begin in the fall of 2017 with completion by fall of 2018. The fields will remain inaccessible to the public for the entire duration of construction.

Construction impacts

Construction of the dry pond consists of earthworks (excavation and grading), underground piping and landscaping. Construction impacts will include:

- Increased traffic to site (construction crews, trucks hauling materials to and from site) on Southland Drive and on Palliser Drive
- Construction noise
- Fields will remain fenced off and closed to the public for the duration of construction
- Traffic and sidewalk detours

Community benefits

The dry pond will significantly reduce flooding that occurs at Southland Drive and Palliser Drive, and along Braeside Drive. During heavy rainfall, overall vehicle and pedestrian safety will be improved, traffic congestion reduced and emergency vehicle access unimpeded by flooding. John Ware and St. Benedict schools will each receive a new soccer field (two in total) and a new baseball diamond will be built allowing for more recreational opportunities for the community.

For ongoing updates visit Calgary.ca/WWCDI.

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

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



**DOWNTON ABBEY ROAD – JUBILATIONS
DINNER THEATRE,**

NOV. 3, 2017 – FEB. 4, 2018

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



VINTAGE REDEFINED MARKET

**– 1390 17 AVE S.E.,
NOV. 3 & 4**

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



NOVEMBER NOVEMBER NOVEMBER

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

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

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

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

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

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

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

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

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

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

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



*The Views
are breath-taking*

Reserve yours today!

403-262-5070

www.theviewscalgary.com

STATESMAN

UNDERSTANDS HOW IMPORTANT

IT IS FOR YOUR **NEW HOME** TO REPRESENT **WHO YOU ARE**

SO SAY GOODBYE TO PRE-SELECTED DESIGN PACKAGES

AND SAY **HELLO**

TO YOUR PERSONALIZED HOME.

VISIT OUR **DESIGN CENTRE**

TO COLLABORATE WITH

OUR TEAM

AND CREATE YOUR PERFECT SPACE.

STATESMAN

what a beautiful way to live!

Make your silver era the best it can be!

Tour Westview by Silvera – we're a friendly seniors' community in Glamorgan that's perfect for seniors looking for supportive services such as delicious meal options, weekly housekeeping assistance and optional Active Aging activities.

Silvera
FOR SENIORS

Contact Kristina for a tour or more info!

403.240.4920 kgordon@silvera.ca

5050-50 Ave. SW | Silvera.ca



**Limited time
first-year
rent discount!**

YOUR CITY OF CALGARY

You Have Opinions, We Want to Hear Them, Join Calgary's Online Panel, Citizens' View



You're invited to join more than 2,000 people that have signed up for Citizens' View, Calgary's online panel. Citizensview.ca makes it easier for Calgarians to share their input anytime, anywhere through online surveys and discussions.

As Citizens' View continues to grow, The City is working to make sure that they hear from people of all ages and areas of Calgary.

"Creating an even better Calgary takes all of us—not just government," said Mayor Nenshi. "Citizens are the key to improving our communities and creating the best programs and services for our city. Calgarians are the experts in their lives and I encourage them to share their thoughts about life in Calgary by signing-up at citizensview.ca."

The City hopes to attract more than 4,000 people that reflect Calgary's diverse population. Members can expect to receive surveys once or twice a month, join online discussions, and receive information on City events and service improvements.

Calgarians 18 years and older can sign-up for the Citizen's View at citizensviewcalgary.ca.



Dear Great News Publishing,

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

Thanks for all your help,
Sincerely,
Laura

Owner of Buds and Blooms

Contact us today to find out how you can make this customer's experience your reality!

403-263-3044
sales@great-news.ca

*Actual customer experience.

REGISTER NOW FOR OUR 24TH SEASON!

Dance Spectrum Inc.

- AGES 2 & UP
- SMALL & TALL / PRESCHOOL
- TAP / JAZZ / BALLET / ACRO DANCE
- HIP HOP / MUSICAL THEATRE

📍 LOCATED IN COACH HILL PLAZA

REGISTER ONLINE

www.DanceSpectrumCalgary.com

☎ 403.240.4594



Award Winner at the
Calgary Home + Design Show

SHOWTIME
Home Design

403.818.3118
403.819.8753
showtimehomedesign.com



PREMIUM INTERIOR AND EXTERIOR RENOVATIONS - Built with craftsmanship

Any home renovations including, but not limited to, kitchens, bathrooms, basements, windows, siding, stonework and roofing. SHOWTIME does it all. Design services included at no extra cost.



BUSINESS CLASSIFIEDS

For business classified ad rates call
Great News Publishing at 403-263-3044
or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Westhills. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

PLUMBING PARAMEDICS: Your community plumbing experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and heating repairs. BBB accredited. Call today to experience our world class service! 403-452-2911. Ask about our seniors' discount.

CLEANING SERVICES: Excellent references. Insured and WCB coverage. Weekly, bi-weekly at reasonable prices. For free estimates call Mary at 403-606-6977.

ABOVE & BEYOND CONSTRUCTION LTD.: Serving Calgary for over 25 years. For free estimates on any interior or exterior renovations, additions, basement development, kitchens, bathrooms, flooring, painting and roofing division etc. Check us out at www.aboveandbeyondconstruction.ca or call 403-278-3433.

ANNEMARIE MUSIC: Accepting new students for piano and theory lessons. Royal Conservatory of Music Program or just for fun, beginners to advanced levels. Over 20 years piano teaching experience. Located in Signal Hill, phone AnneMarie at 403-686-7050 for more information.

RESIDENTIAL DESIGN AND DRAWINGS: Drawings, feasibility analysis, 3D and plan reviews for new builds, renos and additions. Contact us at design@archstudio.ca, 403-774-7400 or visit www.archstudio.ca.

AFFORDABLE DENTAL CARE: Cut through the noise. Message received loud and clear from Albertans. We follow all dental insurance fees. No extra billing, no surprises, no fluff, no frills. All dental plans accepted OAC direct billing. Everyone welcome. Visit calgarydentalcenters.com. Call today 403-272-7272 or 403-287-6453. Save money, live better!

FRANK'S VIDEO PRODUCTIONS: We digitize and convert any video tape format, old home movies, slides and photos to DVD. If editing is required, we can make it more professional-looking. We record and produce events, sports, recitals, corporate, training and promotional video or any other project you have. European format conversion. In business since 1985. Reasonable rates. Call Frank at 403-252-8075. www.franksvideo.ca.

NEED A HOUSE OR PET SITTER? Enjoy peace of mind knowing your house and/or pet is in good hands while you are away. Reliable adult experienced with dogs and cats. Regular house checks vary depending on your needs. References available. Phone / Text: 403-863-9146 Email: cb.1@live.ca.

RELIABLE MASTER ELECTRICIAN: For all your electrical requirements, big or small, call Campbel Sinclair 403-397-7141 for your free quotation.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of indoor air quality and medical grade duct cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty-free business. Clinicair supplies you with the latest technology and training. Call Craig: 1-416-277-6067.

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.

YARD BUSTERS LANDSCAPING: Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. yardbusterslandscaping.com.

DOUBLE DIAMOND PLUMBING AND HEATING LTD: A 24-hour residential service company with qualified journeyman plumbers. As qualified journeyman plumbers, we are here to address any issues for you. We are your local plumbing and heating experts - call us first and let our service shine! Call 403-875-0166 or Email: doublediamondplumbingltd@gmail.com. www.doublediamondplumbingltd.com.

JESSICA ERLENDSON B.A. MUSIC - LESSONS SINCE 2001: Piano, flute, guitar and voice. I have a private home studio, with acoustic piano, and hundreds of music books. Reserve your lesson time to avoid disappointment! There are only a few lesson times open - these spots won't last. www.jessicamusic.ca, jessicamusic.ca, 403-708-5011.

DAYHOME AND BEFORE & AFTER SCHOOL CARE IN STRATHCONA PARK SW: Beginning September 1, Play and Learn Childcare will have openings for full-time and part-time childcare. Before and after school care will have openings for children 5-12 years of age. For information call Lorraine at 587-352-2449 or 587-352-5337.

GIBBS ELECTRICAL SERVICES LTD: Family owned and operated since 2010. Offering all residential and commercial electrical services. Master Electrician with over 17 years of experience. WCB coverage, fully insured and bonded. For our current specials and your free estimate please call Chris at 403-710-4411. Visit us online at www.Gibbs-Electric.com.

GRAYSON ESL TUTORING: Certified English language teacher offering tutoring to those taking a language training program or wanting to improve their English for other educational, professional, or general conversational purposes. Call Candy at 403-869-3267.

HIGH SCHOOL MATH/SCIENCE TUTOR: Certified teacher with many years of Alberta curriculum experience seeking motivated, goal-oriented students requiring extra help/coaching in all levels of math, physics, chemistry, science. Call or text Jane 403-669-6387.

JEFFREY ELECTRIC: Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

THE GUTTER DOCTOR! We install, fix and clean eaves-troughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB member. 2017 Consumer Choice Award winner. www.gutterdoctor.ca, 403-714-0711.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Twelve years of experience with QuickBooks and Simply Accounting, GST, payroll, WCB, filing, T4 filing, and competitive rates. Phone Katie 403-870-0737.

MUELLER BROTHERS CONTRACTING: Free estimates on all projects! Journeyman carpenter with 30 years' experience. Fully licensed, insured and bonded, for your protection. Renovation, development, fences, decks, we do it all. All work done to Alberta building code. Call Tim for information. 403-560-8169/muellerbrothers.ca.

VIDEO TRANSFER TO DVD: We will transfer various formats of film or video tape (VHS, BETA, 8mm, Super 8 etc.) to DVD for you! With over 25 years of experience, we provide quality production, transfer and duplication services. Call Ty Reynolds Video Services 403-262-3078 or email ty@450films.com. Check out our website www.tyreynoldsvideoservices.com.





MP Calgary Signal Hill
Ron Liepert
 #2216, 8561 8A Avenue SW
 Calgary, Alberta T3H 0V5
 ☎ 403-292-6666 📠 403-292-6670
 ✉ ron.liepert.C1A@parl.gc.ca

In July of this year Federal Minister of Finance, Bill Morneau, released a package of proposed tax reforms aimed at small businesses. In the months since the announcement, my office has been inundated with letters, emails, and phone calls from medical specialists, farmers, accountants, and countless other incorporated professionals who are concerned these changes will dramatically affect their long-term commercial viability, their personal ability to save for retirement, and the overall competitiveness of the Canadian marketplace.

As someone who has owned a small business in the past, I am very concerned these tax reforms, if implemented, could have serious implications for the many entrepreneurs in the Signal Hill riding. Small businesses and private corporations are at the foundation of our economy, and those who would choose to start a business deserve credit for the risks that come with being a small business owner. The three important tax measures the government is proposing to eliminate or reduce are:

- ✓ Keeping investment income inside a small business to take advantage of a lower tax rate;
- ✓ Conversion of a corporation's regular income into capital gains; and,
- ✓ Ending income sprinkling whereby owners of private corporations pay family members in a lower tax bracket

to shield such dividends from being taxed.

In profitable business years, the tax strategies being targeted allow small business owners to put money into their savings, or toward their retirement, and generally offset some of the risks associated with owning their own business. In difficult economic periods, which Alberta has endured for the last few years, small businesses often have to draw on such resources to make payroll and keep their doors open. The current system also recognizes that, in many cases, the family members of small business owners are impacted by the risk of owning a small business.

These proposed changes could remove three important pillars that Calgary-based small business owners rely on to save for their future and to provide all the benefits that normal employees enjoy, such as vacation pay, medical benefits, maternity leave, and retirement savings.

I am staunchly opposed to these changes and continue to apply pressure in the House of Commons, in Parliamentary Committees, in the media, and in our riding.

If you feel strongly about these proposed changes take a moment and make your voice heard - email the Finance Minister at bill.morneau@parl.gc.ca and Prime Minister Trudeau at Justin.trudeau@parl.gc.ca.



MLA Calgary - WEST
Mike Ellis
 Unit 234, 333 Aspen Glen Landing SW
 Calgary, AB, Canada T3H 0N6
 ☎ 403.216.5439
 📠 403.216.544
 ✉ calgary.west@assembly.ab.ca

Fall is in the air, and with the kids back in school many families are now taking the time to consider the municipal election on October 16th, 2017. We will all be voting for the next City Councillor for our area, as well as for public and separate school Trustees. Whomever you plan to vote for, I am grateful to each of you for taking the time to participate in the democratic process.

As your MLA, rest assured I am looking forward to working diligently with whomever is elected in each area of office. We have many issues of joint concern, from transportation to school infrastructure. My best wishes and good luck to all candidates!

This election also marks Councillor Richard Pootmans' retirement. I have had the pleasure of working with Richard since I was first elected, and have appreciated getting to know him and his staff over the years. Richard is an excellent listener, and has such a strong sense of the needs and views of all the communities in Calgary-West. His synthezation of complex issues our community faces is something that I always appreciated. Richard, we will miss you and we thank you for everything you have done for our community over the past years.

Mike Ellis, MLA

GREAT NEWS PUBLISHING 28 YEARS

FYI - Great News Publishing Chooses to Forge Ahead During All Economic Downturns.

If You Feel the Same Let's Talk.
403-263-3044

YOUR PROPERTY IS OUR PRIORITY

Your high quality Calgary property deserves the right tenants. Do you know how to find tenants like that? We do! Contact us today for a **FREE** property management appraisal.

Residential Leasing Group Inc.
 Brad Currie, Broker/President

403.244.6944
 www.rlg.ca

RBC Dominion Securities Inc.

QUESTIONING YOUR INVESTMENTS?

Get a professional second opinion on your portfolio

MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES



MICHAEL MARTIN, MBA, CFA, CFP
 Investment Advisor
 403-266-9655
 michael.t.martin@rbc.com

If market volatility is making you second-guess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

- Is your portfolio still on the right track?
- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

www.martinwealth.ca



There's Wealth in Our Approach.™

Supporting Wellness

Psychological & Family Services
 409, 8989 Macleod Trail SE
 Calgary, Alberta

Psychological Services and Massage
 Therapy Clinic on Macleod Trail

- *INDIVIDUAL THERAPY
- *MARRIAGE & FAMILY THERAPY
- *CHILD & ADOLESCENT THERAPY
- *PSYCHO-EDUCATIONAL ASSESSMENT
- *ADHD COACHING
- *SPEECH THERAPY
- *OCCUPATIONAL THERAPY
- *EDUCATIONAL WORKSHOPS
- *REGISTERED MASSAGE THERAPY

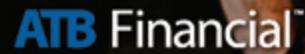
We Believe Change Is Possible!

Book Online
 www.SupportingWellness.com
 888-622-8350

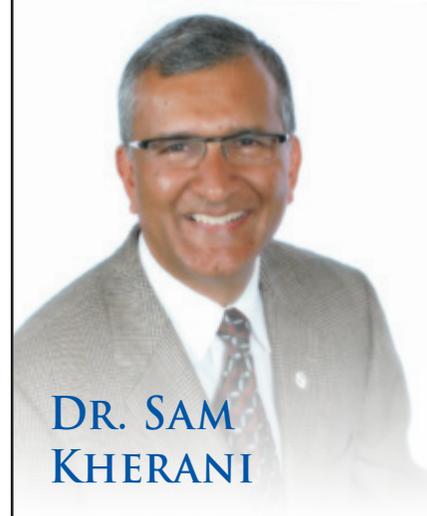
DAVID★JAMES

OCTOBER 21ST, 2017

WEBBER ACADEMY PERFORMING ARTS CENTRE
TICKETS ON SALE NOW
STAMPEDECITYSESSIONS.COM



ASPEN LANDING DENTAL



DR. SAM
KHERANI

403.263.0055
ASPENLANDINGDENTAL.COM

228 - 339 ASPEN GLEN
LANDING SW
CALGARY - T3H 0N6
IN THE ASPEN HEALTH CLINIC - 2ND FLOOR
(LOCATED IN SAFEWAY PLAZA)

you deserve a beautiful smile

DIVA | SALONspa

**20% OFF
TOWARDS
ANY HAIR
SERVICE**

Chinook Centre | 403.301.0909
divasalonspa.com

One voucher per visit. Only valid at our Chinook Centre location. Valid with New Talent or Stylists only. Not valid with any other promotion. No cash value. Present this ad at time of purchase.

Expires October 31, 2017

**\$10 OFF ANY
SPA SERVICE**

Country Hills | 403.301.0909
divasalonspa.com

One voucher per visit. Excluding express services. Only valid at our Chinook Centre location. Not valid with any other promotion. No cash value. Present this ad at time of purchase.

Expires October 31, 2017

AVEDA | **DIVA** | SALONspa

SEE A SLIMMER YOU

ELIMINATE STUBBORN
FAT WITHOUT SURGERY
OR DOWNTIME.

Top 3 reasons to choose CoolSculpting® at Total Skincare Centre

Total Skincare Centre is a certified practice, offering doctor-supervised CoolSculpting® procedures. Our team of experts pride themselves on experience you can trust, with the following added benefits:

1. **Proven Safety** – with millions of treatments, this is a safe and effective body-contouring procedure approved by Health Canada and the FDA.
2. **Non-Surgical Option** – CoolSculpting® doesn't require any incisions or down-time. We have the most advanced applicators to treat all areas of the body.
3. **Short & Convenient Sessions** – whether you choose to treat one or multiple areas of your body, we will customize a treatment plan to suit your lifestyle, schedule and budget.



BEFORE

9 WEEKS AFTER
Second CoolSculpting® Session
Photos courtesy of Edward Becker, MD

TOTAL | SKINCARE | CENTRE

START TODAY!

(403) 216-4685 or email Nikki@totalskincarecentre.com

**Call to Book your
Complimentary Consultation**

www.totalskincarecentre.com  coolsculpting®