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YOUR OFFICIAL
Community Newsletter

SEPTEMBER | 2017

CIRCULATION | 3000 HOMES AND BUSINESSES



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YOUR COMMUNITY
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YOUR CITY SECTION

facebook.com/thecityofcalgary
twitter.com/cityofcalgary calgarycitynews.com

Check out these important updates from The City of Calgary

2017 Municipal Election for Mayor, Councillors, and School Board Trustees is on October 16. Advance vote is October 4 – 11 (excluding Thanksgiving).	elections.calgary.ca/
Did you know? Plastic straws and cutlery CAN'T be recycled in the blue cart.	Calgary.ca/whatgoeswhere
Don't 'fall' back into routine just yet - Calgary Recreation's fall programs are just about to begin. See what's on offer and customize your families' fall activities at Calgary.ca/myrecguide .	Calgary.ca/MyRecGuide
Did you know that City of Calgary golf courses accept school bookings and can also facilitate group bookings? Full details can be found at calgary.ca/golf .	Calgary.ca/golf
Children can swim for just \$1 on Saturday and Sundays at select Calgary Recreation pools. Check online for participating locations.	Calgary.ca/splashswim
The Youth Employment Centre offers FREE year-round help for youth, aged 15-24, to secure employment and take the first step in their career.	youthemploymentcentre.ca

**2017 Municipal Election for Mayor,
Councillors, and School Board Trustees**



**October 16, 2017. Advance vote is
October 4 - 11 (excluding Thanksgiving)**

SECA President's Message

Our Annual Stampede Breakfast which was held Saturday June 24 at South Gate Alliance Church was a great success. The weather was perfect which helped! The new location was well received and the entertainment provided by the Backroad Traveler Band (BTB) was outstanding. They will be back for our 2018 Breakfast (Saturday June 30, 2018). The "Lil' Toot" Train also proved to be hit and will also return for 2018!

Relative to the ongoing Shawnee Park development, the "Shawnee Park June 20 Construction update" is available on the SECA web site. Included in this report was their 2017 stripping and grading program. The SECA Board and many community members have expressed serious concerns regarding the program. As a result, a Special Board of Directors' Meeting was held on July 6, 2017 at which Cardel presented the rationale for the plan to strip and grade the entire site this year. In addition to Directors in attendance, there were approximately 40 SECA members and neighbouring homeowners along with Diane Colley-Urquhart in attendance. It is safe to say that most attendees advocated for a phased approach to the stripping and grading to minimize the impact on the Community. Cardel agreed to consider the concerns raised at the meeting and provide an update to me before the end of July. Their update has been received and is available at the SECA web site. Unfortunately, for reasons outlined in their letter, Cardel intends to strip the balance of the site in 2017. While tackifiers and other mitigative measures will be employed to control dust and sediment, the balance of the site will be exposed for several years until the project is complete. As the City of Calgary has approved this stripping and grading plan, it will be incumbent on SECA and ALL community homeowners to monitor the stripping and grading and be active participants in site monitoring and reporting of concerns or issues to the City (311 and EAWARD13@calgary.ca).

I hope you had a good summer!

Sincerely,

Brad Smith, SECA President

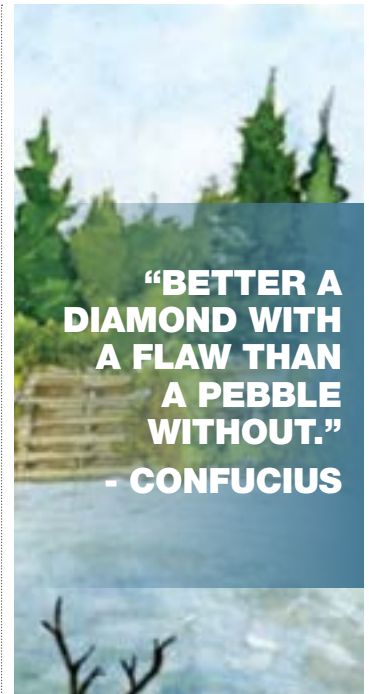


Forest Bathing: Discovering the Medicine of the Forest

**TUESDAY, SEPTEMBER 12TH
6:30 PM - 8:30 PM**

friendsoffishcreek.org/event/forest

Shinrin Yoku is used in the Japanese healthcare system. Doctors prescribe time in nature to reduce stress and overwhelm and to increase creativity and overall wellness. This gentle model is ideal for all types of people & abilities. Join instructor Ronna Schneberger for this two-hour workshop and learn about the concept and practice of this healing modality.



**"BETTER A
DIAMOND WITH
A FLAW THAN
A PEBBLE
WITHOUT."
- CONFUCIUS**

DIABETES CANADA

Reusable Goods Donation Program

DONATION PODS

What: Diabetes Canada's reusable goods donation program (formerly 'Clothesline').

Why: The proceeds from your donations support world-leading diabetes research, education, programs, services and advocacy.

How: Visit one of our attended donation pods near you!

Marlborough
495 36 St. NE

Shawnessy
295 Shawville Blvd. SE

For more information, visit declutter.diabetes.ca

WE NEED YOU!



SECA Community Connection

WE HAVE VACANCIES ON OUR BOARD.

Do you want to make a positive difference? if so, please contact us at info@shawneeevergreen.ca



We need you to be a member!

Please send in your membership today!

HERE IS WHAT YOUR COMMUNITY ASSOCIATION (SECA) DOES:

- Hosts Easter Egg Hunt at South Gate Alliance Church
- Hosts the June Family Stampede Breakfast (free for members and their resident family) at Southgate Alliance Church parking lot
- Sponsors the June Annual Community Parade of Garage Sales
- Sponsors Community Cleanup in September at Southgate Alliance Church
- Provides input and authorizes the monthly Community Newsletter delivered to all 3000 + households
- Provides a director for the Board of the Cardel Rec South
- Membership in SECA provides an opportunity to enjoy 10% discount for Cardel Rec South programs if registered before the registration deadline
- Provides a director for the Board of the Trico Centre for Family Wellness
- Supports the Friends of Fish Creek Provincial Park Society
- Works with Cardel Homes, Genstar, Graywood Developments and the City to ensure that Shawnee Park is developed in a way that melds with our existing community as well as is possible
- Diligently alert to the future development of lands surrounding the Fish Creek-Lacombe LRT station
- Is involved with the City on transportation issues (e.g. SW Ring Road development, traffic and safety issues, etc.) that impact our community
- Addresses speeding and other traffic issues within our community (e.g. Shawnee Drive SW and 6th Street SW intersection improvements)
- Join or renew at www.shawnee-evergreen.ca/Membership.page or complete form below

COMMUNITY ASSOCIATION BOARD OF DIRECTORS (2017)

SEND EMAIL TO: info@shawneeevergreen.ca

Officers	
Brad Smith	President
VACANT	Vice President
Peter Snell	Secretary/Treasurer & Membership Secretary
Other Directors	
Sarah Breu	Director - Social
Richard Dingwall	Director
Zeinab El Kady	Director- Cardel Recreation Centre South
Liala Elrafihe	Director - Social
Ian Jobe	Director
Ajay Khanolkar	Director - Trico
Michael MacLeod	Director
Barbara Murray	Director
George Payson	Director - Beacon Hill
Sharon Raduloff	Director
John Raich	Director
Norm Rousseau	Director - Development

MEMBERSHIP REGISTRATION FORM

To purchase a membership in your Community Association, please fill in this form, attach a cheque for \$20.00 made out to Shawnee-Evergreen Community Association, and mail or deliver to: **Shawnee-Evergreen Community Association c/o Peter Snell, 1058 Shawnee Road SW, Calgary AB T2Y 1W5**

Household Information (Held in confidence):

Surname 1: _____ Given name: _____

Surname 2: _____ Given name: _____

Street Address: _____

Postal Code: _____ Telephone: _____
(residence)

E-mail Address: _____

E-mail address is especially important if you want to receive SECA communications

Please mark (✓) your choice as a volunteer: ☐ Board of Directors member
☐ Stampede Breakfast Helper
☐ Don't know, ask me!

Payment (\$20.00): Cash: _____ Cheque # _____

ADVERTISING OPPORTUNITIES are available on our publisher's website www.mindsdesign.ca. Please visit to get more information.

THE SHAWNEE EVERGREEN COMMUNITY NEWS is the official newsletter of the Shawnee-Evergreen Community Association and is distributed free to all residents of these areas eleven times a year. Circulation is approximately 3000.

SUBMISSIONS - Please direct editorial enquiries to info@shawneeevergreen.ca and ad enquiries to Bobbie-Jo Bergner at 403.203.9152 or info@mindsdesign.ca.

DISCLAIMER - The opinions expressed within any published article or advertisement are those of the author and do not necessarily reflect those of the Shawnee-EvergreenCommunity Association or the publisher.

Shawnee-Evergreen CA Membership Benefits



- You are entitled to one vote per membership at the Shawnee-Evergreen Community Association AGM in September.
- You, and residing members of your family can participate FREE at the Annual Shawnee/Evergreen Stampede Breakfast in June.
- CARDEL REC SOUTH COMPLEX. SECA Members receive a reduced fee rate. See inside this newsletter for program information.
- TRICO CENTRE. Support your community by purchasing a pass at Trico Centre. A portion of your pass fee is allocated to SECA.
- Your Board of Directors represent the community in all aspects of community needs such as developments – including future developments, traffic concerns, LRT needs, roadways, community playgrounds, and liaises with other communities on a wide variety of concerns and issue.

TO OBTAIN MEMBERSHIPS:

1. Those who have not purchased a family membership are required to obtain a membership to take part in the festivities, to vote at the Annual General Meetings or receive reductions in fees for the Cardel Rec South Complex programs.
2. Memberships can be purchased - at any functions, the Annual General Meeting in September, OR fill out the form on page 4 and send it as directed on the form to S.E.C.A. Also available at the Cardel Rec South Complex. Memberships are \$20 per year and must be renewed annually by May 1st.
3. Memberships may now be purchased on-line by going to the SECA web site at <http://www.shawnee-evergreen.ca/Membership.page> and "clicking" on the "Pay Membership Fee via PayPal" button below the "Membership Form".

NOTE: If you have any item of interest for **SHAWNEE SLOPES** and/or **EVERGREEN ESTATES RESIDENTS**, please forward them to SECA at **INFO@SHAWNEEVERGREEN.CA**.

Submissions for the Newsletter are due on the 4th day of the month for the next month's issue.

MEMBERSHIP INFORMATION SHAWNEE-EVERGREEN COMMUNITY ASSOCIATION

If you live in area specified below (inside the lines and your street address name contains EverGREEN or Shawnee) or you are a resident of the Beacon Hill condominiums at 14645 6th Street S.W., you are eligible to be a regular member of the Shawnee/Evergreen Association. (S.E.C.A.)



SUPPORT YOUR COMMUNITY ASSOCIATION. BUY A MEMBERSHIP TODAY!



Cardel Rec South offers a variety of recreational and educational program for all ages. We are a strong supporter of the Home Schooling community as well and offer several options for children aged 6 and up.

Visit our website at:
www.cardelrec.com for a complete listing of our programming.

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**COUNCILLOR DIANE
COLLEY-URQUHART**

VOTE OCTOBER 16



Councillor Diane's Personal Message to Shawnessy Slopes Residents

Shawnee Slopes is unique in Ward 13 that unfortunately lost the Shawnee Slopes privately owned golf course. The 2017 Census notes that the population is 1,625 with 733 households. The population will grow significantly over the coming 10 years as major redevelopment of the former course occurs. This has significantly disrupted the quality of life of long-time residents and needs to be monitored closely by residents, myself and the City to minimize the impact.


In Ward 13, 46% are male and 54% are female with the average mean age being 44yrs. 21% of residents are a visible minority & 84% have post-secondary education and / or have completed a degree / post graduate degree. The average household income bracket is \$60,000 - \$140,000.

According to the Police stats & 311 requests, Shawnee Slopes crime rates are low, with the bulk of calls attributed to social disorder & theft from vehicles. Top service requests pertain to taxes, water outages & redevelopment. Only 60% of citizens say they get good value for their taxes. The #1 complaint to my office is about people speeding in their own community and the dust from redevelopment. My Ward 13 Traffic Tour with residents identified the need for a Speed Display Unit @ key sites like along Shawnee Drive and 6th Street SW. www.shawnee-evergreen.ca

reelectcouncillordiane.ca


- ★ RESPECTING YOUR TAX DOLLARS
- ★ RESPONSIVE & RESPONSIBLE LEADERSHIP
- ★ A STRONG VOICE FOR YOU AT CITY HALL

- ★ SAFE & SECURE NEIGHBORHOODS
- ★ COMMON SENSE DECISIONS
- ★ STRONG HEALTHY COMMUNITIES

 BIGREDYYC

 DIANECU

 403.993.3428

 DICUYC@GMAIL.COM

September at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

Registration for Fall Programs

Registration for Fall programs is ongoing. Check the new program guide – online and in our stands.

Canada 150 Play List Event at Trico Centre

Saturday, September 2 from 10am to 2pm – come to Trico Centre and complete 20+ events from the Canada 150 Play List including dodgeball, boxing, rowing, skating, karate, Pilates, cycling, tag, kinball, stick pull, and more. Check www.tricocentre.ca for details.

Children & Youth

- Skating lessons for all ages (2yrs to teen/adult) and private lessons too. Intro to Figure Skating, Powerskating & Hockey, Recreational Hockey, and Intro to Hockey for Adult and Child.
- Swimming lessons for all ages (parent and tot to swim patrol to adult.)
- Registered programs for children and youth: dance, sports, gymnastics, creative, and more. See Fall 2017/Winter 2018 Program Guide for all the details. Lots of new options for all ages.
- New for children and youth: Circus Arts, Rhythmic Gymnastics, YogArt for Teens, Youth Yoga, Badminton & Volleyball, Cross Country Running, First Serve Tennis, Floor Hockey, and HIT the Gym.
- A.B.L.E is an inclusive activity program designed for individuals with adaptive needs. Whether they are mental, social, physical or visual challenges, this program will give kids an open space to Adapt, Believe, Learn, and Experience. 3-6 yrs, 7-11 yrs, 12-17 yrs.

Adults/Older Adults

- Adult registered fitness starting in September Cardio Dance, Cardio Kickboxing, Ballet Barre Blast and more
- Cool new adult fitness options: Buti Yoga, Fitness Sampler for Beginners, Yoga Sampler for Beginners.

- Older adult options: Balance Builders Level 1: Fall Prevention for Older Adults, Bones and Balance, Chair Yoga, and the brand new Walking Pole Clinic.
- Baby & Me: Mommy and Me Fitness, Mommy and Me Barre, Stroller Fit, and Mommy and Me Aquafit.
- Small group training: Only 4 participants in these programs! Trim & Tone, Focus on Lifting, Posture Training.

**Trico Centre is located at
11150 Bonaventure Drive
SE. Phone: 403-278-7542
or see www.tricocentre.ca
to find out more.**



LIFT. SWIM. PLAY. STRETCH. SKATE. SPIN.

Get everything you
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Affordable monthly continuous pass.
More than 70 drop-in fitness options
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adults. Discover Trico Centre.

DISCOVER YOUR PERFECT FIT.

Trico Centre for Family Wellness
11150 Bonaventure Drive SE
www.tricocentre.ca



“SUCCESS IS THE SUM OF SMALL EFFORTS, REPEATED DAY IN AND DAY OUT.” ~ ROBERT J. COLLIER

Neil Lauzon

www.neillauzon.com

homes@neillauzon.com

403.640.7711



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1676 EVERGREEN DRIVE SW

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- STUNNING views backing onto Fish Creek Park
- 2,938 sqft, 4 Bedrooms, & 3.5 Bathrooms
- Unique 4 level split with functional floor plan
- Elegant 5pc en suite with jetted tub, 10mm glass surround shower, dual sinks, & enclosed toilet



14031 EVERGREEN STREET SW

\$549,500

- 2,515 sqft, 5 Bedrooms, & 3.5 Bathrooms
- New Granite, Hardwood Flooring, & H.E. Windows
- 4 pc En Suite with Skylight & Jetted Tub
- Sunny West Facing Back Yard with Mature Trees
- Close Proximity to Fish Creek Park, Transit, & Amenities



108 EVERSIDE CIRCLE SW

\$409,500

- 1,572 sqft, 3 Bedrooms, & 3.5 Bathrooms
- Central Air Conditioning
- Gorgeous Floor-Ceiling Stone Fireplace in Living Room
- Fully Finished Walk Out Basement
- Spacious Upper Deck, Covered Patio, Well Kept Lawn & Large Storage Shed



106, 4 EVERRIDGE SQUARE SW

\$199,800

- 746 sqft, 2 Bedrooms, & 1 Bathroom
- Brand New Luxury Vinyl Plank Flooring
- Freshly Paint Throughout
- Meticulously Maintained & Super Clean
- Large Patio Area Close to Large Green Space
- Close to Transit & All Amenities

General Consensus for 2017 Market Outlook is Cautiously Optimistic.

Neil Lauzon
403.640.7711

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Important Community Phone 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	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre – Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433

HOSPITALS/URGENT CARE

Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Rockyview General Hospital	403.943.3000
South Calgary Urgent Care	403.943.9300
South Health Campus	403.956.1111

OTHER

Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7100
Calgary Senior's Resource	403.266.6200
Call Before You Dig	1.800.242.3447
City of Calgary	211 and 311
City of Calgary - Parks & Rec.	403.268.3888
Elder Abuse Resource Line (65+)	403.705.3250
Fish Creek Library	403.221.2090
Kerby Centre for the 55 plus	403.705.3246
City Hall	403.268.2111
City Hall - Mayor's Office	403.268.5622
Road Conditions – Calgary	1.877.262.4997
Trico Centre	403.278.7542
Weather Information	403.299.7878

RBC Dominion Securities Inc.



An introduction to investing

Thursday, September 21, 2017
6:30 p.m. – 7:30 p.m.

Join Investment Advisor Huy Nguyen, CFA, for an introduction to investing, including how to generate tax-efficient income through dividend-paying stocks.

For more information or to register, contact us at 403-441-5817 or amrita.basu@rbc.com.



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Dominion Securities

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Community Civic Chat

Graham Sucha, MLA Calgary-Shaw

Constituency Office: #328, 22 Midlake Blvd. SE Calgary, AB, T2X 2X7
(403) 256-8969 ~ calgary.shaw@assembly.ab.ca



Constituency Update

Happy autumn everyone! I hope you all had a terrific summer. I would like to wish all constituents a happy school year for 2017-2018. For many a new school year is exciting. A new school year provides an opportunity to meet up with old friends, make new ones and meet our new teachers. With south Calgary growing quickly, our government will continue to support new school builds and funding for education.

Like many of you, I had a very busy summer. I had a great Stampede season and got to meet with many Calgary Shaw organizations and see the excellent work they are doing. I would like to thank St. Mary's University, Father Lacombe Care Centre, Shawnessy YMCA, River of Life church, and local community associations for having me at their Stampede breakfasts and BBQs. Stampede is one of my favorite times of the year because I get to visit so many people in Calgary Shaw.

My office's second annual Stampede BBQ was an incredible success. It was wonderful to see, meet and chat with hundreds constituents. We served close to 800 burgers and hot dogs, but of course this wouldn't be possible if it weren't for our super volunteers. Thank you to everyone who made it out and a special thank-you to Metis Calgary Family Services in Sundance for partnering with us this year. I would also like to thank Friends of Fish Creek, Energy Efficiency Alberta, and the Calgary Public Library for setting up displays at the BBQ.

Shortly after the Stampede I had the opportunity to attend the Pacific Northwest Economic Region (PNWER) Summit in Portland, Oregon. This summit deals with trade and economic development for the pan Pacific provinces and states. This year I was fortunate to be elected the Canadian VP for the summit. I had many great trade discussions with my colleagues and made sure an Alberta voice was heard. It was an honour for me to represent Alberta's interests at this summit.

Despite this busy summer I was still able to take time to visit with many constituents and hear what is important to them. I have recently heard a lot of comments about people's negative experiences with condo boards. If you have any feedback about this please let my office know at calgary.shaw@assembly.ab.ca.

As always my office can provide Notary Public and Commissioner for Oaths services.

However it is a good idea to make an appointment well ahead of when you need the document signed. I am not always available on short notice. If you need a few provincial pins just connect with my constituency assistants, Michelle and Katharina. They are happy to help you out and can be reached at 403-256-8969.



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SOMETIMES MORTGAGE TERMS CAN BE CONFUSING!

That's why we've come up with this list of common mortgage terms to help you out.

PRINCIPAL: The original amount of a loan, before interest.

PREPAYMENT PENALTY: A fee charged by the lender when the borrower prepays all or part of a mortgage over and above the amount agreed upon.

CLOSED MORTGAGE: A mortgage that cannot be prepaid or renegotiated for a set period of time without penalties.

OPEN MORTGAGE: A mortgage that can be repaid at any time during the term without any penalty. For this convenience, the interest rate is between 0.75-1.00% higher than a closed mortgage. This is a good option if you are planning to sell your property or pay-off the mortgage entirely.

FIXED RATE MORTGAGE: A mortgage where the interest is set for the term of the mortgage.

VARIABLE RATE MORTGAGE: A mortgage for which the interest rate fluctuates based on changes in the prime interest rate.

HIGH RATIO MORTGAGE: A mortgage that exceeds 80% of the purchase price or appraised value of the property. This type of mortgage must be insured.

CONVENTIONAL MORTGAGE: A mortgage up to 80% of the purchase price or the value of the property.

MORTGAGE INSURANCE: If your down payment is less than 20% of the purchase price of the property, the lender is going to require mortgage insurance.

* Brought to you by Servus Credit Union

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.

Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate, and some Transit passes are now available on a sliding scale, for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program and Low-Income Seniors Yearly Pass
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.

FAIR ENTRY

Calgary.ca/fairentry



Accessible City services and programs



The City offers a variety of accessible services and programs that benefit people with disabilities and seniors. They include:

- Accessible transit and transportation options
- Accessible recreation facilities and adapted programs
- Emergency preparedness tips for people with all types of disabilities
- Assisted listening devices for Council meetings...and much more!



Visit calgary.ca/accessibility





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Living with Inspirational Core Values™

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Elvis Bruce Sheasby
Sundays @ 10:30
Sept 10, 17 & 24 @ The Lake
House, Heritage Pointe



Rev. Bruce R. Elvis Sheasby

I've always had a love for bridges, and the experience of "crossing over". My Mom tells the story of her crossing the Golden Gate Bridge in San Francisco while attending a United Nations Peace gathering, and losing her hat in a gust of wind. The hat had a special meaning to my Mom as it was covered with buttons from Peace meetings she had attended around the world. A couple of weeks after she returned to her home in Mississauga, she received a parcel in the mail with her hat, and a note from a fisherman who found it in the water below the bridge, discovered an address stitched inside, and felt the owner would want it back as it seemed to be of some significance.

Years later, my Mom wore her special hat when we dedicated a huge Peace Stone on

Living with Bridge Building

"Bridges join places that are otherwise separated without common ground"

Rev. Bruce R. E. Sheasby

International Peace Day, in a park adjacent to Lake Ontario in Mississauga, with many dignitaries and great souls in attendance who dared to imagine a global community striving for Peace and goodwill toward all! Each year, on September 21st, we continue to gather at the Peace Stone celebrating *International Peace Day*. I am honoured to be the MC each year, and to close the program with my song, "Maybe It's Time." When I wrote this song, I was inspired by a saying of Mahatma Gandhi that my Mother has enshrined in my mind over the years, and which is carved in the marble of the Peace Stone: "Earth is our Home Humanity is our Family." It seems to me that this simple message encapsulates the common ground of people who may have great differences but who still strive for Peace, co-operation, mutual respect and love. Interestingly, when I was working on the song, I came up with a musical section known as a bridge. I didn't have words for this section and wasn't even thinking that words were necessary - until one day in the shower - Yes! Great AHA moments can come in the strangest of places! - these words came to me: "Time to Open our hearts; Time to let God in; time to share the love; Maybe it's Time." And those words fit exactly in my musical bridge! Bridge building is another concept or reality that I refer to as an *Inspirational*

Core Value. These values are all expressions of what I define as Grace, meaning God's loving activity in our world. Grace, then, is the bridge between heaven and earth, between people of different walks of life. Grace is a common ground between people of different religious beliefs and cultural traditions, and the tie between practicality and spirituality.... Maybe It's Time!

Exercise Your Bridge Building!

1. Consider a challenge that you have where you are separated from another, in a situation where you want co-operation.
2. Consider what might be a bridge to bring common ground.
3. Join me on Sundays at 10:30 at the Delta Calgary South for *Your Grace Land* where we focus on a positive faith and living with *Inspirational Core Values* including *Bridge Building*.

Bruce Reinhold Elvis Sheasby is a life coach with a passion for helping others connect *Inspirational Core Values* to everyday life. He is leader of *Your Grace Land* church services and co-host of *Your Grace Land Radio*. His upcoming book is *Your Grace Land - Achieving Success with Inspirational Core Values*. For more information, visit www.yourgraceland.com



SUNDAY SERVICES

Relaxed, informal, focus on God, Grace, Spiritual Prosperity and Inspirational Core Values

Sept 10, 17 and 24 at The Lake House, Heritage Pointe, October resuming at The Delta Calgary South

10:30 a.m.

www.yourgraceland.com/services



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Start the year strong

After summer break it can be hard to transition back into the school routine. As the new school year approaches, it's helpful to start preparing your child(ren) so that by the time the first day of school arrives, the whole family is feeling prepared. Here is a list of simple tips to make back to school a breeze:

SET UP A SCHEDULE - Ease into your routine over a one to two-week period to ensure you're ready for the first day back. You can start by re-introducing a consistent bedtime and practicing morning rituals like eating breakfast together at a regular time.

GET ORGANIZED - Help your child get back into the swing of things by making sure they have a clean and quiet study area. Restock school supplies and set it up together to make it a fun activity that will get them excited about using the space.

REDUCE SCREEN TIME - More free time in the summer often means more time spent in front of a screen, be it TV or tablet. Increased screen time can lead to poor sleeping habits and reduced attention spans, so implement a schedule as you prepare for the school year. A good rule to follow could be no screens in the morning and a set amount of time in the evening. Make sure screens are off completely an hour before bed.

SEEK EXTRA SUPPORT - Everyone learns at their own pace, and some subjects like math and reading may take more time to master than others. After-school programs like Kumon are a great way to help your child foster confidence and strong work-skills. With the help of a trained instructor, Kumon works with your child to set up an individual lesson plan that aims to build a lifetime of math and reading success.

~ newscanada.com

Dave Rodney, MLA Calgary-Lougheed "Onward & Upward"



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Top Left: YOU ARE INVITED TO MLA DAVE RODNEY's ANNUAL PICNIC @ Shannon Terrace in Fish Creek Park on Sat Sept 23 from 11 am – 1 pm. Join us for great food and conversation about Alberta—with Free Spolumbo's!

Top Middle: It was a great honour to lead soldiers and civilians again on "Reaching the Summit of Mental Health and Wellness" for PTSD/OSI--congratulations to fine constituent and Canadian Barry Ashton for Spearheading the Event!

Top Right: An honour to participate in every "Heroes Behind the Heroes" Canada Day Run @ Spruce Meadows!

Lower Left: Thanks to all in our Polish community for your warm welcome at another successful cultural event!

Lower Centre: Happy for the Matusof family and the entire Chabad Lubavitch community—congrats on your new home!

Lower Right: Pleased to participate once again in the "AWA's Climb for Wilderness"—this time at the Bow Tower!

Albertans are Making History—Now!

Over the summer, Albertans voted almost unanimously in favour of endorsing the creation of a single United Conservative Party: Albertans of various stripes put their political differences aside, and united for the greater good of Albertans. This was truly a victory for the people of this province and the democratic process: tens of thousands of Albertans voted to ratify an agreement to bring the two conservative together. Albertans have driven this process from the very beginning; and the decision was overwhelming on both sides, 95% said yes to unity - a massive mandate to move forward. Now that the unity vote is history, our United Conservative Party caucus we move on to the next

step: a new leader will be chosen on October 28. In the meantime, the United Conservative Party entity has been registered with Elections Alberta, and the Speaker has recognized the UC caucus as Alberta's official opposition. As the leadership campaigns become a larger focus for Albertans, it is vital to remember the work of the Legislature is of the utmost importance; and I am honoured to continue my work as MLA Calgary-Lougheed, and also as Advocate for Education, Advanced Education, Indigenous Relations, and Wellness. I am also privileged to serve as the first United Conservative Party Deputy Caucus Chair. Our interim leader Nathan Cooper, the MLA for Olds-Didsbury-Three Hills, will be at the helm of the United Conservative Party caucus until Oct 28, holding the NDP government

to account, and managing Legislature operations. While the policies of the new United Conservative Party are being debated, it's important to remember that our MLAs remain dedicated - first and foremost - to their constituents. As the NDP government continues to fall short for working Alberta families by imposing risky ideas that cause job losses, our caucus is united in its goal of advocating strong, common sense alternatives that create jobs for Albertans, while opposing NDP policies that scare investment away. Every member of our caucus will their decisions based on what's best for the working families of this province - not insiders or special interest groups - and we promise to make the next chapter of Alberta's history the greatest chapter yet...with and for you! With my sincere thanks and best wishes.

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