

NOVEMBER 2016

DELIVERED MONTHLY TO 4,200 HOUSEHOLDS

MARLBOROUGH

— MESSENGER —

THE OFFICIAL CALGARY MARLBOROUGH COMMUNITY ASSOCIATION NEWSLETTER





ExoSide Construction Inc.
"Finding quality solutions to all of your exterior needs"

FREE QUOTES	Eavestrough and all soft Metals
	James Hardie material (Cement Board) Vinyl siding Custom Cladding
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"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

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safetysync.com
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

FREE GYMNASTICS



REGISTER FOR WINTER RECEIVE FALL FREE!

Pre-school	2 - 3 years
Kindergym	4 - 6 years
Recreational	6+ years

403.569.ACRO
www.calgaryacro.ca
Bay #3 640, 28 Street NE




STEP INTO FALL

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

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

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

By completing the 3 questionnaires you will receive:
-A pedometer (\$25 value)
-\$10 gift card
-Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca

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



RBC Dominion Securities Inc.



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

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Calgary Marlborough Community Association

636 Marlborough Way NE • Calgary AB | T2A 2V9
Phone: 403 273-5894
www.marlboroughca.com • calmarca@telus.net

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NEWSLETTER AD SALES

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PRESIDENT'S MESSAGE

Thanks again for the great team we have here at the CMCA office and all of our volunteer board members. I would like to thank the past board and volunteers for all your hard work and dedication to the community and the community association. The focus and strategy will continue to improve and we look to bring in new members and resources to consolidate the community's dedication and focus as we move forward. On the top of the list is Volunteer recruitment, community resident involvement and program support. We've seen a reduced involvement with event volunteerism which directly effects the number of events we schedule for the community. At the end of the day if we don't have volunteers or members participating in events and programs they don't happen. We showcased our board members in each monthly newsletter, this showed what we do, I hope it answered a number of question to the folks that had questions. You are always welcome to take part in our monthly board meeting and see how

you can contribute to the CMCA. If you're interested in being part of the board or volunteer team, please send me an email or give me a call at the main office and our folks will pass your contact information along. Stay tuned for further YYC airport information, ward 10 president's meetings and City of Calgary programs and services we offer throughout the year.

If you haven't renewed or purchased your annual memberships, feel free to call the office. We have a regular scheduled board meeting the first Sunday of each month. It would be great to see you all there to get feedback and get the community involvement with current topics and issues.

Without your voice we are just a board, with your involvement we are a community on the move!

Steve Hurley
 president@marlboroughca.com
 www.marlboroughca.com

Are you sick of the amount of shopping carts left abandon in our parks and back alleys? If so phone 311 and the store owners of the carts and maybe they will get the message! Phone numbers of the stores are under FREQUENTLY REQUESTED NUMBERS

Frequently Requested Phone Numbers

Alderman -Ward 10	Andre Chabot	403-268-5262
Calgary Police Service	Chris Langham	403-428-6400
M.L.A.	Robyn Luff.....	403-216-5450
M.P.	Deepak Obhrai	403-207-3030
Neighborhood Services.....	Katie Thorpe.....	403-366-3957
City Information		311
City Police, Fire, Ambulance Emergency		911
Bylaw Enforcement (animals, unsightly property, weeds, abandoned vehicles, unshovelled walks)		311
Parking Control (illegally parked cars, unlicensed/expired licenses)		403-537-7100
Development Inspections		403-268-5415
Planning & Development.....		403-268-5351
Police (party noise).....		403-266-1234
Roads Maintenance - Traffic Assessment		403-268-1636
Sewer Backup – 24 hours		403-268-1155
Shopping Cart pick up Walmart		403-235-2352
Northgate Safeway		403-248-0848
Shopper's Drug Mart		403-248-2166

Calgary Marlborough Community Association Board Of Directors

www.marlboroughca.com

President	Steve Hurley
Vice President	Donna O'Connor
Secretary	Celia Long
Treasurer	Heather Carling
Past President	Peter McLaughlin

DIRECTORS

Bingo	Margaret Berger
Special Event Coordinator	HELP WANTED
Social Media	HELP WANTED
Casino	Dawn Svenningsen
Children's Events	Susan Cook
Community Pride	Carlos Arceabrego
Lounge / Event	HELP WANTED
Newsletter	HELP WANTED
Elder Recourse Liaison	Richard Crowe
Sports	HELP WANTED
Directors @ Large	Dora Loucks (Snow and mow) Cathy Ashton

LIAISONS

Scholarship Coordinator	Ariam Wolde-Giorgis
Chris Akkerman	Celia Long
St Marks	Susan Cook
Marlborough Elementary	HELP WANTED
Bob Edwards Jr High.	HELP WANTED
Neighborhood Services	Katie Thorpe
Calgary Police Service	Cst. Chris Langham
50 plus club	Al Kreutz

Always looking for people interested in joining the board. Please contact the office.

Office 403-273-5894 (Tom Campbell – Hall Manager)
Fax number 403-248-1366

Hall Rental Rates: Call: 273-5894 for information & booking
 E-Mail – calmarca@telus.

Main Hall capacity 400 Upper Hall capacity 60 Lounge capacity 80
 Activity Room capacity 35 Meeting Room capacity 20
 Main and Upper hall comes with kitchen facilities

Mark Your Calendar

COMMUNITY MEETINGS are held the **FIRST SUNDAY** of the month at 7:00 p.m. at 636 Marlborough Way N.E. (Upstairs in The Activity Room). Everyone is welcome! Still some vacancies on the Board – get involved! Our next meeting will be on December 4th at 7:00PM.

UPCOMING EVENTS

- November 6th** – Board Meeting – Upstairs Activity Room
- November 18th** – Jelly Bean Dance – Main Gym
- November 26th** – Christmas Craft Sale – Main Gym
- November 26th** – Open Stage Night – Upstairs Lounge
- December 4th** – Board Meeting – Upstairs Activity Room
- December 11th** – Children's Christmas Party – Main Gym
- December 17th** – Open Stage Night – Upstairs Lounge

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 17

SENIORS IN ACTION

Volunteers Wanted For The Mow And Snow Program NO EXPERIENCE NEEDED

Let me introduce myself, my name is Dora Loucks, I am the Coordinator of the Mow and Snow Program for Calgary Marlborough. The community needs your assistance. If you are able to give of your valuable time for yard clean up, odd jobs and snow shoveling, please call or text me at 403-554-3679. My email address is dloucks@shaw.ca. In return for your hard work and selfless contributions to the community that we all live in, you will receive heartwarming satisfaction and a feeling of pride in your neighborhood.

It is truly Neighbor Helping Neighbor!

Senior Safety Tips When Walking

Walk in well-lit areas located away from bushes and doorways;

Keep your wallet in your front pocket;

Avoid walking in alleys;

Be aware of subtle pedestrian hazards such as skateboarders and runners; and if you think you are being followed, cross the street and walk in the opposite direction or walk to the nearest public place.

Marlborough 50+ Club

Whist and Bridge every Thursday at 1:00 on the second level - elevator available - new members always welcome.

Potluck lunch every third Thursday of the month.

For further information contact me (Elaine Card) at spiritquest@shaw.ca or phone # 403-275-1128.

Befit & Age Well Exercise Class

Be Fit & Age Well will be running classes on Fridays from 9 - 10 am. Cost is \$10 for 10 classes plus a community membership. This program is run by a certified Alberta fitness leader specializing in arthritis and aging well exercises. Call 403-273-5894 for more info

Certified Alberta Fitness Leader specializing in
Arthritis & aging well exercises



Yoga Classes

Yoga classes will run until the end of July. Monday evenings from 7:30 – 9:00PM or Thursday afternoons from 1:30 – 3:00PM. For more information contact Marg at 403-273-7952.

Walking Program

Tues. & Thurs. mornings starting at 8:30 Call 403-273-5894 for more info.

Senior's Resources

Calgary Seniors' Resource Society provides programs & services that help seniors remain living independently in their own homes as long as possible. In addition to assisting with critical needs like housing, pension & benefit applications, CSRS also provides transportation to medical appointments and, companionship and social support through programs like Escorted Transportation and Friendly Visiting.

To access CSRS programs and services, you simply need to call our office at **(403) 266-6200** and speak with our receptionist. Eligibility criteria and wait times will vary between programs. If for some reason we are not able to help you, we will do our best to find out who can and connect you with them.

If you suspect a senior is at risk, please call the 24/7 Seniors Help Line (run in partnership with the Distress Centre) at **(403) 264-7700**. Trained volunteers are standing by to answer your call and will ensure your personal information remains confidential. Your concerns will be forwarded to the CSRS Senior Connect Outreach Social Worker, who meets with seniors and helps connect them to the community support services they need.

Senior Connect

Free education sessions teach groups, businesses and individuals to recognize the signs and symptoms that a senior may be at risk and how to report their concerns via a 24 hour seniors help line. The Senior Connect Outreach Worker, who is a registered social worker, then follows up with the senior and connects them to community resources. To book a Senior Connect training session or for additional information, please contact CSRS at **(403) 266-6200**.

LOUNGE EVENTS



The Fireside Lounge is currently open the last Saturday of the month 7:00 pm for open stage night and drop-in euchre. All community members, residents and their guests are invited to join us for the evening. Lounge facilities include HDTV, fireplace, dart boards, pool table and shuffleboard. All the games are free! Note that while the lounge is open for families until 9:00 pm, we do ask that the kids be supervised, and they are only allowed to play the games with an adult in attendance.

The Fireside Lounge is also available for rent for private parties (call the office at 273-5894 for more information).



Paint Night in the Lounge!

Friday, November 18 at
7:15pm

Cost: \$25 per person

Bar will be open and light snacks will be served.

To register call 403-273-5894 or
online marlboroughca.com

Limited 20 people



Weekly Hall Programs

Monday

Yoga -- Fireside Lounge - 7:30 – 9:00 PM

Tuesday

Seniors Social walking – main hall–8:30 – 10:30 am
(Drop-in)

Wednesday

Drop In Sports Night – Main Hall – See newsletter for age groups and times.

Thursday

- Seniors Social walking – main hall - 8:30 -10:30am (Drop-in)
- The 50+ Club - 1:00 p.m. The Alpine Loft (New lift available!)
- Whist and Bridge are every Thursday at 1:00 p.m. in the Alpine Loft (second level). Elevator is available. New Members always welcome. Pot-luck lunch every third Thursday
- Yoga - Fireside Lounge- 1:30 – 3:00 p.m.

Friday

Be Fit & Age Well Exercise class – main hall - 9:00 -10:00 am

Saturday Fireside Lounge open **last Saturday** of the month at 7:00 pm

Open Stage and Euchre everyone welcome.



Wednesday Community Night

Wednesday Sports Night is back! Stronger and Better.

Pick up your community association membership and enjoy a sport activity every Wednesday night at the CMCA gym.

Calgary Marlborough Community Association
636 Marlborough Way NE

Drop In Basketball Open to all Community Members

We are resuming the Drop In Basketball Program this Fall at the Community Centre with exciting changes!

Wednesdays
September 14th to December 21st, 2016
6:30 to 7:30 pm – 12 years of age and under**

**This program includes skill development, team work & fun.

7:30 to 9 pm – 13 to 17 years of age
9 to 10:30 pm – 18 years and older
*No charge to participants

This course is funded by the "This Is My Neighbourhood" program in conjunction with Calgary Neighbourhoods, Calgary Recreation and Calgary Marlborough Community Centre.



Community Pride

Safety Capsule

Be safe while Driving and walking at sunrise and sunset.

Remember that at sunrise and before sunset the sun can shine directly into the drivers' eyes, leaving many motorists driving with a glare, which makes it much harder to see the road ahead and identify potential hazards.

At dusk/sunset, the eyes must adapt to the changing level of brightness and it becomes more difficult to see threats to safety.

- Have good polarized sunglasses available to you within easy reach - they help reduce glare;
- Be very alert for pedestrians; and
- Use your sun visor to block out the sun.

Did you know?

Did you know that Marlborough has an off leash dog area? It is located along the berm along 16 Avenue from 36 Street to 52 Street. <http://www.calgary.ca/CSPS/Parks/Pages/Locations/Off-leash-area-locations.aspx> Remember to be a responsible dog owner and pickup after them.



VOLUNTEER OPPORTUNITIES

Help Wanted (Volunteers Needed)

Limited hours per month required!



Special Event Coordinator

- Coordinate, Promote key community Events and Entertainment.
- Bring new ideas and events to the hall



Volunteer Coordinator

- Coordinate volunteers for different events and programs



Membership Director

Sell memberships at different events.



Social Media Director

- Work with our event coordinators and board members to promote the hall and events through various social media outlets. Facebook, Twitter, Instagram etc.



School Liaisons

- Communicate news and activities between the community association and the local school.
- Looking to fill positions for Marlborough Elem. & Bob Edwards Jr High.



Bingo at the Barn

We are always looking for amazing volunteers to participate in Bingo at the Barn.

To volunteer call Marg at 403-273-7952 or email margaretberger@shaw.ca

IN & AROUND CALGARY

Are you looking for other events going on throughout the city? Take a look at the <http://calgaryarea.com/index.php?p=communitylist> for all upcoming events at different communities around the city.

Transit Safety

The City of Calgary is committed to keeping you safe when you use our services. We do that through an extensive network of security features. We also encourage customers to practice safe habits when using the transit system.

How we keep you safe

In addition to our uniformed peace officers patrolling the system, our stations, buses and CTrains are equipped with cameras to enhance your safety. These cameras are monitored by security staff that are in direct contact with our peace officers and can dispatch them quickly, or call other emergency responders.

The collection of recorded camera images is authorized under section 33(c) of the Freedom of Information and Protection of Privacy Act (FOIP). If you have any questions about this surveillance, please contact us.

What you can do to keep yourself safe

Help Buttons/Help Phones

Our CTrain stations and platforms are all equipped with Help Phones and every CTrain car is equipped with a Transit Help Intercom System, which allows customers two-way communication with the CTrain operator in the event of an emergency.

You can press one of eight Help Buttons located in each car until it clicks and the green light comes on to tell the operator what the situation is. The operator will provide further instructions, call for assistance, or stop at the next station.

Around our stations

If you're walking to one of our CTrain stations, make sure to look both ways for trains when crossing the tracks and obey all traffic signals. Motorists should also be aware of flashing lights and crossing arms when CTrains are passing through.

Waiting for the train

While waiting for the CTrain, please ensure you stand and remain behind the yellow line until the train has fully stopped. Never put any objects or limbs in the

closing doors and don't try to pry the doors open once they've closed. Wait for fellow transit users to exit the train before get on.

On the train

Once you're on the train, move to the centre of the car so as not to block other customers from getting on and off. Each CTrain car has yellow lines and signs to indicate where it's safe to stand when the doors are opening.

Getting off the train

When you're exiting the CTrain, please move towards the door before the train comes to a stop. Once the train has stopped, press the button near the exit to open the door. This will make it easier for you to get off the train in a timely manner.

Calgary Northeast Events

Remembrance Day Ceremony Nov. 11, 10:30 am – The Aero Space Museum of Calgary will be hosting a family-friendly Remembrance Day Ceremony again this year. The service will be outside unless the weather is un-seasonably cold. Please dress appropriately for the weather. The museum will be open, after the service, with admission by donation. Come join us to help keep the memory alive. 4629 McCall Way NE.

Free Skate at Stew Hendry / Henry Viney Arenas Friday, November 11, 2016, Arena is open for Free public skating from 1 to 2:30 p.m. Address: 814 13 Ave NE

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

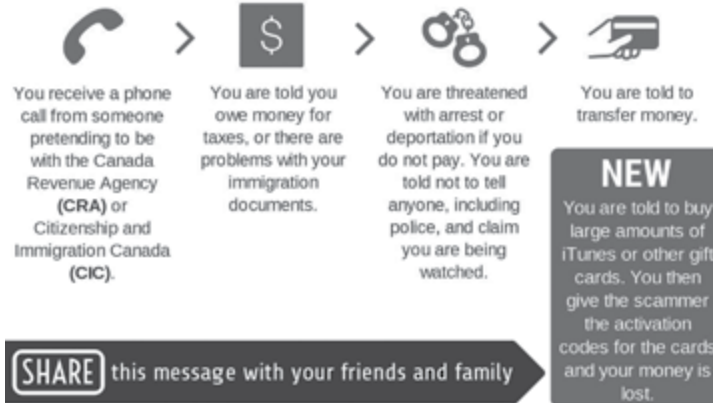
Join our Craft Sale, Beddington Co-op Nov. 20, 2 pm – 6 pm, Nov. 21, 10 am – 4 pm.

All of our proceeds go toward our Adopt-A-Family Christmas Fund. Tables are \$30.00 each. Phone 403 299 4445 to reserve a prepaid table. 8220 Centre St NE.

CRA & Immigration Scams New Scam Technique



In 7 weeks, 44 victims lost more than \$140K



SHARE this message with your friends and family

Average loss
per victim
\$3,180

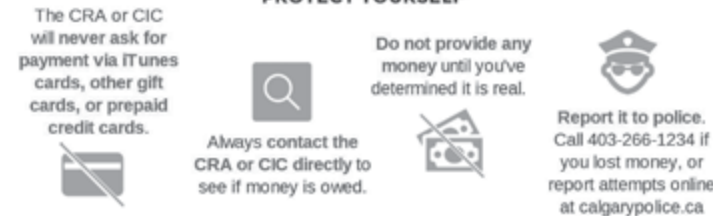
94%

of the losses incurred by
victims were scammed
through gift cards.

\$19,700
Largest loss
from one victim

Received a call or an email?

PROTECT YOURSELF



DOES YOUR WORK SELL GIFT CARDS?

Be on the lookout for potential victims and inform them of this scam. Victims may be:

- Ⓞ On the phone
- Ⓞ Buying large quantities of gift cards
- Ⓞ Agitated & stressed



Illegal Encampments

A message from the Federation of Calgary Communities
Building Safe Communities Program

Illegal encampments are complicated social issues involving people camping on ground they do not own or have authorization to do so by owners of the property. These illegal encampments can usually be found in wooded areas, parks, bodies of water and can be abandoned or still in use. When illegal encampments are abandoned it can cost on average \$4,000 to clean up the site. If you find an illegal encampment in your neighbourhood call the City at 3-1-1.

Before it can be cleaned up and removed the Calgary Police Service (CPS) must place a 72 hour trespass notice before clearing out the area. It's recommended that residents wait for CPS or Bylaw Officers to dispose of the encampment properly.

Additional Resource:

The Alpha House, an agency that serves vulnerable populations in Calgary, the agency has an Encampment Team that helps individuals who need relocation and provides support for those setting up illegal encampments with legal accommodations.

To file a complaint or learn more about what to do about an encampment in your area, call 311.

For more resources, check out the Federation of Calgary Communities website (www.calgarycommunities.com) under the Building Safe Communities tab.

Christmas Craft Sale is coming! Now taking table reservations for the upcoming craft sale on November 26. If you have HANDCRAFTED items and are interested in a table please call Donna at 403-235-2531 for more info.

Calgary Marlborough Community Association Presents

A Christmas Craft Sale

Saturday, November 26th
9:30 to 3:30
636 Marlborough Way NE

A Variety of unique gifts, including:

- * Wood works
- * Stain glass
- * Jewelry
- * Knitting
- * Artwork
- * Honey
- * Baking
- * Jewelry
- * Quilting
- * And plenty more!

Free hourly draws for \$25 shopping sprees!

Stop by the concession for complimentary tea or coffee!

IN & AROUND CALGARY

Airplane noise still flying too loud?

Now you can identify the culprit and report it to the YYC as the YYC has implemented the PublicVue flight tracking system.

PublicVue is an online tool designed to track aircraft flight operations at YYC. The system provides near-real time flight information (there is a ten minute security delay) and allows community members the option to replay historical flight data and submit complaints within the program. You must register first to be able to create a complaint.

To access this software, use the following link:
<http://www.yyc.com/en-us/calgaryairportauthority/environment/aircraftoperationsatyyc/publicvue.aspx>

From there you will be able to access the Quick-Start Guide, to submit a concern, and to launch PublicVue.

Within the welcoming page, you can launch PublicVue as follows:

- Click on Launch PublicVue.
- Select Flight Tracking.
- Scroll Down to the Marlborough Community within the map area.
- Click on the airplane icon flying over the community.
- Click on tools.
- Click on create a complaint (login will be required for this step, you can register in this step if you have not yet done it).

If you have any questions, please email the community center, and if you would like to see a demo, feel free to come to our next community meeting.

YYC International Terminal 101

New Processes at YYC

A new and exciting experience awaits those travelling to and from U.S. and International destinations through the new International Terminal at YYC. The opening of our new terminal October 31 will bring new processes for check in, security and connections. Here are some quick travel tips:

The terminal is equipped with **self-service check-in** and **bag drop services** for a seamless check in experience.

Experience the newest technology in **pre-board screening** with the first of its kind in Canada, the CATSA Plus screening system.

Enjoy a ride on our Canadian designed **YYC LINK passenger shuttle** from concourse A to D/E.

Connect easily to your next destination thanks to the streamlined processes in our new **Connections Centre**.

Approach one of our new **Customer Care Ambassadors** with any questions you may have, or ask one of our friendly **White Hat Volunteers** to help you on your way.

To learn more about our new International Terminal visit yyc.com



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.



Jelly Bean Dance

CMCA
Calgary Marlborough Community Association
636 Marlborough Way NE

\$3 / Child (Age 12 + Under)
- Chaperones are FREE
- Canteen and Prizes

6:30 pm - 9:30 pm

2016/17 Schedule

November 18
January 20
March 10
April 21
June 9

PLEASE NOTE:
Children must be signed in
AND out of the JB Dance!!!

Remember children must be signed in and out of the Jelly Bean Dance.

Keep an eye in the newsletter for updates on our next Jelly Bean Dance.

If you would like to volunteer for future Jelly Bean Dances please call Susan at 403-614-7858

Marlborough Community Association Membership



What is the purpose of a Community Association?

A Community Association is a volunteer organization that represents the interests and meets the needs of the residents within the Community. Join Now, Be Represented!

Membership cost - Family Memberships - \$20/year, Single Memberships - \$10/year.

Become a part of your Community! Be heard! Enjoy new programs and make new friends!

Reasons to join the Community Association

The Community Association is your voice in planning decisions, environmental issues and recreational issues that affect YOUR Community! The Community Centre is a place where you and your children can spend quality time in a safe environment. Your Community is what you make it. Your membership can make a difference!

Your Community Association membership

Carries the benefit to you and your family by providing programs, activities and events on a weekly or monthly basis at a small cost or no cost. Members may use certain volunteer hours towards the cost of yoga, sports, and other programs. Volunteer and make new friends! Calgary Marlborough Community Association - also offers an active 50+ group, youth activities, lounge with a big screen TV, pool table, shuffleboard, darts & sports facilities and rental facilities available for booking by residents. **Residents who have been members for 60 days prior to booking are given a 10% discount on a room rental.**

Memberships are now available on-line! Go to www.marlboroughca.com and click on the membership tab or call the office at 403-273-5894

Memberships can also be purchased at the office - open Monday to Friday from 8:00am to 4:00 pm.

GIRL GUIDE CORNER

Ever wonder what to do with the Girl Guide cookies you recently purchased? Wait no longer; here is a delicious recipe for Minty Hot Chocolate!



Source: <https://www.girlguides.ca/web/GGC/Cookies/Recipes/GGC/Cookies/Recipes.aspx>

Ingredients for 1 cup • 1 cup (250 mL) milk • 2 tsp (10 mL) powdered cocoa • 1 tsp (5 mL) brown sugar • 2 chocolatey mint Girl Guide cookies, finely grated • Whipped cream, for serving (optional) Instructions Heat milk in a small saucepan over low heat until hot, about 6 to 8 minutes. Whisk in powdered cocoa, brown sugar, and grated cookies. Serve immediately with a dollop of whipped cream! • ENJOY!

If you wish to purchase cookies or would like more information about Girl Guides, please contact Joanna Quinn at 403-291-1955 or Crystalpalacedistrict.com. Also, we are currently searching for fun and outgoing ladies looking to join us and become leaders, too!

-Girl Greatness Starts Here!

IN & AROUND SCHOOLS

Message from Marlborough Elementary

November is a time to remember...

The leaves have all fallen and as the snow dusts the ground, November reminds us to take a moment to remember...

At school we talk about peace and of conflict, of what it means to be Canadian and a citizen of the world. If you walk the hallways of our school you will hear of the experiences of people who have lived many places both within Canada and beyond. Regardless of where they have come from, most will tell you they feel safest right here. Here we have friends, and in many cases family close by. We have churches and community centres, schools, and businesses that welcome us each day but above all else we have each other.

It is at this time of year I am most grateful for the sacrifices others have made to ensure Canada remains a safe, welcoming, and amazing place to live. For here it doesn't matter where you have lived before, or where you call "home", what language you spoke first or the one you speak now, know that Canada welcomes you with open arms. So, on November 11, take a moment to remember and share your gratitude to all those who have come before, who have fought and sacrificed so that Canada remains your home for now, or your home forever.

Aubrey Fletcher Principal, Marlborough School

Autumnal Offerings

Red and purple leaves are actually caused by the presence of sugars from sap that is trapped inside of the leaves.



STORMTROOPERS

Canadian soldiers in WWI earned the nickname 'Stormtroopers' due to their reputation for being precise, relentless, intelligent and highly organized.

Use Less Plastic Today... And Tomorrow



Using plastic products has become common place in our coming-and-going these days. Recycling can alleviate some of the strain on the environment caused by waste but certainly not all of it. According to the Green Education Foundation, of the 30 million tons of plastic waste generated in the US in 2009, only 7 per cent was recycled. Making changes to your daily routine can lead to peace of mind and healthier lifestyle habits too. Here are 17 ways to make your environmental footprint a little less heavy:

1. Plastic straws are a big contributor to daily waste. Consider buying a stainless steel or glass straw or forgo using one at all.
2. Many cities have banned one-use plastic bags; a single plastic bag can take 1,000 years to degrade. Use a reusable shopping bag; there are many tutorials for making your own out of everyday items too.
3. Put gum on your "plastics-to-give-up" list. Chewing gum is made of synthetic rubber—otherwise known as plastic. Ew!
4. Purchase products in boxes instead of plastic bottles and containers. Cardboard is less taxing to degrade and recycle.
5. Buy in bulk. Fill up your reusable bag or container and save money while you save yourself recycling duty.
6. Reuse containers for storing leftovers, knickknacks, kitchen ingredients, small toys and shopping in bulk.
7. Carry your reusable bottle or mug with you and use for your beverages on the go.
8. Bring your own container for takeout or your restaurant doggy-bag. Many places use Styrofoam, let

them know you don't want it beforehand. There are great stainless steel alternatives available.

9. Instead of using a plastic lighter, stock up on matches or use a refillable metal lighter.
10. If you avoid frozen food, you'll avoid far more plastics as well, and, as a bonus, you'll eat less processed foods.
11. Avoid using disposable plastic-ware at home and request that restaurants not pack it in your takeout.
12. Often if you shop at a smaller market or a farmers' market vendors will allow you to reuse containers for berries and tomatoes and such. Ask!
13. Diapers are one of the worst offenders when it comes to plastic waste. The EPA estimates that 7.6 billion pounds of disposable diapers are discarded in the US every year. Use cloth diapers; there are many cloth diaper services available to clean up after baby.
14. Make fresh juices or eat fruit instead of buying bottled juices. It's better for you as well.
15. Making your own cleaning products is surprisingly simple, effective and thrifty. It can be as simple as lemon juice and white vinegar. Kid friendly, too!
16. Pack your lunch in reusable containers and bags, and avoid products that are single serving.
17. Use a razor with replaceable blades instead of disposable, there are fun companies that you can pay a flat fee to who will send you replacements every month.

-Vanessa Gillard

IN & AROUND CALGARY

Calgary Northeast Events

Remembrance Day Ceremony Nov. 11, 10:30 am – The Aero Space Museum of Calgary will be hosting a family-friendly Remembrance Day Ceremony again this year. The service will be outside unless the weather is un-seasonably cold. Please dress appropriately for the weather. The museum will be open, after the service, with admission by donation. Come join us to help keep the memory alive. 4629 McCall Way NE.

Free Skate at Stew Hendry / Henry Viney Arenas Friday, November 11, 2016, Arena is open for Free public skating from 1 to 2:30 p.m. Address: 814 13 Ave NE

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

Join our Craft Sale, Beddington Co-op Nov. 20, 2 pm – 6 pm, Nov. 21, 10 am – 4 pm. All of our proceeds go toward our Adopt-A-Family Christmas Fund. Tables are \$30.00 each. Phone 403 299 4445 to reserve a prepaid table. 8220 Centre St NE.

BRAIN GAMES SUDOKU

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

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 Marlborough. 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."

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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.

NOVEMBER MOON CALENDAR

	First Quarter Nov 7		Full Moon Nov 14
	Last Quarter Nov 21		New Moon Nov 29

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

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

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

DISCLAIMER

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Marlborough Real Estate Update

Last 12 Months Marlborough
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$399,000.00	\$395,000.00
September 2016	\$359,750.00	\$360,000.00
August 2016	\$392,450.00	\$382,500.00
July 2016	\$369,888.00	\$350,500.00
June 2016	\$379,800.00	\$365,000.00
May 2016	\$363,950.00	\$354,500.00
April 2016	\$344,000.00	\$317,500.00
March 2016	\$345,900.00	\$340,000.00
February 2016	\$356,900.00	\$339,975.00
January 2016	\$399,800.00	\$390,000.00
December 2015	\$351,500.00	\$344,500.00
November 2015	\$369,900.00	\$365,000.00

Last 12 Months Marlborough
 MLS Real Estate Number of Listings Update

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

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

STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN'S HEALTH. WWW.MOVEMBER.COM

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

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



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The Memorial Dental Team
Welcomes Dr. Siavash Yari!



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- Oral Surgery (including wisdom teeth)
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- Hygiene/Preventative Dentistry
- Cosmetic/Restorative Dentistry
- Invisalign™ Invisible Braces

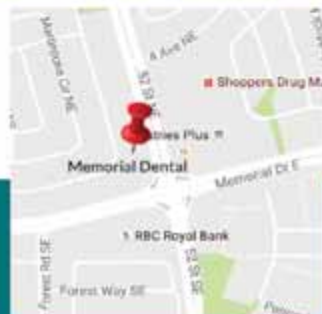
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