

NOVEMBER 2016

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MARLBOROUGH PARK

ON PARADE

THE OFFICIAL MARLBOROUGH PARK COMMUNITY NEWSLETTER

Live from Las Vegas
... Dueling Pianos

Featuring

THE FIRST, THE ORIGINAL
LAS VEGAS PIANO MAN

**VAN WALRAVEN
& LARK KNOWLES**

November 18th, 2016

Marlborough Park Community Association
6021 Madigan Drive NE Calgary N.C 403-248-1775

Doors open at 6:00 pm Show at 7:30 PM

\$4 Drinks

Tickets \$25

Come and See the Original Dueling Pianos that started it all off 20 Years ago. The first, the only Las Vegas Show

www.marlpark.ca





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STEP INTO FALL

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

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

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

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

To participate contact Research Coordinator:
perryr@ucalgary.ca



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

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**Marlborough Park Community
Association**

6021 Madigan Dr. NE • Calgary AB | T2A 5G9
Phone:403.248.1775
www.marlpark.ca • marlpark@shaw.ca

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NEWSLETTER AD SALES



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Marlborough Park Community Association

6021 Madigan Drive NE • Phone: 403-248-1775 • Fax: 403-273-9194

EXECUTIVE BOARD

President	Marlene Frederick	403-569-9573
1st Vice President	John Jirikowic	
2nd Vice President	Bill Jones	403-850-1670
Secretary	Jennifer Canu-Budd	403-475-3855
Treasurer	Leiana Hazard	403-248-8406
Past President	John Canu	

DIRECTORS WITH PORTFOLIO

Bingo	Denyse Chabot	403-248-5931
Centre	Bill Jones	403-850-1670
Communications	Mario Deshaies	403-204-1130
Lounge	Kathy Canu	
Membership	Nina Decaire	403-248-8610
Preschool	Jennifer Canu-Budd	403-475-3855
Program	Denyse Chabot	403-248-5931
Social	Tracey Fredrick	403-569-9573
Volunteers	Denyse Chabot	403-248-5931

Assistant Directors

Peter Hazard | Mary Ryan | Mitch Jones

Community Centre Administrator 403-248-1775

LIAISONS

Guides	Meredith Barclay	403-874-7297
Friday Crib	Virginia Savage	403-366-3042
Loma Seniors	Ilene Miller	403-450-9827
Preschool Regist	403-235-2996	403-248-1775
Scouting	Main office	403-283-4993
Police Services Dist 4	Cst. Chris Langham	403-428-6400 Email: pol4413@calgarypolice.ca



Board Meetings

Marlborough Park Community Association Board Meetings are held in the community board room the second Wednesday of the month at 7pm. Everyone is welcome. The next Marlborough Park Community Association Board Meeting is on November 9.

Editorial Content Deadline



MPCA COMMUNITY NEWS

President's Message

Snow Angels – they are just regular folks helping out older adults or persons with mobility and health needs who live nearby. Keeping walkways clear of ice and snow helps everyone move safely around our neighbourhood during the winter. It only takes a few extra minutes after a snowfall to help a neighbour.

If someone has cleared your sidewalk, show appreciation by submitting their name as a Snow Angel at **311 online**.

Thursday **Night Drop In Darts** are in full swing. Drop in fee \$4.00. Come out and meet your neighbours.

Tickets are still available in the office for **LIVE FROM LAS VEGAS.....Dueling Pianos**, Friday November 18th 2016. Tickets are \$25.00 each. This will be a night extraordinaire.

New Year's Eve Tickets are also on sale. \$80.00 per couple for members and \$100.00 per couple for non-members.

Watch for the **LEGO Contest** coming in February 2017. Here is a great idea for Christmas – buy Lego for kids, dads, moms, aunts, uncles, grandma and grandpa. The contest is open to ages 2 to 100 years young.

Volunteers are not servants. Volunteers are partners working together for improving Marlborough Park Community Association future.

Marlene Frederick, President Marlborough Park Community Association



Seniors' Sentiments

The City of Calgary promotes the Snow Angel program, which encourages "Neighbors helping Neighbors." If you have a neighbour that is unable to shovel their sidewalk, be a good neighbour and do it for them. It also keeps the bylaw officers away.

There are several seniors and those with disabilities who need help, which is why there is a program in place. For this program to thrive, we need HELP! We as a Community encourage you to get involved, what better way, than to help a neighbour clear the sidewalk.

Block Watch

Our meeting date is November 8, 6:45pm. All meetings are in the lounge at the hall. If you notice suspicious activity in your area please call the police non-emergency line 403-266-1234. If you see a crime in progress please call 911 immediately.

If you have any questions contact Mary Ryan at 403-974-3204. Thank you for your support of our community!

Marlborough Park Block Watch
Next meeting Nov 8, 18:45



MPCA COMMUNITY NEWS

Part-Time Employment

Marlborough Park Community Association

Marlborough Park Community Association is seeking individuals to work part-time during evenings and weekends (approximately 15 hrs/week) in our very busy Community Centre. Duties include janitorial, attending to needs of user groups, room set-up/take down and answering telephones.

Requirements for the position include:

- Ability to move/set-up tables and chairs
- Perform janitorial duties
- Ability to multi-task
- Excellent customer service and communication skills
- Minimum 18 years of age

Please forward resume in confidence to:
Marlborough Park Community Association

6021 Madigan Drive NE
Calgary, Alberta T2A 5G9
Email: marlpark@shaw.ca
Fax: 403-273-9194



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!

ME A DEAL

Yams and sweet potatoes are not the same thing.

MPCA COMMUNITY EVENTS

Bingo News

Bingos are a major fundraiser for Marlborough Park Community Association, if you can volunteer with any of these upcoming bingos, please call Denyse at 403-248-5931 or call the Community hall at 403-248-1775.

Monday Nov. 14/16 Afternoon 10:30am to 3:30pm
Friday Nov. 25/16 Evening 4:30pm to 9:30pm

Canadian Blood Services

Would like to see 120 people at each event. The next clinic will be held Dec 23 from 16:00 to 20:00.

It takes less than an hour from start to finish.

LOMA Whist Club

Loma Whist club meets every Wed at 1:00 pm year round. \$3.00 each, no partner required, no membership dues for the Whist Club. Community membership appreciated.

Two or three meals per year on the club. All welcome. For more information please call the hall at 403-248-1775 or Ilene at 403-450-9827.

If you are interested please call Marlborough Park Community Centre at 403-248-1775 for more information or drop in at 6021 Madigan Drive NE.

Holiday Craft Fair

Come join us at the Marlborough Park Community Association for our annual **Holiday Craft Fair** on Sunday, November 20, 2016 from 10am - 3pm! Our wonderful vendors offer a variety of products from hand made crafts to add warmth to your holiday decor to retail business products that make for some great gift ideas!

This event serves as a fundraiser, with all the proceeds from vendor table rentals and the bake sale going to the Marlborough Park Preschool. We hope to see you there! If you are interested in buying a table, please call Pamela Stenquist at 403 248 1775!



Drop in Crib

Join us at the hall for adult drop in crib every Monday night from 19:00 – 21:30. Everyone welcome.

Drop in Darts

Ladies and Gentleman
You are invited
Drop-in Dart \$4.00
Every Thursday at the Lounge
19:00 to 22:00

Drop In Tai Chi

Is held every Tuesday from 9:15 to 10:15 am.

Drop-in Volleyball

Wednesday evening, \$4 each



Jelly Bean Dance

February 10, 2017, 18:30- 21:30

50+ Skating at Ernie Star Arena

4808 14 Ave S.E
Tuesday-Thursday 09:00 to 11:30

Seniors Crib Club

The Friday Seniors Crib Club meets every Friday at 1pm in the Activity Room at the Marlborough Park Community Centre.

There is a good payout each week, and special prizes through the year. During the Christmas season and June each year the Club members go out to one of the local fine dining restaurant for a meal. We celebrate birthdays with a luncheon twice a year.

The Club runs from September through June, no registration fees, Community memberships appreciated. Please contact Virginia Savage at 403-366-3042.

Good Food Box

Date money Due Nov 14 2016
Box arrival Friday Nov 25 2016

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

IN & AROUND SCHOOLS

Marlborough Park Preschool News

November is going to be a wonderful month

This month we will have a few different topics which we will focus on. To start with it will be learning about colour & shapes then talking about Remembrance Day. Following those topics we will do a full 2 week theme of Animals Around the World (example Kangaroo's in Australia, Panda Bears in China).

For those who do not know on Sunday November 20th from 10:00 am- 3:00pm Marlborough Park will be having a Holiday Craft Fair. If you are interested in having a table at the fair we have 6 Foot Tables at \$20 or 8 Foot Tables for \$25. This is a first come first serve basis. Last day to sign up (if any tables are left) is November 13th.

Important dates to Remember:

- November 11th is Remembrance Day, there is no school
- November 20th is the Holiday Craft Fair
- November 24th is the start of Parent Teacher Interviews which will take place in the evening
- November 25th is a PD Day HOWEVER it is also a full day of Parent Teacher Interviews

We still have spots available for registration in

- Class B - Mon/Wed/Fri 12pm- 2:30pm
- Class D - Tues/Thurs 12pm- 2:30pm
- Class F - All 5 days 12pm- 2:30pm

Have a Great November

Autumnal Offerings

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



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



YYC CALGARY INTERNATIONAL AIRPORT

IN & AROUND CALGARY

Calgarians Seeking Jobs In A Down Market Risk Losing Thousands Of Dollars As They Fall Victim To Scams, Police Warn.

Calgarians seeking jobs in a down market are at risk of losing thousands of dollars as they fall victim to scams, police warn.

Since November, Calgary police have received 90 calls about various employment scams that have cost victims \$150,000.

In secret shopper scams, victims who have replied to online job ads receive messages stating a cheque with instructions have been sent by courier.

The victims are told to cash the cheques and wire some of the funds to a person or place, but the cheques are counterfeit, leaving the victims on the hook for the cash.

Police say they have received reports from at least five people who have been victim of another employment scam, costing them \$12,000.

Victims who apply for a clerk position posted online are told the company will hire them for a position with more responsibilities than what was initially advertised.

The fraudulent employer will either send a cheque or e-transfer with instructions to withdraw the money, keep a small percentage and use the money to buy bitcoins from an ATM.

Victims send the bitcoins to the fraudulent employer while the e-transfer or cheque is deemed fraudulent, leaving the victims on the hook for money they used buying bitcoins.

Police say Calgarians should follow these tips to protect themselves from online employment scams:

- Exercise extreme due diligence with any company

offering employment that does not have a physical address where they reside.

- Legitimate companies will not provide up-front payment to employees without services rendered.
- Ensure you meet potential employers in person before providing any personal information.
- Do not do transactions via e-transfer with anyone that you do not know personally, or that you haven't confirmed is a legitimate business.
- Never provide your personal information or identification, including Social Insurance Number, and personal banking information to anyone online.
- Look for online posts about the legitimacy of these companies. Often they are reported via the "report as a scam" buttons on an ad.

Did You Know?

Cloverdale Paint Now Offers Discounts to Community Association Members!


Cloverdale Paint is now offering club member pricing to community association members and organizational members of the Federation of Calgary Communities!

What does this mean for you? Well, whenever you need to buy paint you simply go to Cloverdale and say you are a "Federation of Calgary Communities Club Member" and you will receive more than 25% off paint and more than 15% off paint accessories!

Cloverdale Paint approached us to set up this discount program as they understand that community associations, their volunteers, and their members are at the heart of our city, and they wanted to give back in some way.

Thanks to Cloverdale Paint for their support and commitment to the community association network and for helping improve neighbourhood life in Calgary!

 **Cloverdale Paint CLUB MEMBER**

 **Account Code 057FEDERA**
FEDERATION OF CALGARY COMMUNITIES
Members Receive Wholesale Pricing



Membership Application Attention! Privileges

MPCA has some well known secrets to tell everyone. Can't wait? Here they are:

- we have lifetime memberships for seniors 60 years plus for ONLY \$10 and you only pay ONCE.
- show your card and you receive a discount at the following store
 - Dairy Queen -- Madigan Plaza 5% off
 - Optics Plus -- Madigan Plaza 20% off
 - Village Square Leisure Centre Monday night Community Association night 30% off
 - UPS store -- Trans Canada Mall 5% off in store services
 - Subway- Abbeydale 10% Off
 - Remedy RX Pharmacy, memorial Square,4A,5268 Memorial Dr N.E
10% for over the counter products and a free gift for prescription fill
 - Royal Memories Photo Booth offer 20% off at MPCA function and 10% at any other location.
 - Clover Paint is now offering wholesale pricing..... see attachment

GET INVOLVED!

Marlborough Park Community Association Membership Application

Name _____
 Address _____
 Postal Code _____ Telephone (Day) _____
 E-mail Address _____

Membership fees: **\$20 per family yearly** AND **\$10 per senior 60 years plus lifetime**

Memberships expire August 31, 2011

Make cheques payable to: **Marlborough Park Community Association**

Mail completed application to:

Marlborough Park Community Association

www.marlpark.ca

6021 Madigan Drive NE

Calgary, AB, T2A 5G9

Good Reasons To Join Your Local Community Association

Programs And Services For All Ages – Preschoolers To Seniors

Your community association offer programs directly or provide support to other organizations offering programs such as Girl Guides and Scouts. Community associations also partner with the City of Calgary to offer such programs as Park n Play and Youth programs. Community associations may also provide support services to residents in need as now shoveling for seniors.

Sports

Your Community Association offers organized sport opportunity for children, also for adults of all ages.

Community Safety

Block Watch, and bicycle safety programs are examples of how community associations ensure safety in the neighborhood.

Special Events

Many events are provided throughout the year which provides families an opportunity to meet others in the community and have some fun. Events include stampede breakfasts, craft fairs, community cleanup, book fairs, Easter egg hunt, Halloween party, jelly bean dances for the kids, and many others.

Awareness And Responsive To Planning And Development Issues

The community association makes every effort to keep track of development and planning proposals in the areas such as transportation, roads, park and playground development and traffic issues. The City of Calgary consults with the community association on these issues.

Community Newsletter

The community association communicates to the residents the activities, programs and services that are happening in the community through a regular newsletter.

Facility Operations And Rentals

Many community associations operate a facility that is available for programs, meetings, social and private functions. Outdoor ice rinks and tennis facilities are also maintained for the benefit of the community residents.

Membership Has Its Privileges

Membership does have its benefits such as; Toole Peet Insurance will provide special group rates for all community association members, percentage discounts at Dairy Queen, Optics Plus, Village square Leisure Centre, and Mark's Work Warehouse.



New Year Dinner 2016

\$80 per couple for members
 \$100 per couple for non-members –
 cocktails at 6:00 PM

CCSD BOARD OF TRUSTEES

Website: www.ccsd.ab.ca/board-of-trustees • Email: trustees@ccsd.ab.ca

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

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

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

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

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

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



Marlborough Park Real Estate Update

Last 12 Months Marlborough Park MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$375,700.00	\$364,450.00
September 2016	\$379,450.00	\$371,500.00
August 2016	\$384,800.00	\$370,000.00
July 2016	\$396,400.00	\$385,000.00
June 2016	\$327,950.00	\$339,000.00
May 2016	\$358,975.00	\$345,500.00
April 2016	\$339,900.00	\$333,200.00
March 2016	\$330,000.00	\$320,000.00
February 2016	\$388,000.00	\$373,500.00
January 2016	\$339,800.00	\$333,500.00
December 2015	\$379,900.00	\$365,000.00
November 2015	\$429,900.00	\$390,000.00

Last 12 Months Marlborough Park MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2016	6	6
September 2016	4	2
August 2016	7	7
July 2016	10	2
June 2016	6	6
May 2016	5	1
April 2016	1	6
March 2016	4	3
February 2016	5	3
January 2016	2	1
December 2015	4	3
November 2015	5	1

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



The Red Crossbill

By J.G. Turner

Photo by Andy Reago

& Chrissy McClarren

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

Fun Facts:

- The tips of its large bill are crossed; an adaptation for removing seeds from tight closed cones.
- The Red Crossbill's biting muscles are stronger than the muscles to open the bill so it places the tips of its slightly open bill under a cone scale and then bites down.
- You can spot this songbird by their undulating (wave-like) flight, which is even noticeable when they are flying at great heights
- Red Crossbills are considered irregular breeders because they can breed whenever and wherever they can find a large crop of cones, even during the winter
- Because of this irregular breeding, the timeframes for the Red Crossbill's lifecycle varies more than most North American songbirds. For example, juveniles hatched during the summer molt only once (between late summer and late autumn) whereas juveniles hatched from late winter to early spring molt twice (about three and a half months after hatching and again during the main summer molt period).
- Because of their dependence on food supply, Red Crossbills may occupy an area in huge numbers and then disappear for long periods of time (this behaviour can sometimes be called 'irruptive')
- These birds can often be heard but rarely do they make themselves visible

- Red Crossbills will come to feeders to eat niger and small seeds but the best way to tempt this elusive bird is to allow them to take sunflower seeds directly from the sunflower heads.

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

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 Park. 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."

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.



How To Get Mom To Agree To A Pet Lizard!

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

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

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

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

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

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

Jennifer L. Scott, D.V.M.

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	
Gamblers Anonymous	403.237.0654

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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

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

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

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

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

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

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

Recipients must:

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

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

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

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

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

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

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

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



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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 November
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 November



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