

NOVEMBER 2016

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# your **BRENTWOOD** bugle

THE OFFICIAL BRENTWOOD COMMUNITY NEWSLETTER

A close-up photograph of a field of red poppies with green foliage. The flowers are in various stages of bloom, with some fully open and others as buds. The background is a soft-focus field of similar flowers.

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Linda Van Holst – Office Manager • Steve Dietrich – Arena Manager

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Old Hall	Casper Valstar	403-282-3468	Web Master	Office	403-284-3477
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Civic Affairs	Kirk Osadetz	403-289-9022			403-283-5785
Nose Hill Park	Kirk Osadetz	403-289-9022	Community Garden Coordinator	Cynthia Sim	simc@shaw.ca
Brentwood Bugle	Kelli Wreford	bcabugle@telus.net			403-289-7060
Playgroup	Melissa Neville	bcamelissa@gmail.com	Garden Bed Rentals	Vacant	
Casino	Vacant		Seniors' Tea Coordinator	Kristine Goodall	403-455-6196
Volunteer Coordinator	Vacant				
Hockey & Outdoor Ice	Stovel Ferguson	403-289-9294			
Director & Outdoor Ice	Graham Matheos	403-289-5945			
Director	Melanie Swailes	melanie.swailes@shaw.ca			
Director	Peter Johnson	403-289-9365			



Our neighbourhood contributors for this month include: Anne Burke, Druh Farrell, Dorothy Haeberle, Lee Hunt, Polly Lee Knowlton Cockett, Melissa Neville, Devina Sharma, Cynthia Sim and Melanie Swailes. Proofreader – Lee Hunt



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Kelli Wreford, Editor

EDITOR'S SCRIBBLINGS



I know I have talked about Remembrance Day events in the November issue of the Bugle for the last two years, but here it comes again. This year is very important because it will be the 100<sup>th</sup> anniversary of the battle of Vimy Ridge in April of 2017. "The Battle of Vimy Ridge began on Easter Monday, April 9, 1917. Regiments from coast to coast saw action together in a distinctly Canadian triumph, helping create a new and stronger sense of Canadian identity in our country. Canada's military achievements during the war raised our international stature and helped earn us a separate signature on the Treaty of Versailles that ended the First World War." (1) "Today, on land granted to Canada for all time by a grateful France, the Canadian National Vimy Memorial sits atop Hill 145, rising above the now quiet surrounding countryside. This great monument is inscribed with the names of 11,285 Canadian soldiers who were listed as 'missing, presumed dead' in France. It stands as a tribute to all who served their country in battle and risked or gave their lives in the war and paid such a price to help ensure the peace and freedom we enjoy today." (2)

Several Canadians will be travelling to France for the commemorative events of April, 2017. However, for those of us unable to make the trip, there will be several events at home this Remembrance Day as well as in April. Some of the events in Calgary for Remembrance Day are:

The Field of Crosses: Ceremony begins at 10:45. Located on Memorial Drive between 3<sup>rd</sup> Street and Centre Street N.W. fieldofcrosses.com

Fort Calgary: Ceremony begins at 11:00. fortcalgary.com  
Jubilee Auditorium: Doors open at 9:30, ceremony starts at 10:30. jubileeauditorium.com

Battalion Park: Ceremony begins at 10:00. Located at 3001 Signal Hill Drive S.W. www.calgary.ca/CSPS/Parks/Pages/Locations/SW-parks/Battalion-Park.aspx

Canadian Pacific: Ceremony begins at 10:30. Located at the Ogden Yard—7550 Ogden Road S.E. cpr.ca

Kerby Centre: Doors open at 10:30, ceremony starts at 10:50. Located at 1133 – 7 Ave S.W. kerbycentre.com

There are many other Remembrance Day ceremonies held around Calgary. Details were not yet available at

## Join us on November 29 for Bingo

Join youth volunteers and community members to spend an evening of fun and Bingo with the residents of Carroll Place.

**Tuesday, November 29, 2016**

**6 pm – 8 pm**

**Carroll Place Lounge**

#### Additional Info:

\$0.25/card/game. *Bring your Quarters!*

Winner takes home the pot

We will play 10-11 games. Everyone has a chance to win!!

Come out and join us for a great time!

Everyone is welcome!!!

the time of writing, but the following locations have annual events. Please contact them for details:

Central Memorial Park: www.calgary.ca/CSPS/Parks/Pages/Locations/Downtown-parks/Central-Memorial-Park.aspx

Aerospace Museum Calgary: asmac.ab.ca

Royal Canadian Legion locations: legion.ca

Calgary International Airport: yyc.com

Please take the time to attend a memorial service if you can. If you are not able, you could watch the Remembrance Day Ceremony from Ottawa on CBC TV. Please observe minute of silence in remembrance of those who lost their lives in the service of our country. Also, please support the Calgary Poppy Fund and the Veteran's Food Bank. Thank you!

(1) and (2): veterans.gc.ca/eng/vimy-ridge



Your donations have helped us knit well over 500 sets of hats, mitts and scarves, as well as a variety of other items for young children in need. The group has donated to various causes including multiple schools throughout Calgary and Ronald McDonald House. Watch the Bugle for a future fundraising sale of knitted items coming this fall or winter." If you have any yarn, wool or knitting/crochet needles you would like to donate, please contact Lynne, Tenant Resource Person, at 403-282-6565. Thank you, Brentwood!



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## Community Association Membership Application

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Spouse: \_\_\_\_\_

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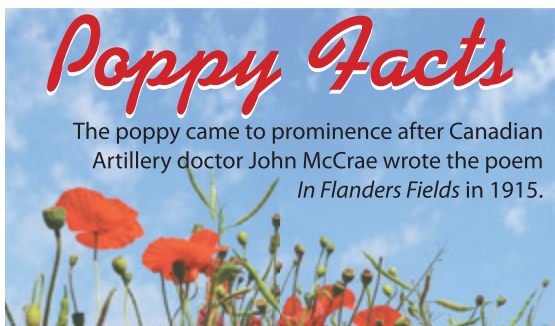
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Email: \_\_\_\_\_

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☐ Individual \$12.50

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**Public Skating at Brentwood Sportsplex**  
 Mondays 10:00 am to 11:30 am: October 3<sup>rd</sup>, 2016 to December 19<sup>th</sup>, 2016 and January 2<sup>nd</sup>, 2017 to March 27<sup>th</sup>, 2017 (no skating on statutory holidays).  
 Saturdays 12:15 pm to 1:15 pm: October 22<sup>nd</sup>, 2016 to December 3<sup>rd</sup>, 2016 and January 7<sup>th</sup>, 2017 to March 4<sup>th</sup>, 2017.  
 Cost \$1.00 per person; please pay at the office on Mondays and at the concession on Saturdays.  
 Public skating only – no sticks, pucks, sleds or strollers. We do not supply skating assistance equipment. Anyone under age 18 must wear a helmet.

**Playgroup:**  
 The Brentwood Community Playgroup runs Wednesday mornings, 9:30 to 11:00 at the Sportsplex from September to June. The playgroup is also accepting the donation of clean and gently used toys. To donate or for more information, please contact Melissa at [bcamelissa@gmail.com](mailto:bcamelissa@gmail.com).

**Scrabble Group:** Call 403-284-3477 for more information.

**55 Plus Bridge Group:**  
 If you enjoy playing bridge, please join us on Wednesday afternoons. We meet at 1 pm upstairs in the Banquet Room of the Sportsplex. Contact Roman at 403-289-6244.

**Brentwood Community Association Board Meeting:**  
 The next regular meeting will be Tuesday, November 29, 2016 at 7:15 pm in the upstairs Boardroom of the Sportsplex. All community members are welcome, but are asked to submit agenda items in advance if they have items for discussion at the meeting by contacting Linda Van Holst at 403-284-3477 or [brntwdca@telus.net](mailto:brntwdca@telus.net).

**BCA Hall Rentals:**  
 The Banquet Hall and Boardroom at the Brentwood Sportsplex are available for rental by the public. Please refer to the BCA website for details [www.brentwood-community.com](http://www.brentwood-community.com) and go to the Facilities page. Current BCA members get a 15% discount on hall rentals.

**Bugle Deadline** for the January 2017 Bugle community articles and notices is November 26, 2016 and the deadline for the February 2017 Bugle is December 22, 2016.



# Seniors' Tea News

By Dorothy Haeberle

The September 15, 2016 Seniors' Tea was well attended and everyone had a good visit after a couple of months off over the summer. It was good to see everyone again! Thank you to our volunteers and all the people that brought baked goods, chocolates and other goodies for the Tea.

The Tea on November 17<sup>th</sup> will be at the Sportsplex at 1:00 pm. All Brentwood Seniors 55+ are welcome. See you there!



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**Simon Fraser School Annual Charity Artisans' Fair**  
 Come and support local artisans! Great Christmas ideas and goodies.  
 Thursday November 17th 4 to 7 pm  
 Simon Fraser Junior High School  
 5215 – 33 Street N.W.

## **Hope Lutheran Church Stampede Breakfast**

Thank you to our Brentwood community!

This past summer, on July 17<sup>th</sup>, Hope Lutheran Church (3527 Boulton Road NW) held a fantastic Stampede Breakfast, which was attended by hundreds of people. Many thanks to the outstanding efforts of our volunteers and contributors from the community. We especially want to thank:

The students and teachers at Captain John Palliser School for the beautiful table centerpiece.  
 Atilla from Cora's in Northland Mall for the delicious crepes.  
 Shannon from Starbucks for the wonderful coffee.  
 Jason from Menchie's for the "icing on the pancakes" – frozen yoghurt.

## **Canadian Martyrs Church CWL Annual Fall Bazaar & Luncheon**

Saturday November 19, 2016, 10:30 am – 2:30 pm  
 835 Northmount Drive N.W.  
 RAFFLE – Gingerbread House  
 Sale tables: Baked goods, Crafts, Kids, Christmas and Religious Cards and Items  
 Religious Books by Author E. Mary Christie  
 Metamorphic Beads by Dayna Muscoby  
 Did you know that there is a Facebook group and a Twitter account dedicated to bringing our community together? Use the Twitter profile @BrentwoodYYC to get connected.  
 Brentwood Facebook <https://www.facebook.com/BrentwoodYYC/>  
 Would you like to add to the Brentwood Bugle's Bulletin Board? Contact the Editor Kelli at [bcabugle@telus.net](mailto:bcabugle@telus.net)



# BCA Volunteer Positions Available

The Brentwood Community Association is in immediate need of help! We have several key positions that must be filled or programs will suffer. If you are interested in any of these positions (see below) or would like more information, please email Linda at the BCA office: [brn-twdca@telus.net](mailto:brn-twdca@telus.net).

## **Secretary**

The BCA is seeking a volunteer for the position of Secretary to the Board of Directors. The Secretary's duty is taking minutes at the monthly Board meetings and at the AGM. The meetings are held the last Tuesday of the month at 7:15 and are approximately 2 hours long. There is no meeting in July or December.

## **Westwood Hockey Representative**

The position consists of attending Westwood hockey meetings and reporting at the Brentwood Community Association Board meetings. You would be a liaison between the two boards, keeping both informed. Westwood Hockey meets every other month and the Brentwood Board meets the last Tuesday of every month except for July and December.

## **Volunteer Coordinator**

The BCA is seeking a volunteer for the position of Volunteer Coordinator.

The duties of this position include:

- Ensuring all concession and maintenance shifts for the year are entered into the Sportzsoft system and are filled with either volunteers or hired students.
- Working closely with arena staff to ensure all shifts are filled with either volunteers or hired students.
- Maintaining the Hire-A-Student Listing which includes performing an annual review.
- Checking the [bcavolunteer@telus.net](mailto:bcavolunteer@telus.net) email inbox regularly to field inquiries and address any issues.
- Attending monthly Board Meetings and the AGM. Meetings are held the last Tuesday of the month at 7:15 pm and are approximately 2 hours long. There is no meeting in July or December.
- Casino Coordinator

## **Casino Coordinator**

The BCA is seeking a volunteer for the position of Casino Coordinator.

The duties of this position include:

- Ensuring all casino positions are filled for the duration of the two-day event that takes place every 18 months.
- Communicating with the Alberta Gaming and Liquor Commission, Cash Cage Advisor and Volunteers.
- Submitting a license application to the AGLC and obtaining all necessary documentation to be forwarded relating to volunteers in key roles.
- Checking the [bcavolunteer@telus.net](mailto:bcavolunteer@telus.net) email inbox regularly to field inquiries and address any issues.
- Attending monthly Board Meetings and the AGM. Meetings are held the last Tuesday of the month at 7:15 pm and are approximately 2 hours long. There is no meeting in July or December.



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# News from the Friends of Nose Hill

by Anne Burke

## The Friends of Nose Hill Society Annual General Meeting

The AGM will be held Wednesday, November 16 at the Triwood Community Association (2244 Chicoutimi Drive NW). The public portion begins at 7:30 pm. Our guest speaker, John McFaul, will offer a presentation on Nose Hill Flora as well as an introduction to the Calgary BiodiverCity 10-year strategic plan. John was appointed by City Council as a member of the Biodiversity Advisory Committee and is a professional naturalist who has been leading nature walks and hikes for 30 years. From 1986 to 2003, he worked for City of Calgary Parks as a naturalist for the Inglewood Bird Sanctuary. He received the Loran L. Goulden Award from the Federation of Al-

berta Naturalists. John is a professional interpreter with the Interpretive Guides Association. For more details, please visit our website at [www.fonhs.org](http://www.fonhs.org).

## Sandstone City

Calgary has been called "Sandstone City" because sandstone is a key component of many heritage buildings, including the old City Hall. Rather than importing the material, City Council approved a notice of motion to reintroduce mining within the city limits, at Edworthy Park and/or the former John A. Lewis Quarry site. Soon, a scoping study will return to City Council to report on the feasibility of reactivating small-scale quarrying sites.

When news of the motion was published by some media, Nose Hill Park was named as the second site. Council was already in session. As a result, I wrote a letter opposing the plan due to public safety issues, impact on wildlife and damage to diversity. The Ward Councillor voted against the motion and said, "No one must touch Nose Hill". There was a re-commitment to preserving Nose Hill for future generations of Calgarians. The assistant to the motion mover confirmed, while there was no reference to Nose Hill Park, it is important to preserve and conserve nature across our city. Fortunately, the second site is actually in the West Creek Valley, well outside Nose Hill Park.

## History of Dogs in Calgary

Come to the City Hall Atrium before the end of fall to see the exhibit "Calgary Goes to the Dogs: A History of Dogs and Dog Licensing from 1885 to 1974." In 1885, there were only 100 dog tags (now there are over 100,000) and there were no leash bylaws or fenced-in backyards. We now have the Responsible Pet Ownership Bylaw and there are estimated to be 150 public off-leash areas. This accounts for 20% of park spaces in Calgary (1250 hectares). Nose Hill is a popular park for walking dogs, in part because some communities do not have their own off leash areas. The pathways on the escarpment are on-leash areas, while the multi-use plateau (top of the hill) is off-leash.

# Update on the Proposed Development

at Brisebois and Northmount Drive NW

By Melanie Swailes

On Thursday, September 29, 2016, the Subdivision and Development Appeal Board (SDAB) was to hear the Brentwood Community Association Appeal against the approval of the Development Permit for the proposed building on the corner of Northmount and Brisebois Drive (the former gas station site).

The Hearing began with the City of Calgary Planning representative presenting his case in support of the development, followed by Melanie Swailes as the appellant on behalf of the Brentwood Community Association. The proceedings were then interrupted because of concerns over a procedural issue.

There was an error relating to the published address of the proposed building on the Development Permit (DP) notification. This meant that the Board could not continue the Hearing until after the correct address has been published in the newspapers and online, so the Hearing was adjourned.

## The Hearing was rescheduled for Wednesday, October 26, 2016 at 9:00.

Due to Bugle submission deadlines, by the time you read this, the SDAB panel will have rendered a decision on the Appeal. Please check the Brentwood Community Association website under Redevelopment for updated news (<http://www.brentwoodcommunity.com/redevelopment.html>).

Regardless of the outcome of the Appeal, we wish to thank all of the area residents who voiced their opinions, wrote letters and came out to view the proposed plans. It is great to see so much interest and involvement in our community.

# Brentwood Development

By Quarry Bay Investments Inc.

## "Brentwood Commons" Community Engagement Results

The "Brentwood Commons" Community Engagement Strategy has been in progress from July to September. Two primary tactics have been employed by Quarry Bay Investments (QBI) to engage the general public in the Brentwood area.



The first, in-store information kiosks, showcased the project at the Brentwood Co-op grocery store over the course of July and August in order to introduce the project to members prior to public meetings in September. The second tactic was to host two open house meetings, held the evening of Thursday, September 15 and the afternoon of Sunday, September 18 at two different locations in the community of Brentwood. Both of these engagement exercises allowed QBI to display project designs, collect feedback, answer questions and have conversations with local area residents. In total, through both activities, we had the opportunity to speak to over 500 residents about the proposed mixed-use development. It was our finding over the course of these activities that a majority of Brentwood area residents support the re-development project overall.



### North Crosstown Bus Rapid Transit



The North Crosstown BRT will connect the Brentwood and Saddletowne LRT stations and major destinations like SAIT and the U of C with more direct, reliable transit service. We're working on the design so visit [calgary.ca/northxtownbrt](http://calgary.ca/northxtownbrt) to provide feedback on the route, station locations and designs.

Visit [calgary.ca/northxtownBRT](http://calgary.ca/northxtownBRT) today

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Article and photo by Cynthia Sim, Garden Coordinator

Garden activities have wound down for the season. We had our autumn garden cleanup in early October and the garden produce has been harvested. Several of the gardeners are enriching their garden soil, preparing the beds for next year and many are planting garlic which will overwinter. We celebrated the largely successful season at our annual Harvest Potluck on October 1<sup>st</sup>. However, we had one unfortunate theft from the garden. An elementary school class from Captain John Palliser was using our garden space to provide more sunshine to their pumpkin plant and they had a lovely pumpkin growing in the pot. It was about the size of an extra-large grapefruit and sometime in late July, it vanished. As the garden is open to the public, these sorts of thefts have to be expected from time to time, but it was a keen disappointment for the children.

We were also unfortunate to lose the services of our very talented Membership Coordinator, Cheryl Moller, who has resigned her position in order to direct her

energies to the newly formed Hawkwood Community Garden. Cheryl was a tremendous asset to our group. She was a tireless worker, incredibly computer literate, and she handled the complex duties of Membership Coordinator with great efficiency. She was also the artist who provided the colourful signs on our garden gate (see photo). She helped transport our new apple trees, had an amazing store of recipes for the garden produce (in particular the rhubarb, the cherries and the haskap berries) and was always willing to share her considerable garden knowledge with those of us who did not have her experience. Our loss is certainly Hawkwood's gain and I hope they appreciate her as much as we did in the Brentwood Garden. She will be hard to replace and we wish her well in her new "digs".

As winter settles in, we hope we planted our tulips, daffodils and other spring bulbs early enough to avoid the frost and deep enough and protected enough (maybe by chicken wire) to thwart the squirrels!



Name	Age	Contact	Course
Ariel	17	587-968-3526	No
Camryn	15	587-439-1472	Yes
Elaina	16	403-808-1328	No
Eric	15	587-439-2875	No
Megan	14	403-969-6336	Yes
Nicole	16	403-279-2765	Yes
Sholeh	44	587-707-6816	Yes
Sihana (See-Ana)	15	403-228-5339	Yes
Tamara	26	403-689-8140	Yes

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**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).

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Bebo Grove

## Award established to honour Brentwood musicians

By Lee Hunt

Oftentimes, even the most tragic happening will eventually lead to something positive.

Such was the case on Sunday, September 25 with the presentation of the inaugural Zackariah and the Prophets Memorial Award.

Most Bugle readers will recall the tragic stabbing of five young people at a Brentwood residence in 2014. Two of those killed - Zackariah Rathwell and Joshua Hunter - were part of a four-member band named Zackariah and the Prophets. Now, the two remaining band members - Kyle Tenove and Barry Mason - in conjunction with Josh's father, Barclay Hunter, have established the Zackariah and the Prophets Memorial Award. This Award was presented for the first time at the inaugural YYC Music Awards held at Studio Bell on Sunday, September 25.

### Zachariah and the Prophets



In a recent conversation with Kyle Tenove, I learned that 15 groups had applied for the Memorial Award. The eight judges (who included Kyle and Barry) were looking for "rising stars" who had two or fewer independent releases. The winners would need to "show a progression of musicality plus originality and be gaining a following". Above all, they needed to demonstrate "passion and a dream".

The group which best met all of the criteria was Bebo Grove from the Priddis area. This group (Jordan Clermont, Jason Selby, Jeff Ragan, and Anthony Heywood-Smith) plays what Kyle describes as "folksy rock which was different from a lot of mainstream groups". The judges were also impressed that Bebo Grove has performed at a number of charity shows.

The Zackariah and the Prophets Memorial Award will be presented annually to encourage young musicians. For additional information about the Award and also about the Emerging Artists Program for 2017, please go to: [www.prophetsofmusic.org](http://www.prophetsofmusic.org).

Kyle and Barry were delighted with the entire YYC Music Awards evening, commenting that, "Everyone left with a sense of unity". There are indeed some valuable positives coming from that tragic evening of April 2014.

## Dinner is on the Table

By Melissa Neville

Hello out there, my name is Melissa and I will admit it...I have a cooking & baking addiction. I think about food almost my every waking moment. My internet browser history is full of cooking sites and fun food blogs as I am constantly looking for that new super-delicious but quick and easy family favourite. I spent 7 years of my work life in restaurants learning new techniques and tricks to make food preparation easier. With the birth of my first son I left restaurants and started cooking for a small but very special clientele, my family! I understand the challenges around getting dinner on the table at the end of a busy day when it is the last thing you want to do.

Every month I will share a family favorite that is reasonably easy to prepare, tasty, plus almost all of my recipes can either be frozen or cut in half if you are a smaller family or doubled if you have a larger family. I would love to help you say...

"Dinner is on the table".

### Turkey Burgers

(uncooked patties can be frozen)

#### Ingredients:

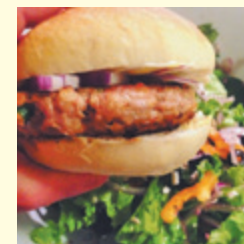
- 1 lb ground turkey
- ½ cup of grated cheese (I like gruyere because it has so much flavor but use what you have on hand)
- 4 green onions, thinly sliced
- ¼ cup of bread crumbs\* (see note below)
- ¼ cup Dijon mustard
- 1 garlic clove, minced
- salt and pepper to taste
- 2 tablespoons vegetable or Canola oil for frying
- 4 fresh buns
- toppings of your choice, I like red onions, Dijon, mayo and lettuce

In a medium bowl, mix the ground turkey, bread crumbs, Dijon mustard, grated cheese, garlic, green onions, salt and pepper. Form into 4 patties (mixture will be wet). Place the patties on a tray or plate and put in the fridge while you prepare the toppings and side dishes (we like a simple salad or oven baked fries). When you are ready, heat the oil in a frying pan on medium high heat. Sear the patties for 2 to 3 minutes until brown, flip and turn down the heat to medium-low and cook and additional 10 minutes until done. If your pan is not big enough to cook them all at once, do them in batches and keep cooked patties warm in a 93°C (200°F) oven. Ground turkey should be cooked to 74°C (165°F) internal temperature. Serve on a fresh bun with desired toppings and the side of your choice.

Enjoy!

*\*Bread Crumbs--Sure you can use store bought, but I always have bits of bread leftover at the end of the week and I love to use them to make bread crumbs. I simply break up the bread into small pieces and toss them into a pan. I let the pan sit out on the counter until I feel I have enough or it starts to get in the way. I toast the bread pieces in the oven for 10min at 190°C (375°F) or until brown. Once cooled, I throw the toasted bread into the food processor and pulse until fine. If you do not have a food processor you can use a freezer bag and a rolling pin - great for de-stressing. House made bread crumbs are cheaper than store bought and are a great way to use up old bread and reduce food waste.*

*If you have a cooking question, please email Melissa at [bcamelissa@gmail.com](mailto:bcamelissa@gmail.com). The best question will be featured in the next month's Brentwood Bugle.*



This is a photo of the actual Turkey Burger I made

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## Brentwood Real Estate Update

Last 12 Months Brentwood  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$619,900.00	\$614,750.00
August 2016	\$534,900.00	\$508,000.00
July 2016	\$554,950.00	\$536,000.00
June 2016	\$549,900.00	\$549,000.00
May 2016	\$549,900.00	\$547,000.00
April 2016	\$559,900.00	\$545,000.00
March 2016	\$514,900.00	\$514,900.00
February 2016	\$577,444.00	\$562,250.00
January 2016	\$654,350.00	\$625,000.00
December 2015	\$486,800.00	\$475,000.00
November 2015	\$579,900.00	\$534,000.00
October 2015	\$519,900.00	\$508,000.00

Last 12 Months Brentwood  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2016	9	8
August 2016	8	7
July 2016	9	6
June 2016	11	7
May 2016	3	9
April 2016	11	9
March 2016	13	7
February 2016	6	8
January 2016	7	2
December 2015	2	1
November 2015	4	3
October 2015	4	7

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [brentwood.great-news.ca](http://brentwood.great-news.ca)



## Brentwood School

By Devina Sharma, Brentwood School Council Member

Warm greetings from the students and staff of Brentwood School. We have been busy settling into the new school year and can't believe that it's already November! The new school year has brought many changes to Brentwood School, as we welcome a new administration team with Mr. Tim Michayluk as our new Principal, and Mrs. Sharon Marshall as our new Assistant Principal. We all look forward to another great year of learning together at Brentwood School with our new and returning staff.

Our School Council AGM was held in June. A new council was elected for this school year. It's an exciting time with new faces on our executive and non-executive teams. Our next School Council meeting will be on November 15<sup>th</sup> at 7 pm in the library.

Our school is fundraising for our school by selling the Admazing Savings coupon books for \$20 each. There are some great coupons inside that can save you money on shopping, dining and so much more! Feel free to come to the school and purchase your Admazing Savings book from our office staff.

Our Grandparent Program continues to flourish at Brentwood School, so if you are a senior from the Brentwood community and would like to volunteer at the school once a week for a few hours, please contact us. We ask that grandparent volunteers be fluent in both written and spoken English, as well as be able to get to the school independently.

Our first Fun Lunch was in October, along with our annual Halloween celebration of Pumpkinella, both of which were very successful and enjoyable for all.

We will remember our Veterans this year with a Remembrance Day Assembly on Thursday, November 10<sup>th</sup>.

Our Parent/Teacher Conferences will be held on the evening of Thursday, November 24<sup>th</sup> and the morning of Friday, November 25<sup>th</sup>. Please excuse the increase in neighbourhood traffic on these days. As always, we encourage our parents to park along the field to avoid taking up residential parking spots.

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is a lot of work.

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## DECEMBER 10 SLUMBER PARTY AT THE GLENBOW MUSEUM

Celebrating their 50th anniversary, The Glenbow is inviting kids aged 7 – 12 for a rare sleepover and behind the scenes tour of the museum's artefacts. More info [www.glenbow.org/programs](http://www.glenbow.org/programs)



## NOVEMBER 25 – DECEMBER 24 THE POLAR EXPRESS TRAIN RIDE

Aspen Crossing: Journey to the North Pole on the Polar Express, complete with hot chocolate and cookies served onboard the train. More info [www.aspencrossing.showare.com/eventperformances](http://www.aspencrossing.showare.com/eventperformances)



## DECEMBER 23 CHRISTMAS SKATE, NOON – 5 PM. OLYMPIC OVAL

A fun-filled afternoon at the Olympic oval is sure to cheer any Grinch. Complete with holiday music, you and yours can enjoy a skate together for \$2 and a food donation to The Calgary Food Bank.



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

**Nov. 28 – Dec. 21 It's A Wonderful Life: A Radio Play – Lunch-box Theatre:** It's A Wonderful Life is the classic tale of George Bailey, conceived as a live 1940's radio broadcast, a cast of 5 actors will bring this classic holiday story of love and redemption to life on stage! Everyday but Sundays, noon – 1 pm at Lunch-box Theatre. More info [www.lunchboxtheatre.com](http://www.lunchboxtheatre.com)



**Dec. 2 – 4 The International Christmas Market at Spruce Meadows:** Enjoy the warm atmosphere of this much-celebrated market which boasts 250 vendors with world-imported items, hand-crafted gifts and much more. Fire pits and lively entertainment are sure to keep you in the spirit - just in time for the holidays. For info [www.sprucemeadows.com/christmas\\_market](http://www.sprucemeadows.com/christmas_market)


**Nov. 19 – Dec. 18 Once Upon A Christmas – Heritage Park:** Take a step back into true holiday enchantment this Christmas with wagon rides, singing carols and even jolly old St. Nick himself. Experience the magic of Christmas past and activities like: gingerbread decorating, Santa's petting zoo, children's crafts and a vintage photo parlour. More info [www.heritagepark.ca](http://www.heritagepark.ca)

**Dec. 15, 8 pm A Rockin' Little Christmas – Jack Singer Concert Hall:** This upbeat concert will include a range of cheery, seasonal hits including Santa Baby, Jingle Bell Rock, White Christmas and many other favourites. Joining the Calgary Philharmonic Orchestra for this concert is the Jeans 'N' Classics band and four vocalists. More info [www.calgaryphil.com](http://www.calgaryphil.com)

**Nov. 26 – Jan. 8 Lion's Festival of Lights:** The Festival of Lights is the largest free drive-by Christmas Lights showcase in Calgary. It's comprised of over 300,000 lights along 14th St NW. Designed by James Alafritz, Creative Intelligence Agency. More info [www.lionsfestivaloflights.ca](http://www.lionsfestivaloflights.ca)

**Dec. 2 - 4, 9 -11, 16 – 18 Market Collective Cheer:** Enjoy a market that's perhaps a bit more eclectic this year at Market Collective's Cheer event. With fare like, clothing, chocolate and jewellery on offer, and more unusual vendors with woodworking, paper products and leather work for sale, there is surely something for everyone at this event. Located at The Chinese Cultural Centre. More info [www.marketcollective.ca](http://www.marketcollective.ca)



## PARTNERS IN CRIME PREVENTION WORKSHOP

WEDNESDAY  
OCTOBER 19, 2016  
7-9 PM


**FREE**

Join us and Cst. Andrew Critchley from the Crime Prevention Unit at the Calgary Police service for a presentation that will focus on fraud awareness, common scams and best practices to avoid being a victim. Learn what resources are available to communities and how the Calgary Police Service responds to these issues.

Register at [calgarycommunities.com/events](http://calgarycommunities.com/events)

PRESENTED BY:  
**CST. ANDREW CRITCHLEY**  
[ACritchley@calgarypolice.ca](mailto:ACritchley@calgarypolice.ca)

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# 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](http://www.calgarywildlife.org) for more information.

## 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 22



## CALGARY PUBLIC LIBRARY

### Winter Word Fair

Kickoff the holiday season with Calgary Public Library's Winter Word Fair—your one-stop bookish Christmas shop featuring unique vendors, entertainment, and refreshments.

Take advantage of the Library's in-house expertise to buy great reads during the most popular book-giving period of the year.

Get there early! The first 50 people get an opportunity with a personal shopper, who will match you to the perfect reads for everyone on your list, and your very own gift bag to fill with incredible bookish gifts.

### Central Library

Thursday, December 1 | 5:00 pm–8:00 pm  
Everyone welcome!

### Calgary Public Library Foundation Tours

The Library has 18 community libraries across the city—how many have you visited? Join the Calgary Public Library Foundation for a series of free one-hour tours that provide a special behind-the-scenes look at many of the features, programs, and benefits at each unique location.

You'll hear about a patron's personal experience, learn about what's planned for the future, and be taken on a tour led by Library staff. You'll leave with a new perspective on your local library!

To register, visit [LibraryFoundation.eventbrite.com](http://LibraryFoundation.eventbrite.com) or call 403.260.2631.

### Library Updates

The Library will be closed Friday, November 11, for Remembrance Day.

The Children's Library at Village Square Library has been completed and is open for play and reading! Your kids will love the brand-new vibrant and interactive Early Learning Centre!

Renovations to the Nose Hill Library have been completed. Make sure to drop by and see the revitalized space!

The November/December *Library Connect* is now available. Pick up your guide to the Library's free programs and events at any community library, or download a copy at [calgarylibrary.ca](http://calgarylibrary.ca).

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The poppy is often worn on the left lapel on a jacket or shirt, and as close to the heart as possible.





**The holidays can be stressful. We can help!**  
The Calgary NW ECD (Early Childhood Development) Coalitions are hosting an evening aimed at helping you, the parent, have a happy low-stress holiday season. **Managing the Holidays**, is a free workshop being held on Monday November 14<sup>th</sup> from 6:30-8:30pm at the Silver Springs Community Centre. Many of us put too much pressure on ourselves over the holidays, so come and learn how to refocus and help everyone enjoy this time of year. Child care is provided. Please visit [www.Eventbrite.ca](http://www.Eventbrite.ca) for more details and to register today as space is limited.

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: [ncecmap@weconnectyou.ca](mailto:ncecmap@weconnectyou.ca).



Store bought 100% "real" orange juice is 100% artificially flavoured.



# Daylight Saving Time

ends Sunday, November 6.  
**Set your clocks back 1 hour and enjoy the extra sunshine.**

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



# Gardening by the phases of the moon

- November 7

First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.
- November 14

Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.
- November 21

Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.
- November 29

New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



# IN & AROUND CALGARY

## EMS: Yielding to Emergency Vehicles

Time is the enemy in any emergency. For everyone's safety it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

- When an emergency vehicle approaches with lights and siren activated:**
  - If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
  - On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal.
  - On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
  - Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one!) before re-entering traffic flow. Remember to signal.
  - Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders or left hand turning lanes in order to pass other traffic.

- When operating a vehicle:**
  - Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way.
  - It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated.
  - Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
  - Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00.
  - Always leave plenty of space between your vehicle and an emergency vehicle should it be required to stop suddenly.



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.

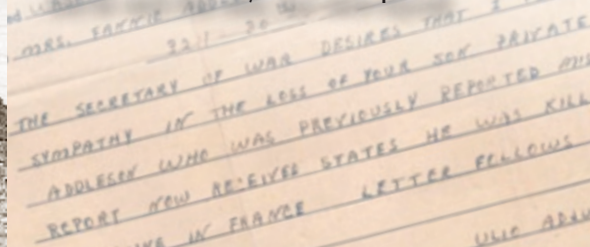
Nominations must include a (maximum) 500-word statement of support.

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>.

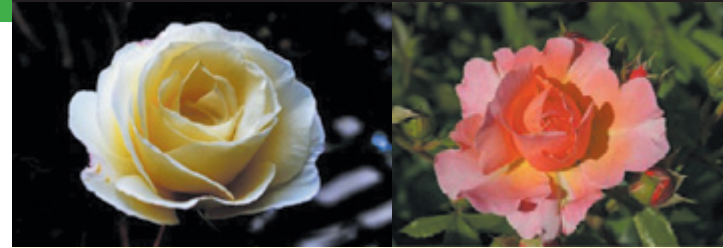
## LEST WE FORGET



1.1 million Canadians served in the Army, Navy and Air Forces over the course of WWII; 45,000 Canadians died and for each that died, four were injured.



## HOME GARDENING WITH BARBARA



## A ROSE IS A ROSE

Barbara Shorrock

We don't have a number for how many gardeners in Calgary grow roses, but Lois Hole tells us that 4 out of 5 in England do, where the rose is the national flower. There is enormous variety in the *Rosa* genus, with many new varieties being developed every year across the world. Here in Calgary, we have our own particular challenges with altitude, short growing season, Chinoos, periods of drought and snow possible every month. Nevertheless, roses are hugely popular and many thrive in our gardens, just like their owners (or servants, if you choose to care for the more tender types). If you look on book store shelves, you will find volumes of books on how to choose, how to care for, how to master the art of rose growing. Beware the lovely picture-laden tomes written for other climates – pretty to look at but impossible here. For the purposes of this article, we will talk about only those roses that can be grown successfully in Calgary.

**Hardy roses** can survive our winter on their own without extra work by the gardener. They are tough. Size-wise, they vary from miniature and ground cover types only a few inches tall to great shrubs, climbers, hedges and every size in between. The flowers themselves can be single (12 petals or less), semi-double (13-20 petals) or double (20 or more petals). Colours vary from pure white through all the pinks and reds to peach and yellow. Some of them, like Morden Sunrise, have a range of colour in each bloom. They are most often grown on their own root-stock.

Most "Old Garden Roses" bloom only once per year, but within that three or four week period produce as many blooms as others who bloom for months. Even though labelled "hardy", it can be a good idea to mulch them in the fall as if they were tender.

"Parkland Roses" are bred specifically for Canadian prairie conditions at Morden, Manitoba. They are extremely hardy and most bloom all summer long. Anything with "Morden" in its name is a Parkland rose.

"Explorer Roses" were created by Agriculture Canada and are named for Canadian explorers, a particularly tough and hardy breed of men. These modern shrubs are crosses of *Rosa Rugosa* or *Rosa Kordesii*. John Cabot, for example, will grow up to 7 feet tall, and blooms until stopped by frost.

"Canadian Artists" is the newest series of hardy roses, developed in Canada and named in celebration of Canadian artists. They are bred to be exceptionally hardy, reliable, and disease resistant. Look for names like Emily Carr and Oscar Peterson.

**Tender roses** need more help from the Calgary gardener. Briefly, you must mulch them in the fall, and make an effort to cover them with snow if Mother Nature is stingy throughout the winter. This category includes Hybrid Teas, Floribundas, Grandifloras, English roses, Miniatures and most grafted roses. The serious rose grower may go so far as to dig them up and bury them in a trench in an empty bed for protection, but a good layer of peat moss and something to keep it in place, like black soil or old carpet should be effective. Styrofoam boxes and insulated tarps also work. If your roses are in pots, you can move them into an insulated heated garage, remembering to water them from time to time as they rest. Hybrid Teas are the darlings of rose society competitions, but don't always make a grand show in the garden. Floribundas give a bouquet on every branch. Grandifloras are the best of the Hybrid Tea and Floribunda, providing long-stemmed clusters that repeat and repeat.

There you have it – we are spoiled for choice. Calgary has an enthusiastic Rose Society, with knowledgeable members who would love to help you.

**Barbara Shorrock** is a retired realtor, gardener, writer, reader, and traveler. She can be found most first Wednesdays at the Queensland Garden Club in Queensland.







# It's Okay To “Double-Dip”

Janine Rea, BA Economics

## Key Points:

- When we say double-dip, we mean using the tax refund from your RRSP contribution to make an RESP contribution.
- Take advantage of the CESG program, which provides grant money for contributions made for an eligible child.
- Consider monthly Pre-Authorization Contributions instead of annual contributions toward your RRSPs.

**If you have any questions about “double-dipping”, I would be happy to help.**

## Help secure your family's future

As a parent, you have to be a terrific juggler. You juggle time to complete all the tasks and chores that fill your day. You juggle responsibilities to ensure your children have the best possible childhood and prospects for their future. Yet the toughest juggling act of all is managing your finances while raising a family. It can be even more difficult to find the extra dollars needed to invest towards a comfortable financial future, including your retirement and the educational plans of your children.

If you're a parent of young children, you are probably struggling with a tough decision: Is it better to first save for your retirement through registered retirement sav-

ings plans (RRSPs), or to save for your children's education through registered education savings plans (RESPs)?

Fret no more because there is a way to do both: Make your RRSP contribution before the deadline each year and use the resulting tax refund to make an RESP contribution. That's the ultimate “double-dip” because your child's RESP can also take advantage of “free” cash from the federal government in the form of a Canada Education Savings Grant (CESG).

## Here's why the ultimate “double-dip” works so well:

- When you make your maximum allowable RRSP contribution, you may enjoy tax savings that can be applied towards establishing or adding to your children's RESP.
- The federal government's CESG program provides a matching grant for each RESP contribution made for an eligible child. The Basic CESG is worth 20 per cent on the first \$2,500 of an annual RESP contribution or \$500 per year. This eligibility accumulates and carries forward, so even if you were unable to make enough of an RESP contribution to access the full Basic CESG money in previous years, you can start to make up for it now and in future years and get the Basic CESG money your child would have received in those earlier years.
- Families with children born after December 31st, 2003 who also receive the National Child Benefit Supplement may also qualify for additional funds through the Canada Learning Bond.

## Start now

Finding the funds to make an annual RRSP contribution may seem difficult – especially, with all the daily juggling going on in your life. So why not start now? Talk to me about setting up a Pre-Authorized Contribution (PAC) to make monthly RRSP contributions. Your RRSP will begin to compound on a tax-deferred basis for potentially stronger growth over the long term. You can even arrange for your employer to reduce withholding taxes at source based on your RRSP contribution schedule, so that you can make monthly RESP contributions instead of waiting for your tax refund in the spring to make an annual RESP contribution. It's a win-win situation that will allow you to also capitalize on the ultimate “double-dip”.

Let me help you feel more confident about your future – plus make sure you take full advantage of all the tax-saving and income-building opportunities that are available to you.



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!

# How To Get Mom To Agree To A Pet Lizard!

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.



# 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

# CHRISTMAS CRAFT FAIRS

**4<sup>th</sup> Annual St. William Christmas Craft Market:** 11020 Fairmount Dr SE (across from Southcentre Mall and Trico). Saturday December 3<sup>rd</sup> 10am – 3pm.

**St Gerard's Bazaar: Annual Bazaar and Garage Sale.** Saturday, November 19, 2016. 9:00-3:00 pm. St. Gerard's Church. 8944 Elbow Dr. SW.

**Auburn Bay Christmas Craft and Marketplace** Nov. 19, 10am – 4pm. Auburn House, 200 Auburn Bay Blvd SE. For more info visit [www.auburnbay-connect.com](http://www.auburnbay-connect.com).

**Annual Bow Cliff Christmas Craft Fair and Bake Sale** Nov. 26, 10am – 3pm. 3375 Spruce Dr. SW

**Bonavista Christmas Craft Fair** Sat. Nov. 19 – sun. Nov. 20, 11am – 4pm. 1401 Acadia Dr SE. For more info [www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com).

**Arbour Lake Christmas Craft Fair** Nov. 5, 2016 at 11:00am-3:00pm Arbour Lake Residents Hall

**St. Andrew's Presbyterian Church Christmas Bazaar:** Saturday, November 5th, 10am-2pm.

## Should you 'exchange' your **shorts** for a **snowsuit** next winter?

Suzanne Smith-Demers – Consultant

For snowbirds who've found a way to enjoy life while avoiding Canada's frosty winters, this coming winter may turn out to be less (financially) relaxing than most.

Around April is the time when many snowbirds make the decision about where they'll be living when they head south. They make their decisions, sign their rental agreements and pay their deposits – in other words, they are locked in. That's exactly what you did last April and then the exchange rate continued to drop. Now, that rental deal that looked quite

economical in April will look a lot less attractive this fall and winter.

So, what do you do when April 2017 rolls around? Do you roll the dice and secure a condo rental for winter 2017?

With uncertainty on whether the exchange rate will improve any time soon, you may be inclined to forego your southern sojourn next winter – but you have other options.

- Explore the exchange rates offered by boutique currency exchange companies. The Canadian Snowbirds Association provides a currency exchange program that offers very competitive rates.
- Buy U.S. dollars over the year whenever the loonie goes up.
- Open a U.S. dollar account at a bank that offers no-cost transfers from a Canadian U.S. dollar account to a U.S. dollar account in the United States.
- If you're flying, consider doing so from a U.S. border airport where fares may be cheaper.
- Check out more affordable destinations away from the usual southern hotspots; the exchange rate and cost of living may be more favourable in Mexico, Costa Rica, Panama and other non-traditional southern locations.

It's an unavoidable fact: No one can predict the future with 100% accuracy. The key is to be prepared for whatever comes, planning is key.



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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.

**OUT ON A LIMB PROFESSIONAL PRUNING:** Tree and shrub pruning, shaping and restoration. Tree removal and stump grinding. New tree and shrub selection and installation. Fertilizing and insect pest management. Licensed & Insured. Journeyman Landscape Gardener and certified Arborist. Call Jim at 403-265-6965 or email outonalimbprofessionalpruning@live.ca.

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**LOOKING FOR A NEW FAMILY DOCTOR?** Mount Pleasant Medical Clinic currently has 2 physicians accepting new patients, Dr. Rene Lee (female, speaks Cantonese) and Dr. Jeffrey Dai (male, speaks Mandarin). Book ASAP before they fill up their practices! Phone: 403-247-6966, address: 519-23 Ave. NW.



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## Remembering Is Something You Do

During Veterans' Week, November 5th to 11th, I will join Calgarians and people across the country as we pay tribute to all Canadian Veterans. Throughout the week, thousands of commemorative ceremonies and events will take place across our country to honour Canada's Veterans, current serving members of the Canadian Forces and those who have made the ultimate sacrifice. The sacrifices and achievements of our Veterans have helped define and defend Canada's values of freedom and democracy. They will always be remembered.

Here are some ways to engage in Remembrance: Wear a poppy above your heart, attend local Remembrance Day ceremonies, and vow never to forget; Change your profile picture on Facebook to a poppy and blog or tweet about the importance of remembrance; or listen to Veterans talk about their experiences and thank them for their service. Remembrance IS more than something you think about – it's something that you do.

Another way to help remember is to find your connections to the past. You can obtain information on where the graves of all Canadian soldiers who died while serving

## Autumnal Offerings

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



abroad are located. Here's how to do a search for your connection to the past.

Visit the Veterans Affairs Canadian Virtual War Memorial online at [www.virtualmemorial.gc.ca](http://www.virtualmemorial.gc.ca). (If you are looking for an Allied soldier you could also try a similar search through the Commonwealth War Graves Commission at [www.cwgc.org](http://www.cwgc.org) as they keep track of all Allied cemeteries.)

Search by name and select the soldier you are looking for. (Keep your search terms broad to yield the best results. This is especially important with first names or common misspellings of names.)

Review the results of the search. When available, it will include photos, a copy of the page from the Book of Remembrance, vital personal details and possibly even a summary of the circumstances surrounding the soldier's death.

A quick Google search using the name of the cemetery often yields a link to photos of all the tombstones, lists of those buried (alphabetical and regimental) and a good description of the cemetery itself. Please don't consider the Veterans Affairs Canadian Virtual War Memorial as the only possible source of information and don't underestimate the power of a good online search engine like Google.

Share your findings and experiences with others in a gesture of Remembrance. I would be interested to hear from anyone who uses this process and finds it as rewarding as I have.





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Friends,

In October, the trees have lost the last of their yellow leaves in preparation for the coming winter. The nights were chillier and migrating geese were a common sight in the sky. I hope everyone enjoyed a wonderful Thanksgiving.

Now that everyone has finished raking the leaves, you can drop your bagged leaves and ghoulish pumpkins off at Varsity Athletic Park, 39 Street & 46 Avenue NW, until November the 6<sup>th</sup>.

Between preparations and ministerial work I've been in Calgary-Varsity to attend community events and ensure constituents have access to their representative. I was very happy to help Westmount Charter School celebrate the completion of their renovations in partnership with the province.

We found it a pleasure to discuss current events with Seniors at the Brentwood Community Association. We also had the opportunity to connect with Parents during a parents and tots playgroup in Brentwood; we had the chance to engage with folks about issues affecting families in our community. There are so many great opportunities for everyone in the Varsity constituency to connect, we encourage you to check out your local community association to discover how.

Looking ahead to November, the legislative session continues through the whole month. We also mark Remembrance Day to honour the sacrifices made by Canadian soldiers in protecting our country.

Throughout the fall my office will be attending Community Association meetings, AGMs, and Community programs throughout Calgary-Varsity to ensure I'm always informed about how best to represent local issues at the provincial level. We hope to see you there!

Our office serves all the people of Varsity, Dalhousie, Brentwood, Banff Trail, University Heights, Montgomery, and Charleswood. Our team is available to talk to constituents about provincial government departments, programs, scrolls, and services. Please visit us in our office, and let us know how we can help you.



## COUNCILLOR, WARD 7 DRUH FARRELL

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Aside from the odd spot of traffic, most of us have a fairly easy time getting around our city while walking, cycling, driving, or taking transit. There are many of us, however, who find our city hard to navigate. As recently as 2012, 10% of Calgarians reported having significant disabilities. By 2019, 200,000 Calgarians over the age of 15 will live with disabilities.

The City of Calgary is committed to building an inclusive society where everyone can access programs in a way that respects the independence and dignity of people with disabilities. Other orders of government have also taken notice. Several provinces have passed strong barrier-free legislation, and the Government of Canada is currently working on a national accessibility strategy.

Last year, Council supported my motion to find ways to make our public facilities and public realm barrier-free. The work includes an accessibility audit of all our civic facilities, as well a plan to improve how they function for Calgarians with various disabilities.

My motion also asked staff to encourage better accessibility of private developments through the planning process, and to partner with advocacy groups to increase the amount of barrier-free housing.

I am encouraged that the initial response from City staff will result in some quick and easy wins in and around the municipal complex at City Hall. These measures will make navigating City Hall easier for those visiting to drop off a permit application, pay a bill, or attend a Council meeting. Wayfinding signs directing people towards accessible facilities have already been installed on the LRT platform at City Hall. Banding decals have been installed on the glass elevators in the Municipal Building to assist blind visitors. Elsewhere, our Roads department purchased wheelchairs to give its staff personal experiences of what it is like to move around Calgary's streets with disabilities.

Achieving an accessible city is much like achieving a clean city or a safe city. There is no finish line. Through continuous improvements, striving for an increasingly accessible city is worth the investment.

If you see an opportunity to improve accessibility on public property, please call 3-1-1 or go online to [www.calgary.ca/311](http://www.calgary.ca/311). To learn more about this and other Ward 7 topics, visit [www.druhfarrell.ca](http://www.druhfarrell.ca). To sign up for updates on key issues, please email [ward07@calgary.ca](mailto:ward07@calgary.ca).

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

**PEACE BY PIECE QUILTERS GUILD** is a group of women who share knowledge and skills in a supportive atmosphere. We meet the second Tuesday of every month (September to June) at Hope Lutheran Church. Email [pxpquiltguild@gmail.com](mailto:pxpquiltguild@gmail.com) for more information.

**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](http://www.vocalatitudes.org).

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# Ask Charles

My real estate professional told me there is a standard rate of commission in Alberta, is that true?

It depends what they mean by “standard”. There is no legislative requirement or governing body that specifies the commission rate an authorized industry professional can or will charge.

The fact is, commission is something you can negotiate with your real estate professional. Some real estate professionals aren’t willing to negotiate their commission while others are. That’s their right. As a buyer or seller, you have the right to work with someone who charges a commission that you’re comfortable with.

Before choosing a real estate professional, you’ll likely want to compare the services and fees of a few real estate professionals. These interviews can help you understand the range of commission rates available, and the services provided at the various rates.

Typically, professionals calculate commissions by:

- a percentage of the sale price
- a flat fee or schedule of flat fees
- a fee for service
- a combination including any of these

Goods and Services Tax (GST) applies to real estate fees, as they are a “service.”

When you’re signing an agreement to work with a real estate professional, make sure you understand the commission arrangements. The service agreement you sign is a legal document and it’s binding. If you don’t understand something in it or you don’t agree with something, don’t sign. Seek legal advice or find a different real estate professional to work with.

While some businesses or companies may have specific commission structures, extensive changes within the Canadian real estate industry in recent years means there isn’t a standard commission rate.

“Ask Charles” is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA). RECA is the independent, non-government agency responsible for the regulation of Alberta’s real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [askcharles@reca.ca](mailto:askcharles@reca.ca).

# STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN’S HEALTH. [WWW.MOVEMBER.COM](http://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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**3420 BENTON DRIVE NW (BRENTWOOD)**

*Bi-level with total of 3 bedrooms and 2 full bathrooms. Single detached garage oversized.  
Upgraded kitchen, bathroom and more. Close to all amenities. Asking \$559,800*

**511, 1540 – 29 STREET NW (ST ANDREW HEIGHTS)**

*Three bedrooms townhouse. Just one block from the U of C Medical School. Recently renovated...flooring, bathroom and window. Asking \$308,800*

**4031 DALARNA BAY NW (DALHOUSIE)**

*Bungalow with over 1,500 sq.ft. 5 bedrooms, 3 full Bathrooms. Totally renovated. Double attached garage. SW backyard. Close to all amenities. Asking \$678,800*

**3224-52 AVENUE NW (BRENTWOOD)**

*Bungalow with total of 6 bedrooms. Vaulted ceiling, hardwood floor throughout. Single attached garage. Close to all amenities & U of C. Asking \$498,000*

**24 CHEYENNE CRESCENT NW (CHARLESWOOD)**

*4 level split with great curb appeal on 58' x 100' lot size. Original owner. Total of 3 bedrooms. 2 full bathrooms. Update items...windows, patio door, furnace.....Asking \$558,800*

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**and Start Packing!**

**Not intended to solicit currently listed properties.**

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