

NOVEMBER 2016

DELIVERED MONTHLY TO 6,100 HOUSEHOLDS

# THE HUNTINGTON HILLS HONKER

THE OFFICIAL VOICE OF THE HUNTINGTON HILLS COMMUNITY ASSOCIATION



TO FIND OUT WHAT IS HAPPENING AT YOUR LOCAL COMMUNITY CENTRE - READ THE HONKER!

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 www.huntingtonhillscalgary.com

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## ACHILLES FOOT CLINIC

New location at the Oasis Medical  
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# Huntington Hills Community Centre

520 – 78 Avenue NW, Calgary  
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## BOARD MEMBERS

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Lilita Jeanes (NR - Sandstone)

Stay current and involved with activities, local news and meetings with your Huntington Hills Community Association at

[www.huntingtonhillscalgary.com/](http://www.huntingtonhillscalgary.com/)

*cassandra@weconnectyou.ca*  
**Editorial Content DEADLINE**  
**1<sup>st</sup>** of each month for the next month's issue

# Adventures in Learning Preschool



**Registration is now open.**

**Registration fee:**  
 \$75.00 NON REFUNDABLE.  
 Three classes weekly (Mon, Wed, and Fri) 9:00-11:30 am  
 \$160.00 per month.  
 Two classes weekly (Tue. & Thurs) AM \$ 135.00

### Class times

• Morning hours 9: 00-11:30  
 Your child must be at least 3 years old age to enter and be fully toilet trained.

Subsidy is available through the Government of Alberta.

### Huntington Hills Community Adventures in Learn Preschool

520 – 78<sup>th</sup> Avenue NW  
 Calgary, Alberta T2K 0S2  
 403-275-6666 ext 231 or 234 | 403-512-5732

# Curling Club

Registration for next season will start August 1 and again will be on line. Leagues will begin curling late September and there will be Adult Learn to Curl clinics in mid-September and will be offered again in October. Please refer to the Huntington Hills Curling Club web-site for details or contact Barb in the curling office.

Have a great Summer and we look forward to seeing you in the fall!

Cheers

*Barb Dickson, Curling Manager/Instructor*



NOV. 20 • 2:30 P.M.

# WESTERN FINAL

McMAHON STADIUM

TICKETS ONLY  
**\$34.50**  
 (REG. \$39.50)

Visit [Stamperders.com/Newsletter](http://Stamperders.com/Newsletter) and enter the promo code: **NEWSLETTER**

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**deerfootdental@gmail.com**

Monday-Thurs	8 am - 8 pm	By Appointment
Friday	9 am - 3 pm	
Saturday	9 am - 4:30pm	

[www.deerfootdentalcentre.ca](http://www.deerfootdentalcentre.ca)

2<sup>nd</sup> Floor 225-971 64 Ave NE ... same building as Original Joe's Restaurant

\*Denotes Prof. Corp.

All of our leagues look forward to filling up with new and returning teams. Whether you are a seasoned curler or someone looking to try out the sport for the first time, we welcome all to HHCC and will help you find a team, take a lesson or sign up an entire foursome for one of the leagues. Great curling and see you on the ice!!

On Line Registration will begin August 8, 2016. Please remember to purchase your membership on line when registering.

Registration – September 6 – 2016 – 7:00pm Curling Lounge

Computers will be available to register on line and assistance will be provided.

LEAGUES – All curlers require a \$25 Community Membership to participate.

Adult Learn to Curl – Please call Barb for details at 403-275-6666 ext 229 or email hhcurls@shaw.ca

**HUNTINGTON HILLS CURLING CLUB LEAGUES  
Curling Rocks!! Join Now!**

**Monday Night Ladies** – 21 games - \$315.00 \*plus membership  
Alternating Draw Times – 6:30pm & 9:00pm

**Thursday Morning Ladies** – 21 games - \$205.00 \* plus membership  
9:00am Draw Time

**Tuesday or Thursday Men** – 21 games - \$320.00 \*plus membership  
Alternating Draw Times – 6:30pm & 9:00pm

**Wednesday Mixed** – 21 games - \$300.00 \*plus membership – 2 ladies/2men per team  
Alternating Draw Times – 16 team league – 6:30pm and 9:00pm

**Friday Night Mixed** – 19 games -\$295.00 \*plus membership-2 ladies/2 men per team  
6:30pm Only Draw Time – 16 Team League

**Friday Night Open Late** – 19 games - \$280.00 \*plus membership – any combination of females/males on a team  
9:00 Only Draw Time – 16 Team League

**Saturday Open** - 17 games - \$255.00 \*plus membership – any combination of females/males on a team  
7:00pm Only Draw Time – 16 Team League

**Junior Curling**  
Saturday Mornings – 10:00am to 11:30am – ages 10 – 18  
\$125.00 \*plus membership \$25.00 required

**Little Rocks #1**  
Saturday Afternoon – 12:30 – 1:30pm  
\*This is for new little rockers – ages 5 - 9  
\$75.00 – 6 weeks - \*plus community membership - \$25.00 required

**Little Rocks #2**  
Saturday Afternoon – 2:00pm – 3:00pm  
MUST HAVE TAKEN LITTLE ROCKS #1 TO REGISTER  
Ages 5 – 9 - \$75.00 – 6 weeks \*plus community membership \$25 required.

**BONSPIELS – 2016-2017**  
Ladies Bonspiel – November 4, 5, 6 – 2016  
Mixed Bonspiel – December 3, 4 - 2016  
Junior Noel Bonspiel – December 10 -2016  
Men's Bonspiel – January 5, 6, 7, 8 – 2017  
CURLING ROCKS!

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**Spotpower**

\*Comparing Spot Power's average 2016 variable rates to the RRO. Savings are not guaranteed.

**CALGARY  
MOUNTAINVIEW  
LIONS CLUB**

**We Serve**

**Meets at the Triwood Community Hall  
on the second and fourth Tuesday of each month.**  
Serving Northwest Calgary, open to all  
men and women of legal age.  
**For more info call: John Wilson 403-932-6043**



# HUNTINGTON PIONEERS ASSOCIATION



**A club for adults 50 years and older, retired or semi-retired.**

Located in the lower level of the Huntington Hills Community Association  
 520 78<sup>th</sup> Avenue NW T2K 0S2  
 Phone: 403-275-4294 • Fax: 403-275-5227  
 www.huntingtonpioneers.com  
 E-Mail: pioneers50@telus.net  
 The Huntington Pioneers Association is a group of people participating in a variety of activities.

**Some of the activities include:** Bridge, snooker, whist, shuffle boarding, art classes, craft classes, outings, movies, volunteer activities, social events and more!

We have regular monthly activities and we invite anyone meeting our membership requirements to join us:

**Pot luck supper:** last Monday of each month, starts at 5:30pm

**Movie Night:** 3<sup>rd</sup> Friday of every month 7pm, Silver collection for popcorn and pop.

**Art classes:** Every Tuesday 1:00pm-3:00pm, includes: oil painting, water color, acrylics and sketching.

**Games Night:** every Tuesday from 6pm – 9pm.

**Soup and Bun Day:** The 2<sup>nd</sup> Thursday of every month, starting at 12pm. Cost set by Board.

Club Cost and hours:  
 \$33 for membership  
 Tuesdays and Thursdays from 10am – 4pm

Call 403-275-4294 for more information; registration and costs, program start times, and more.



## Huntington Hills Community Association Out of School Care Programs

**\*\*New Fall 2016\*\***  
**Offering Morning and Afternoon Kindergarten spots at ALL 5 schools!**

- Bussing to 5 local schools:
- St. Henry, St. Hubert, Dr. JK Mulloy, Alex Munro, Huntington Hills School
- Government Subsidy Available
- Affordable
- Qualified and energetic staff
- Third year accredited
- Fully licensed
- Sibling Discounts

- Ice Skating
- Curling Ice
- A bus to take us on fieldtrips!
- A projector to watch our monthly movie on
- Delicious kid friendly snacks
- A lizard AND a gecko!
- Crafts and Science experiments
- Baking
- On-site park
- Large grassy hills and fields
- A new gym coming in Fall 2016
- PD days included in monthly fee
- Winter/ Spring/ Summer Camps available too!



## Huntington Hills mybabysitterlist

Name	Age	Contact	Course
Andrea	31	587-437-2048	Yes
Anna	33	403-607-7464	Yes
Benjamin	14	587-284-6324	Yes
Brooklyn	16	403-990-6176	Yes
Dayelle	33	587-755-1878	No
Emilie	27	403-923-3816	No
Emily	15	587-581-3684	Yes
Hazel	15	587-890-9559	Yes
Keira	14	403-809-9020	Yes
Nicole	27	587-876-9600	Yes
Paige	23	780-305-1381	No
Rachelle	18	403-971-8870	Yes
Saml	14	403-463-8264	Yes
Shawna	29	403-968-5764	Yes
Tammy	30	587-968-1638	Yes
Tegan	12	403-203-8163	Yes
Teresa	44	403-478-3749	Yes

**Calling All BABYSITTERS** Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS** Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

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



## Public Skating

Public skating is ongoing.

Mondays – 2:00 – 3:30pm  
 Wednesdays – 2:00 – 3:30pm  
 Fridays – 1:15 – 2:15pm



## Huntington Hills Real Estate Update

### Last 12 Months Huntington Hills MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
September 2016	\$428,950.00	\$412,500.00
August 2016	\$434,900.00	\$426,000.00
July 2016	\$449,900.00	\$435,000.00
June 2016	\$399,900.00	\$382,750.00
May 2016	\$348,750.00	\$338,500.00
April 2016	\$409,900.00	\$400,000.00
March 2016	\$444,900.00	\$426,500.00
February 2016	\$459,300.00	\$455,500.00
January 2016	\$439,900.00	\$445,000.00
December 2015	\$339,900.00	\$324,000.00
November 2015	\$374,950.00	\$359,500.00
October 2015	\$439,850.00	\$436,500.00

### Last 12 Months Huntington Hills MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
September 2016	9	8
August 2016	11	9
July 2016	10	9
June 2016	5	8
May 2016	15	6
April 2016	10	9
March 2016	7	8
February 2016	10	2
January 2016	3	1
December 2015	3	5
November 2015	5	6
October 2015	9	12

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

## When We Help Others, We Are Helping To Build a Stronger, Safer Community

By Stella Riesen, Community Educator

When residents are involved in their community, the positive effects grow, rippling outwards in time – in some cases, even past our lifetimes. Civic involvement has now been proven in studies, to significantly reduce violence and crime in areas, where residents of a community are active. People do reap, what they do or do not sow. ANY amount of volunteering you can give to your community, does help in making your world a better place. Start today. To further ponder on the effect you can have on your community, here's a quote from Albert Pike:

WHAT WE DO  
FOR OURSELVES  
DIES WITH US.  
WHAT WE DO  
FOR OTHERS  
AND THE WORLD  
REMAINS AND IS  
IMMORTAL.

ALBERT PIKE

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## IN & AROUND SCHOOL Huntington Hills School

7440 10 ST NW. 403-777-6640

Fall has brought many changes to our gardens and the students are now busy collecting seeds from the annual plants and planting bulbs that will be ready to bloom in the Spring. We are excited about the detailed plans for the outdoor classroom/amphitheater that ReGenerate will be presenting to us this month. Please remember that the public presentation of those plans will be 6:30 pm November 15 and you are invited to come and see the “new look” of that overgrown area to the south of the school. Since school opened we have had a presentation from Motivational Magic about the “7 Habits of Highly Effective Kids” and our grade threes and fours have participated in a Lacrosse residency. We had a presentation from Kananaskis in the Classroom that will help our awareness and knowledge of the Wetlands in Kananaskis. This month we are looking forward to Alberta Opera who will be performing their version of Hansel and Gretel for us.

See you on November 15<sup>th</sup>!

### DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Huntington Hills Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Huntington Hills Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

**Lest We Forget**

Members of the Canadian military have seen combat in both World Wars, the Korean War, the South African War, the Arab-Israeli Conflict in 1974, and in Afghanistan, among other battles.




## The North Central Family Support Program

The North Central Family Support Program is thrilled to announce our new partnership with BowWest Community Resource Centre. Outreach Advocates from BowWest will be at Huntington Hills office on Wednesdays and at the Northern Hills Community Offices in Vivo on Tuesday evenings to provide outreach, information and basic needs referrals for singles, seniors and families experiencing economic challenges. Please call Victoria at 403-703-0140 for more information or to book an appointment.

### Upcoming Good Food Box date:

November 15 order deadline for the November 24 pick up. Please note, there is no December Good Food Box. The program returns in January 2017.

We have a variety of recreation, education and connection events offered this fall for families in North Central and North West Calgary. Please check [www.weconnectyou.ca](http://www.weconnectyou.ca) for a current listing of our fall programs.



## Shinny Registration

Registration for Shinny Session 2 is open.

Shinny Session 2 begins on November 20.

## THE PROPHETS OF MUSIC

presents

**DECEMBER 3rd, 2016**

*Prophets of Music*

presents:

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Chris Stills //

Mocking Shadows //

+

Special Guests //

for an evening of

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Prophets of Music is dedicated to supporting emerging Canadian artists in the creation of exceptional original music. We provide resources, mentorship and education in music fundamentals, artistic development, performance, production, business essentials, brand development, and promotion.

For information on our programs and community outreach initiatives visit: [prophetsofmusic.org](http://prophetsofmusic.org)



# Family Connections Parent Link Centre

The Parent Link Centre is open from 9-5PM Monday-Friday & Thursday we are open 9- 7:30PM and We offer free programs for parents with children 0-6. For more information on hours and programs please stop by & visit us to pick up a calendar or call Tracey at 403-275-6666 ext 276.

## PARENT LINK STAFF

**Cassandra:** Manager ext 274

**Tracey:** Administrative Assistant - ext 276

**Sue:** Parent Coach - ext 235

**Paula:** Child Development Facilitator – ext 237

**Vivian:** ESL Program Facilitator – ext 242

**Michele:** Program Facilitator – ext 241

**All of the Parent Link Programs are free of charge!**

The Family Connections Parent Link Centre will be closed Friday November 11, 2016

## PROGRAMS

**ESL Program coming soon,** Contact Vivian at 403-275-6666 ext. 242 for more information.

**Playtime Fun:** Tuesday mornings, 10:00-11:30; Please Join us for this free, drop-in, playgroup for parents and children (Birth to 5). Children are able to move about in the room and pick from a variety play areas.

**Kids' Corner:** Tuesday afternoons, 1:30-3:00; Join us for this afternoon, relaxed, drop in group for parents and children free of charge (Birth – 5). Our afternoon program is a little quieter and is another option parents with children under 12 months come to.

**Play & Songs:** Wednesday mornings, 10:00-11:30; This is a playgroup for all ages with a variety of activities to explore in the Parent Link Room and ending with a short song time. Please sit with your child on the rug during this time. Toddlers are not expected to sit for songs and wandering will happen. Exposing your child to these song times is great for developing their attention span. There are no toys available during the song time.

**Baby and Me (under 12 months):** Thursday afternoons, 1:30-3:00; **Starts up Sept 22 at the Parent Link site at Huntington location 520-78 Ave NW.** Stop in and join the fun playing with your baby and talking with

other parents. Watch the calendar for special guests e.g. Library, AHS nutrition or Speech & Language speakers.

**Come Play with Me (drop in program at Vivo):** Thursday mornings, 10:00-11:30, **October 6-November 24**, 11950 Country Village Link NE, Calgary, AB T3K 6E3; Come join us for this, new, free drop in playgroup for parents and children (birth – 5), located outside the Panther physiotherapy site, on the East side of the building at Vivo. There is lots of parking available outside the East entrance, at the back of the building. The space is on the upper floor and can be reached by taking the stairs or the elevator. For information call 403-275-6666 ext. 276.

\*This program is a partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo.

## Just for Mom's

**Saturday, November 19, 2:00-4:00**

Topic: Mastering the Holidays.

Join our staff and a group of other Mom's as we have a chat on different ways to manage and enjoy the Holiday season. We will offer childcare and a safe fun environment for conversation and activities. Call Cassandra for more information 403-275-6666 ext. 274. To register call Tracey at 403-275-6666 ext. 276 starting November 1.

## Me and my Dad

**Saturday, November 19, 10:00-11:30**

Come join us our Dad's ONLY (and children) activity. Dad's and children 1 years (able to walk and run) and older will be able to participate in some fun activities (in the Parent Link area) and meet other dads. Call Sue for more information at 403-275-6666 ext. 235. To register call Tracey at 403-275-6666 ext. 276 starting November 1.

## Parenting Programs:

**Triple P discussion workshop**

September 26 Monday 6:30-8:30 pm

Come share ideas and experiences while identifying positive parenting strategies to help prevent problems and handle disobedience with children 3-11 years old. Call Tracey at 403-275-6666 ext. 276 to register for the workshop and free childcare starting November 7. For more information, call 403-275-6666 #235.

**Learn to Skate** begins January 7 – registration is open Nov 22.

**Shinny 3** – registration begins December 13 for the January 29 – March 26 session.

# WELCOME TO YOUR COMMUNITY CLINIC

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DIAGNOSTICS  
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MEDICAL IMAGING REIMAGINED

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\*Terms and conditions apply.

# Building Strong Families:

## Workshop Series for Lone Parents

This fun and informative workshop series was developed with the help of real lone parents.

Weekly topics include; living on a budget, parenting on your own, working with your child's other parent, planning ahead, resources, family activities, taking care of yourself and moving on. Lunch and Child Care Provided

Saturdays, September 24<sup>th</sup> to November 12<sup>th</sup>  
(no session October 8<sup>th</sup>)

10:30am to 1:30pm

To register call 403-275-6668 ext 222 or email [singleparent@weconnectyou.ca](mailto:singleparent@weconnectyou.ca) 520 78 Avenue NW.



# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Huntington Hills. 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."

**RIGHTWAY PLUMBING AND HEATING:** Has been happily serving the Huntington Hills area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

**CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms. From cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: [info@asapconcretecutting.com](mailto:info@asapconcretecutting.com).

**ARE YOU LOOKING FOR A LOCAL, PROFESSIONAL ELECTRICIAN?** FCC Electric is well established, insured, certified and happy to assist with all your residential and commercial projects. FCC Electric offers free estimates, home inspections, kitchen/basement/garage renovations, repairs/troubleshooting panel/service changes, retail development at fair rates with references. 65+ discounts. Call us 403-462-8801.

**PRINTING SERVICES:** Christmas cards, calendars, newsletters, bulletins, letterheads, envelopes, sell sheets, flyers, posters, banners, stickers/labels, colour copies, business cards, sandwich boards, notebooks, signs. Bring your family pictures for custom calendars. 1,000 double-sided business cards \$99; 5,000 flyers \$299; colour copies 25cents (min. 500). Contact Yinka - [olaconsult@shaw.ca](mailto:olaconsult@shaw.ca) or 403-880-6692 for all your printing needs.

**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](http://www.communitymediation.ca), 403-269-2707.

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

**SONIA'S JEWELRY WITH A PURPOSE:** At Color By Amber we support artisans around the world and bring aid to their communities to help ensure for them a happy, healthy and sustainable life. If you are looking for beautiful jewelry to fit your everyday lifestyle, work, casual or evening, call Sonia at 403-978-9294 Look Good, Feel Good, Do Good! [www.soniacrites.mycolorbyamber.com](http://www.soniacrites.mycolorbyamber.com).

**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.

## STORMTROOPERS



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

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### MP CALGARY NOSE HILL HON. MICHELLE REMPEL

201-1318 Centre Street NE, Calgary, AB, T2E 2R7  
Phone: 403-216-7777  
Email: michelle.rempel@parl.gc.ca  
Website at www.michellerempel.ca

November presents Canadians with an annual reminder of the sacrifices made by brave men and women who have defended our country and our freedom. As we pause to reflect on their selfless acts, at Remembrance Day ceremonies across the country, let us also be reminded to always be thankful for the country we call home and the service members that have given us so much. I encourage you to attend a ceremony this November 11 at one of the many locations throughout Calgary.

The 42nd Parliament has included debate on a number of important issues. I continue to work hard on your behalf and I appreciate the feedback you provide me on topics of importance to you. Of course, the issue of most critical importance remains the condition of Alberta's economy and the current job situation here at home. I have received countless emails and phone calls from individuals who are concerned about their future. I share these concerns and am committed to raising the issue of Alberta's economy and job situation in Parliament and the media whenever possible. In October I, along with several other Alberta M.P.s, launched the Alberta Jobs Taskforce in response to the growing jobs crisis here at home. You can find more information about the Taskforce, its objectives, and how you can help on my website: [www.MichelleRempel.ca/ABJobs](http://www.MichelleRempel.ca/ABJobs) As always, please continue to contact me on any issue. I care deeply about our community and I appreciate the time you take to write, email or call me about issues of importance to you.



**SAFETY SYNC**  
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"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."  
Enform IRP 9 (Revised)

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



### MLA CALGARY-MACKAY-NOSE HILL KAREN MCPHERSON

Current Member  
(403) 215-7710  
[calgary.mackay.nosehill@assembly.ab.ca](mailto:calgary.mackay.nosehill@assembly.ab.ca)

Happy November! As you are reading this our government is back in session and working on legislation that supports all Albertans through challenging times.

On October 1st, Alberta's general minimum wage increased from \$11.20 to \$12.20 per hour as part of our government's effort to achieve a \$15 per hour minimum wage by 2018. In addition to the 2016 increase, the general minimum wage will rise by \$1.40 to \$13.60 per hour on Oct. 1st, 2017, and a further \$1.40 to \$15 per hour on Oct. 1st, 2018. Currently, an estimated 300,000 Albertans earn less than \$15 per hour, a majority of those being women, often the head of the household. It is imperative that Albertans who are working full time earn enough to live.

I was fortunate to attend a number of events in October and brought greetings on behalf of Seniors Minister Hon. Lori Sigurdson to the Atrium of City Hall for the 25<sup>th</sup> Anniversary of the United Nations International Day of Older Persons celebration. The event was hosted in partnership with the Calgary Chinese Elderly Citizens' Association (CCECA), Immigrant Services Calgary (ISC) and the City of Calgary and the year's theme was "Take A Stand Against Ageism". We are all indebted to the contributions that our seniors have made, past and present, and it was a real honour to thank them.

It was great to meet so many of you on Friday afternoons for our Coffee and Chats throughout the riding. Thank you again for bringing me your thoughts and ideas! October was a very busy month in MacKay Nose Hill, including the celebration of the opening of the new International Terminal at the Calgary Airport, which is over two-million square feet (186,000 m<sup>2</sup>) in size! My staff and I also attended a number of Community Association meetings and I'm always impressed by the hard working community volunteers and acknowledge them for their dedication to community life.

If you have any questions or concerns, then please don't hesitate to contact me by email at [calgary.mackay.nosehill@assembly.ab.ca](mailto:calgary.mackay.nosehill@assembly.ab.ca), by phone at 403-215-7710 or drop by the office at #106, 8220 Centre Street NE, beside First Calgary Credit Union.



## Parent Link Call for Volunteers:

The Family connections Parent Link program is looking for people interested in volunteering. Volunteers help staff; prepare snack, supervise child doing crafts, prepare crafts, clean and sterilize toys as well as the room itself, and provide childcare for adult only programs. Volunteers work closely with the staff and can work from an hour or two a week, to a few hours a week.

For more information please contact Vivian at 403-275-6666 ext. 242

## 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 18

RBC Dominion Securities Inc.



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NOVEMBER MOON CALENDAR



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Greetings Residents,

**Fall/Winter Programs**

The City of Calgary offers a wide variety of fun and FREE drop-in programs and activities for children, youth and families.

From after school programs, to health and wellness classes, to leadership opportunities, we have something for everyone.

Find out what's happening in your area, visit calgary.ca/CommunityPrograms.

**Crews ready for winter snowfall**

Crews are keeping an eye on the forecast all winter long, preparing roads with anti-icing solution before the snow falls, and maintaining City streets as soon as snowflakes hit the ground.

We know how important it is for Calgarians to get to where they want to go safely, and winter driving can be challenging because of snow and icy conditions. Stay informed during every snowfall by following @yctransport on Twitter and

downloading the Road Conditions App for frequent updates. See where our crews are plowing on the live map at Calgary.ca/RoadConditions.

After each snowfall, Roads crews follow a priority clearing system called the Seven Day Plan:

- Priority 1 routes, which carry more than 20,000 vehicles per day, are cleared to bare pavement within 24 hours after the snow stops falling.
- Priority 2 routes, which carry between 5,000 and 19,000 vehicles per day, are cleared within 48 hours after snowfall has stopped.
- Playground zones, designated hills, and residential streets on Residential roadways are cleared on Days 3-7. These roads are flat-bladed, which means snow is packed down so it is easier to drive on, and ruts are removed.

For more information on snow and ice control, including FAQs, snow route parking information, and free sand and gravel locations, visit Calgary.ca/snow.

**311 Calgary is your access to The City anytime, anywhere**

311 Citizen Services is your single point of contact for local government information and non-emergency services. Whether you connect with us through a mobile application, website or by calling 311, we are ready to assist you 24 hours a day.

- CALL 911 to report life threatening emergencies.
- REPORT a power outage call ENMAX at 403-514-6100.
- VERIFY the status of a current power outage visit ENMAX.
- Call **Calgary Parking Authority** at 403-537-7000 or 1-888-544-4011 for all parking-related inquiries.

Thank you for your attention.

**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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HH NOV 2016



# 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
<b>01</b> 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'
<b>02</b> 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
<b>03</b> 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

