NOVEMBER 2018

DELIVERED MONTHLY TO 5,800 HOUSEHOLDS

THE OFFICIAL VOICE OF THE HUNTINGTON HILLS COMMUNITY ASSOCIATION

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

Have an expertise or passion that you’d like to share?

Looking to write about your community or local issues?

WE ARE THE PLATFORM FOR YOUR PERSPECTIVE!

Find out more at mycalgary.com/write

Distress Centre is seeking
VOLUNTEERS AGED 50+

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In General Family Practice for over 35 years

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Insurance Direct Billing
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Friday 9 am - 3 pm 
Saturday 9 am - 4:30 pm

Appointments

www.deerfootdentalcentre.ca
Second Floor, 971 - 64 Ave NE ... Down the hallway from Original Joe’s Restaurant

*Denotes Prof. Corp.

CONTENTS

5 PRESIDENT’S MESSAGE
5 NEW! SOCIAL CONNECTION KNITTING & CRAFTING FRIDAYS AT HUNTINGTON!
10 NEWS FROM THE FRIENDS OF NOSE HILL
12 ABOUT WINE
14 CALGARY WILDLIFE: OUR COY CANINE NEIGHBOURS - THE COYOTE
16 MP MICHELLE REMPEL’S REPORT
16 MLA KAREN MCPHERSON’S REPORT
18 COUNCILLOR SEAN CHU’S REPORT

Dr. Dale Rapske B.Sc. D.D.S.*
Deerfoot Dental Centre

*Denotes Prof. Corp.
I would like to introduce Rick Lundy as the new General Manager at Huntington Hills Community Association. Rick has managed various organizations over the past 27 years, which includes golf courses and other community associations. We are excited to have Rick aboard and we look forward to seeing the many positive initiatives that he has for HHCA. Rick believes in strong community engagement and I am confident that Rick will serve our community with excitement and integrity. Rick will be searching for new community programs and events so if you have any ideas, please drop by and see him or give him a call.

PRESIDENT’S MESSAGE

NEW! SOCIAL CONNECTION

KNITTING & CRAFTING FRIDAYS at HUNTINGTON!

Everyone welcome!
• Bring your own crafting / knitting materials
• We also have some basic supplies you can use
• Don’t know how to knit? No worries, our wonderful knitting & crafting volunteer leader will be there to teach you!
• No child care on site, but there is space for your little ones to keep themselves busy.

WHERE: Huntington Hills Community Centre – upstairs board room
DAYS: Fridays, starting July 13, 2018
TIME: 12 noon to 2pm
FOR INFORMATION CONTACT lorraine@weconnectyou.ca Or call 587-392-2275

Building Strong Families Lone Parent Program

The Building Strong Families Lone Parent Program offers individual and group support.

Individual Support: providing information, resources, referrals and parenting resources.
Contact: Lesley at 403-275-6666 ext. 2274 or singleparent@weconnectyou.ca

Upcoming Lone Parent Workshop Series: Building Strong Families: Parenting on Your Own
This fun and informative workshop series was developed with the help of real lone parents. Weekly topics include; money management, parenting on your own, working with your child’s other parent, child development, resources, family activities, taking care of yourself and moving on. Meals and child care provided.

Huntington Hills Location
For more information call 403-275-6666 ext 2274 or email singleparent@weconnectyou.ca

Lone Parent Networking Collective
Come learn, share and have fun. A different topic every month. The second Saturday of the month from 2:00 PM to 4:00 PM. Child care provided. To register call 403-275-6666 ext. 2274 or email singleparent@weconnectyou.ca
Huntington Hills Community Centre
520 – 78 Avenue NW, Calgary
www.huntingtonhillscalgary.com
HELPFUL • CARING • ACCESSIBLE

EXECUTIVE BOARD MEMBERS
President: Moe Sinotte
Vice President: Heather Allison
Treasurer: Tim Hungate
Secretary: Zonita Salazar

BOARD OF DIRECTORS
Director-at-Large: Christine Koop
Director-at-Large: Sarah Malabas
Director-at-Large: Molly McDonald
Director-at-Large: Chini Smisdesang
Director-at-Large: Manne de Guir
Director-at-Large: Ward Balleine
Director-at-Large: Karen Williams

Gym Rentals Available
Call the Main Office at 403-275-6666, ext 2265 for more information.

DROP IN PICKLE BALL
Call the Main Office at 403-275-6666, ext 2265 for more information.

Stay current and involved with activities, local news and meetings with your Huntington Hills Community Association at www.huntingtonhillscalgary.com/

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 $180.00 per month.
Two classes weekly
(Tue. & Thurs) AM $150.00

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 Learning Preschool
520 – 78th Avenue NW Calgary, Alberta T2K 0S2
403-275-6666 ext 2265 | 403-512-5732

Out of School Care Program
• Fun, child interest-based activities.
• Onsite arena, gym, park and field.
• Onsite Bus for drop off and pick up.
• Fieldtrips! Healthy Snacks! Personable Staff!
• Subsidy and Accreditation approved programs!

Come experience a home away from home for you and your child!

Pricing:
• Fulltime- $450.00/month
• Part time morning: $250.00/ month
• Part time afternoon: $330.00/ month
• Drop in: $45.00/ day
• Kindergarten: $585.00/ month
• Summer Camp: $170.00/week
Phone: 587-392-2265
OOSC Room: 587-392-2266
E-mail: kayann.laylor@huntingtonhillscalgary.com

GEMS
Girls Empowered through Mentorship and Support
ATTENTION ALL GIRLS AGES 9-12!
Are you interested in being a part of a fun & creative girls group in your community?

Join GEMS and learn “real life” skills, create cool things to take home, and meet new friends!

Where: Huntington Hills Community Association – Lower Boardroom (520 – 78 Ave NW)
When: Wednesdays Afterschool
Time: Doors open at 3:30 pm; Programming from 4 pm – 5:30 pm
Who: Girls 9-12 years old
Cost: FREE, food and tons of fun included

To join GEMS, please contact Desiree at 403-275-6666 ext. 2276 or e-mail at families@weconnectyou.ca

HHCA
Huntington Pioneers Association
A group for adults 50 years and older, working, retired or semi-retired.

Located in the lower level of the Huntington Hills Community Association
520 78th Avenue NW T2K 0S2
Phone: 403-275-4294 • Fax: 403-275-5227
www.huntingtonpioneers.com
E-Mail: pioneers50@telus.net.
Office Hours: Tuesdays and Thursdays from 10am – 4pm

The Huntington Pioneers Association is a group of people participating in a variety of activities such as:
• Art Classes, Bridge, Pool, Cards, Craft Classes, Day Trips,
• Movies, Volunteer Activities, Yoga, Line Dancing, Hand Bells, Social Events and more!

• Art classes: Every Tuesday 10:30am – 12:30 pm & 1:00pm-3:00pm, includes: oil painting, water color, acrylics and sketching. Contact office to register.
• Yoga Classes: Friday 9:00 am
• Line Dancing: Monday 6:00 pm
• Card Night: Every Tuesday from 6pm – 9pm.
• Casino Day Trips – 3rd Wednesday of every month
• Men’s Acapella Chorus: Every Tuesday 10 am. Contact Doug Marwood for more information – 403-244-4952
• Movie Night: 3rd Friday of every month 7pm, silver collection for popcorn and pop.
• Pot Luck Supper - Last Monday of each month, starts at 5:30pm
• Soup and Bun Day: 2nd Thursday of every month, starting at 12pm. (nominal charge, call for information)

We have a reasonable once a year membership fee and an opportunity to visit with us before membership is required.

Call 403-275-4294 for more information; registration and costs, program start times, and more or check out our website listed above!

For information and to register, please call 587-392-2275 or 587-392-2262 or email singleparents@weconnectyou.ca or families@weconnectyou.ca

SUBSIDY is available through the Government of Alberta.

Your child must be at least 3 years old age to enter and be fully toilet trained.

Drop-in is welcome! Bring $45.00 per day.

LONE PARENT NETWORKING COLLECTIVE 2018
Lone Parents are invited to attend this monthly gathering to connect with others, share knowledge and information and learn new skills. Topics and activities are based on parent suggestions.

Location: Huntington Hills Community Association
520 78 Avenue NW Calgary
Dates for Summer! June 9, July 14, August 11
Time: 2:00 PM to 4:30 PM (childcare provided)
Fee: No cost, but registration is required

For more information, please call 587-392-2275 or visit www.singleparents.ca

www.huntingtonhillscalgary.com
403-275-6666, ext 2265
403-512-5732

HUNTINGTON HILLS | NOVEMBER 2018
6
7
**FAMILY CONNECTIONS PARENT LINK CENTRE**

The Parent Link Centre is open Monday 10:00am - 5:00pm, Tuesday - Wednesday 9:00am - 5:00pm, Thursday 9:00am - 7:00pm and Friday 9:00am – 3:00pm. We offer free programs for families with children 0-6. For more information on hours and programs please stop by, and visit us to pick up a calendar or call Tracey at 587-392-2271.

**PARENT LINK STAFF**

- Sue: Parent Coach – 587-392-2270
- Paula: Child Development Facilitator – 587-392-2269
- Vivian: ESL Program Facilitator – 587-392-2273
- Mona: ECD Facilitator – 587-392-2272
- Cassandra: Manager 587-392-2268
- Tracey: Administrative Assistant 587-392-2271

The Parent Link will be closed Monday November 12, 2018. All of the Parent Link Programs are free of charge!

**PROGRAMS:**

**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 afternoo, relaxed, drop in group for parents and children free of charge (Birth to 5). Our afternoon program is a little quieter than the morning program.

**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. We ask parents not to have conversations with one another during song time, please model sitting on the carpet, taking part in singing the songs, and or listening to the story quietly. Exposing your child to these song times is great for developing their attention span.

**Baby and Me**
(Birth to 5 years).
Parents and children (Birth - 5 years) are able to move about in the room and pick from a variety of play areas such as dress up, play dough, puzzles and play with lots of toys. Staff will be available to answer questions about developmental growth, parenting, and help parents identify community resources. For information call 587-392-2271 or check website www.weconnectyou.ca

*This program is being run through partnership between Family Connections Parent Link Centre, Northern Hills Com-munity Association and Vivo.

**Let’s Play in the Gym (All Ages 1-5 years)**
Friday Oct 5 - Nov 23 10-11:30 pm
Please join us for this free drop-in program for children 1-5 years old (children need to be walking). Activities will involve exploring and developing physical and social skills with other children and adults in a gym setting. Siblings are welcome. Children and adults must wear indoor non-marking running shoes. NO Socks or bare feet! No shoes, NO PLAY! Families need to arrive and sign in between 10 and 10:30 am to participate in the gym program. Please come early. For more information call 587-392-2271.

**SPECIAL PROGRAMS:**

**Play and Chat with Alberta Health Services Speech and Language Pathologist**
Nov. 6 Tues. 10-11:30 am Huntington location
Do you have questions about your baby, toddler or preschooler speech and language skills? Just drop in during our regular play group and ask to speak with our contact. Call 587-392-2270 for information.

**Just for Moms**
Saturday, November 17, 2:00-4:00
Topic: Mastering the Holidays
Join our staff and a group of other moms as we have chat on different ways to manage and enjoy the holiday season. This will be our last Just for Moms for the 2018 year. Watch for us to return in January! We will offer childcare and a safe fun environment for conversation and activities. Call Cassandra for more information 587-392-2266. To register call Tracey at 587-392-2271 starting October 29.

**Me & My Dad**
*Game Day with Dad*
Saturday Nov 17 10:11-11:30 pm
Dads ONLY and (children) activity for children 1-5 years.
Come explore our Game Day event where you’ll play simple board games, miniature hockey and more (in the Parent Link area). Call for more information at 587-392-2270. To register call 587-392-2271 starting Oct 26.

**MUSICAL CHRISTMAS**
Friday evening November 30 6:30-8:00pm
Keep an eye out for more information on our website about our Musical Christmas Event. This registered group will have pizza for dinner, and some after dinner entertainment. This program is for families who have attended programs through the centre in the past 6 months and is best suited for families with children under the age of 6. Registration for this program will start November 1 at 10:00am and will be closed on November 26 at 4:00. Call Cassandra at 587-392-2266 for more information, and Tracey at 587-392-2271 to register.

**SUDOKU**

**Are You Interested in Walking?**

North Central Family Support Program has a walking group!

Just 30 minutes a day walking outdoors can tone your limbs, strengthen your heart, boost your mood and Vitamin D levels, lower your risk of chronic diseases, increase your energy, lower stress … and it’s free! Making your walk social increases those benefits!

We meet twice a week, Wednesday and Friday mornings, at 9 am until 10am, at the doors of the Huntington Hills Community Centre. Strollers and dogs are welcome!

If you are interested, register by email to lorraine@ weconnectyou.ca with ‘walking’ in subject line.
The city is well-known for its park system and has one of the largest urban parks in North America, Nose Hill Park, covering 11 km² of land in the northwest quadrant of the city.

Please plan to join us at our annual meeting on Wed. Nov. 7 at Trivwood Community Lounge, 2244 Chicoutimi Dr. NW, at 7 pm. The main speaker will be Martha Managh, who is a Parks Ecologist with Calgary Parks Urban Conservation. Her research background is in wildlife management, transportation ecology and citizen science. She is responsible for city-wide landscape analysis for wildlife and leads the citizen science program.

She will report on the results of Calgary Captured! science program which has over 60 wildlife remote cameras in 13 parks. This season includes 70,000 photos from Sept. 2017-Feb. 2018. The data on Nose Hill from May-Aug. 2017 counts a total of 406 events: coyote (131), muledeer (172), unknown deer (60), and white-tailed deer (161).

We assume that animals find it easier travelling through open habitats such as native grasslands, which provide lower resistance to movement, than busy roadways, in open habitats such as native grasslands, which provide lower resistance to movement, than busy roadways,

The city is well-known for its park system and has one of the largest urban parks in North America, Nose Hill Park, covering 11 km² of land in the northwest quadrant of the city.

National Child Day is celebrated annually in Canada on November 20th in recognition of our country’s commitment to upholding the rights of children. In 1959 Canada signed the United Nations Convention on the Rights of the Child (UNCRC) and in 1999, it was endorsed by Alberta. The UNCRC sets out the rights of children with 54 articles that provide us with a solid road map of what is needed to raise healthy and happy children and youth.

The 2018 theme is a child’s right to identity.

Supporting children’s rights is a key factor in improving their quality of life. A community that promotes and invests in healthy childhood development, one free from adversities, raises healthier and more engaged citizens. Affirming their uniqueness and identity is the birthright of every child. The identity of a child is their assertion to exist in society, as both an individual, differentiated from their peers and society, and as a part of that group.

Identity integrates any child into a society and allows them to benefit from essential social services.

At the core of respecting a child’s right to identity is having their voice heard, believed, and valued in their community. Whether children and youth are at school, at home, on a team, with friends, or online, fostering a community that values their identity involves creating positive relationships with caring peers and adults. We respect a child’s right to identity by:

- recognising their name and surname
- respecting their nationality, by both blood and birth
- acknowledging their birth date, gender expression, and the inborn and learned traits that make them unique.

We encourage all community members to learn about children’s rights and to make plans to celebrate the day. Wear blue, attend a special event or plan an activity with a child, read a story or watch a film on children’s rights, encourage youth to use their voice on issues that affect them, or plan a fundraiser to support activities for children. Please visit www.nationalchildday.ca for more ideas and to learn more.

We assist families living in the communities of North Central Calgary in locating necessary resources and welcome all families in the community to participate in our free family social connection programs and events. We provide educational opportunities, parent workshops and youth programming. Through our partnerships with a number of community agencies we are better able to respond to the needs of children and families in the communities we serve.

We are located on the lower level of the Huntington Hills Community Centre, stop by during our drop-in hours for more information or to register for programs. Call or email for an intake appointment with us for an assessment that will enable us to better understand what your family needs and determine how to support you. Our aim is to assist you in accessing the best services and supports so that your family remains strong.

• Jeni
  403-275-6666 ext. 2274 jeni@weconnectyou.ca
• Lorraine
  403-275-6666 ext 2275 lorraine@weconnectyou.ca
• Desiree
  403-275-6666 ext 2276 desiree@weconnectyou.ca

Appointment times:
Tuesday to Friday 9am to 12noon
Drop in times:
Tuesday to Thursday 1pm to 4pm
Closed Mondays
Workshops, family connection events and education programing held evenings and weekends. Please see our calendar for more information.

Outreach Community Advocate:
We are working together in partnership with the BowWest Community Resource Centre and the Northern Hills Community Association to meet the needs of our neighbours in the ever-expanding regions of North West and North Central Calgary. A Community Advocate from BowWest will be at Huntington Hills Community office on Mondays from 11:30 – 2:30pm, and at the Northern Hills Community office in Vivo on Thursdays, 4-7pm to provide outreach, information and basic needs referrals for singles, seniors and adults experiencing economic challenges. Please call Germaine at 403-874-6809 for information or to schedule an appointment.

Free Social Connection programs, educational workshops and groups!
Stay tuned for: Family Laughter Yoga, KMITT to Knit, Grief Workshop, GEMS Girls Group, FOCUS for Attention Parent support group and more! Contact us for more information on upcoming activities.

**Programs are created by needs identified within the community. If you have suggestions about ‘things to do’ that are of interest to you or your children please let us know.

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About Wine

by Nik Rasula

About Wine features wines not typically on one's shopping radar. Unique wines with a story to tell; of place, process or style. Highlighting artisanal producers making reasonably priced (under $50 retail) wines, all-the-while demonstrating careful earth consideration.

2016, Luigi Giordano, Dolcetto D’Alba DOC, Piedmont, Italy

A
bout the Region: Situated in northwest Italy, Alba lies on the sun-soaked rolling hills of Piedmont; central to the Turin, Cuneo, Genoa triangle. Alba lies adjacent to The Langhe, a region famous for wines made from the Nebbiolo grape, namely Barolo and Barbaresco.

Renowned for its truffle-laden forests, the Alba White Truffle sells at exorbitant prices ($6,000/ kilo). Harvested underground off random oak roots, it is coveted by gastronomes the world over. Shaved onto gourmet entrées, truffle adds texture and earthy complexity.

About the Maker: In 1958, after producing quality grapes for prestigious producer Gaja, Luigi Giordano - at a time of record-low commodity prices - saw opportunity in crisis and, over objections of father Giovanni, started vinifying his own harvest.

About the Grape: “Dolce,” Italian for “sweet,” is a reference to the high-sugar content of the Dolcetto grape. Counter-intuitively, the wine produced from this red grape is fermented dry.

About Pairing: Roasted venison with wild mushroom sauce and Alba White Truffle, Latin entrées, blackened chicken.

About Alcohol Level: 12.5% (abv)

About Availability: Check liquorconnect.com (call the listed store too) confirming availability.

CSPC #800872

About Price: $28

IDIOSYNCRATIC

Out of sorts

“ Out of “

Origin: Since at least the 17th century “sorts” has been the name of the letter block used by type-setters of early printing presses. If one were “out of sorts” they couldn’t finish their product or the finished product wouldn’t make sense.

Meaning: Mildly unwell; not in one’s usual health or state of mind.

““

Yielding to Emergency Vehicles

Time is the enemy in an 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. Should 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, turning lanes, in order to pass other traffic.

When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant of 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, and be prepared to stop suddenly.

about Availability:

Drivers must give the right of way to emergency vehicles. Always be prepared to yield right of way when an emergency vehicle approaches.

about Alcohol Level:

About the Wine:

Since at least the 17th century “sorts” has been the name of the letter block used by type-setters of early printing presses. If one were “out of sorts” they couldn’t finish their product or the finished product wouldn’t make sense.

about Parenting:

Drive attentively and defensively at all times. Be cognizant of sirens and be prepared to yield the right of way;

about the Grape:

“Dolce,” Italian for “sweet,” is a reference to the high-sugar content of the Dolcetto grape. Counter-intuitively, the wine produced from this red grape is fermented dry.

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“Dolce,” Italian for “sweet,” is a reference to the high-sugar content of the Dolcetto grape. Counter-intuitively, the wine produced from this red grape is fermented dry.

about Pairing:

Roasted venison with wild mushroom sauce and Alba White Truffle, Latin entrées, blackened chicken.

about Alcohol Level:

12.5% (abv)

about Availability:

Check liquorconnect.com (call the listed store too) confirming availability.

CSPC #800872

about Price:

$28

A Stage for One and All

by Aaron Chatha

It’s chilly outside, but November is filled with shows to warm your heart.

On November 4, National Geographic wildlife photographer Ronan Donovan stops by the Jack Singer Concert Hall to share tales about the social lives of wolves, chimps, bears and gorillas in Social By Nature. Donovan has travelled from Yellowstone to Uganda, taking fascinating photos along the way.

Running this month in the Engineered Air Theatre, Chromatic Theatre presents Winners and Losers. Two local, powerful performances debate whether people, plants or things – from Robin Williams to camping and private schools – are winners or losers. The further it goes – the more personal the conversation becomes.

For a show with over-the-top production value and choreography, check out the Moscow Ballet’s Great Russian Nutcracker. Gloriously hand-crafted costumes and puppets bring this classic story to life at the Jack Singer. They’re only here for one night – Nov. 16 – before the twirl over to the next stop in their global tour.

Speaking of classics, Sharon, Bram & Friends are making their final appearance in Calgary on November 18. The farewell tour will cover family favourites like She’ll Be Coming ‘Round The Mountain, One Elephant and – of course – Skinnamarrink. Relive your childhood and use this chance to introduce a new generation of little ones to Sharon, Lois & Bram’s iconic music.

Finally, join OK Go on November 17 to experience the band’s innovative and experimental videos in a whole new way. The band will perform their songs live and in sync with 20 of their iconic videos, pausing for question/answer sessions with the crowd and special performances. See them perform on handbells and join in the high-tech interactive piece performed by the audience. Like the band, the show defies categorization, but bring your family and expect dancing, joy, and wonder.

Have a nifty November Calgary!
Did you know?

• Coyotes will eat just about anything including hares, small rodents, wild fruit, carrion and insects.
• In Calgary, Coyotes’ main prey item is juvenile hares
• Coyotes walk on their toes which helps them hunt silently
• With the decline of wolf populations, coyotes have filled that niche and are thriving
• Coyotes are fast runners, galloping at 40 km/hr and able to reach 64 km/hr

Our Coy Canine Neighbours: the Coyote

We share our city with many predators including coyotes. Coyotes are an important species in the ecosystem and usually can co-exist nicely with human development. Coyotes have a natural fear of humans and are not normally a danger to people unless they become habituated. It is important not to feed coyotes! If coyotes are regularly seen in your yard, they are probably finding a source of food there. To deter coyotes from taking up residence in and around your yard remove food sources such as fallen fruit or berries, birdseed, and dog feces. This goes for public parks as well! Scoop your poop! If you notice aggressive coyote behaviour in city parks during denning season, please report this behaviour to 311. If you encounter an aggressive coyote, do not turn or run away. Make yourself large by shouting and waving your arms overhead. Maintain eye contact with the animal and back away slowly.

We can live harmoniously with these fascinating animals; there is room in Calgary for all of us! For more information about how to co-exist with coyotes please visit calgary.ca/parks.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-214-1312, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

Photo by Early Morning Hunt by Ron Chiasson

Holiday Travel Tips

Planning to ditch winter weather for sunny beaches? While booking a winter vacation is an exciting way to escape the winter blues, BBB encourages travellers to investigate before committing to holiday travel plans.

When looking for travel deals, be sure to check these travel tips off your list:
• Free doesn’t always mean free. Study the details of the “free offer,” including any other additional fees, restrictions or special terms.
• Ask about payment and refund policies. If you’re required to pay money upfront, it could be a red flag. Also ask what happens if you suddenly have to cancel your trip or make alternate travel plans.
• Be wary of claims you “won” a trip. Generally, if you’ve truly won something, it will be given to you as a gift. Be especially leery if the offer is unsolicited. Check on any offers with BBB first.
• Get it in writing. Confirm details such as total cost, extra fees, any applicable restrictions, flights, hotel reservations and car rental information. Keep written information and take copies with you on your trip.
• Use a credit card to pay. This offers the most protection should something go wrong. Read all receipts, credit card statements and bank statements to make sure there were no hidden charges.
• Consider purchasing travel insurance. Circumstances could cause you to cancel your trip, return home early or force you to seek emergency medical treatment while traveling.

For more tips you can trust, visit bbb.org.
For decades Alberta’s economy has flourished without the assistance of equalization payments, while other provinces have benefitted greatly from Alberta’s success. We have always contributed to Confederation while building a prosperous future for our families through innovative industries and by developing our resources. But an increasing number of Albertans, regardless of political stripe, are voicing their concerns with equalization.

Our province generates wealth and creates jobs through the development of our energy sector, while other provinces in this country choose to leave their resources undeveloped and instead rely on government transfers. This simply is not fair to hardworking Albertans.

I have always been a supporter and advocate for Alberta’s energy workers and that is why I am launching a petition, which is calling on the federal government to immediately deal with the unfairness of the equalization formula. Please visit www.michellerempel.ca/petition to make your voice heard.

I will be holding a Town Hall meeting to discuss this issue on November 3, at 9:30 AM, at the Thorncliffe Greenview Community Centre. I also want to hear your feedback on this issue please email me at michelle.rempel@parl.gc.ca

Remembrance Day is a time for us to reflect and be grateful for the sacrifices of The Greatest Generation.

Canada entered into World War II early in the conflict, with Canadian troops being deployed from Halifax shortly after war was declared in 1939—10% of our country’s population joined the armed forces. The sacrifices our country and our soldiers made were many. It is always a privilege to participate in Remembrance Day ceremonies as your MLA, to honour the memory of those who served in the effort to keep our freedom.

There is a lot happening in Calgary Mackay Nose Hill and the Legislature is back in session. I’m looking forward to seeing Bill 209, An Act to Put Albertans Back to Work debated in the Legislature and the process of consultation has been enlightening. I’ve been very moved by the stories of people who’ve been looking for work for years. I’ve been filled with hope for the future by visionary people in our post-secondary system and I’ve been heartened by everyone’s commitment to not leaving anyone behind. You can tune in on Monday afternoons when we debate Private Members Business to watch the progress: http://assemblyonline.assembly.ab.ca/harmony/

I’d like to welcome my new constituency assistant Carolynn Darch to our office—please drop in and say hi to her.

I’ll be in the constituency office during the week of November 12th and I look forward to seeing you there or out in the community. If you have an event you’d like me to attend or help out at, please contact my office.

The office is open 9am - 4:30pm on Monday, Tuesday, Wednesday, and Friday (closed 12:00pm -1:00pm) and open until 7 p.m. on Thursdays. E-mail: calgary.mackay.nosehill@assembly.ab.ca. telephone: 403-215-7710, or snail mail: #106, 8220 Centre Street NE.
Dear Ward 4 Residents,

Olympic Plebiscite

Calgarians have an important choice to make on November 13th. We get to choose whether Calgary continues with the big bid process for the 2026 Olympic Winter and Paralympic Games. I am not sure if this community newsletter will be in your mailbox before voting starts, but I want everyone to be aware of the facts before the vote, and no matter the outcome, what this means for Calgarians.

Advance Poll Votes take place November 6 and 7th. All details, poll locations, time of the vote, and what is needed to receive your ballot can be viewed here: http://www.calgary.ca/vote2018. Only Calgary residents over 18 years of age can vote.

BiDO came out in September showing that an Olympic bid would cost $5.38, $3.03B of which would come from taxpayers divided from the three levels of Government. This does not include an LRT connection to the airport, or a new arena.

With Calgary facing a financial future that may have to involve service cuts, and tax increases, any additional Olympic costs will have to be absorbed.

This is an important choice for Calgarians, and one that cannot be taken lightly. This decision will impact the direction our City will take over the next several decades and will impact how our City directs services and capital projects. There are dozens of projects in our city that are critically needed but are unfunded. Including the Green Line LRT that still desperately needs funding. We get to choose whether Calgary continues with the bid process for the 2026 Olympic Winter and Paralympic Games.

Every school year, the board holds Parent and Trustee Forums in November, January and March. These forums provide an opportunity for trustees to establish a crucial channel of communication with parents and guardians; an avenue to share information to ensure best educational practice and collaboration and our mission to live and learn in our Catholic faith.

The success of excellence in publicly-funded Catholic education and our mission to live and learn in our Catholic faith depends on all members of our community. Together, we ensure the values of faith, caring, respect, responsibility, trust and family fill our hallways and form an inclusive learning experience that shapes our students into loving, positive contributors to society.
All customers are free to purchase natural gas services from the default supply provider or from a retailer of their choice and to purchase electricity services from the regulated rate provider or from a retailer of their choice. The delivery of natural gas and electricity to you is not affected by your choice. If you change who you purchase natural gas services or electricity services from, you will continue receiving natural gas and electricity from the distribution company in your service area. For a current list of retailers you may choose from, visit www.ucahelps.gov.ab.ca or call 310-4822 (toll free in Alberta).