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# PARKDALE POST

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# PARKDALE COMMUNITY ASSOCIATION

3512 - 5 Avenue NW, Calgary AB T2N 0V7 • 403-283-5767 • office@parkdalecommunity.com • www.parkdalecommunity.com

The PCA Office is usually open 7:30 a.m. to 3:00 p.m. Monday to Friday.  
Please call or email and leave a message if you need support from the PCA Office. The PCA Office is closed on all statutory holidays.

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## ABOUT YOUR PARKDALE POST FOLLOW US ON SOCIAL MEDIA

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If you would like to get your community article printed in next month's issue of your Parkdale Post, please submit it to communications@parkdalecommunity.com by the 10th of the month prior to publication. For details and a copy of the PCA Style and Editorial Guide, visit <http://parkdalecommunity.com/news/styleguide/>

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## NEWSLETTER AD SALES



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# PARKDALE COMMUNITY ASSOCIATION (PCA)

3512 - 5th Avenue NW, Calgary AB, T2N 0V7  
Tel: (403) 283-5767 E-mail: office@parkdalecommunity.com

## TIME BLOCK RENTALS AND BASE RENTAL RATES

TIME BLOCKS (Minimum rental period/cost, i.e., no partial blocks fees allowed)	REQUIRE? Y=Yes	RENT FEES	RENTAL COST
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Mon; Tue; Wed; and/or Thur.			
Morning (8 am to 12 noon)		\$350	
Afternoon (1 pm to 5 pm)		\$350	
Evening (6 pm to 11:30 pm*)		\$350	
All day (8:00 am to 1:00 am*)		\$550	
* Extra late charges of \$60 per hour apply beyond these closing hours			
<b>Weekend Time Blocks:</b>			
Fri; Sat; and/or Sun.			
Morning (8 am to 12 noon)		\$350	
Afternoon ( 1 pm to 5 pm)		\$350	
Evening ( 6 pm to 1 am *)		\$750	
All Day (8 am to 1 am*)		\$850	
* Extra late charges of \$60 per hour apply beyond these rental hours			
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Rehearsal Hall A or B			
SOCAN Music Fee (any function playing music)		\$26.63	
Elevator		N/C	
Security Guard (Mandatory requirement if alcohol is being served)		\$30.00/hr	
Cleaning Fee (If Rentee hires PCA to clean)		\$250	
<b>Total</b>			
<b>5% GST – Reg# 10781 4949</b>			
<b>TOTAL FEES FOR RENTAL</b>			<b>\$ XXX</b>
<b>Damage Deposit</b>		\$500.00	<b>\$XXX</b>
<b>TOTAL INCLUDING DAMAGE DEPOSIT</b>			<b>\$XXX</b>



# Poinsettia sale

Available to order direct from the PCA – beautiful poinsettias grown locally with care by Ever-Green Greenhouses Ltd. Pick up date is December 1, from 2:00 pm to 7:00 pm at the community centre. Complete your order online by November 15 at <http://parkdalecommunity.com/poinsettias-for-sale/>!

**RED** – is the favourite and most popular colour of poinsettia. There are more and more varieties all the time, but we tend to pick two or three varieties that best suit our environment and customers' needs.

6" - \$16.00 Each (10-12"W / 14-16" H)  
10" - \$36.00 Each (18-20"W / 20-22" H)

**WHITE** – an all time favourite as well. Like all varieties, lots of bracts (branches) to give lots of colour on top of the plant.

6" - \$16.00 Each (10-12"W / 14-16" H)  
10" - \$36.00 Each (18-20"W / 20-22" H)

**PINK** – is a little less traditional for the holiday season however these plants are stunning. They offer 2-3 shades of pink throughout their bracts and are completely covered in colour.

6" - \$16.00 Each (10-12"W / 14-16" H)  
10" - \$36.00 Each (18-20"W / 20-22" H)

**10" Ivy Hoop** – These holiday favourites are always a hit. They are a 10" pan covered in decorative holiday foil. They come with a poinsettia (assorted colours) framed by a hoop twined with ivy then finished off with assorted holiday decorations. (The Ivy can be transplanted after the holiday season so you can enjoy your plant year round)

\$32.00 Each

**12" Wicker Basket** – These exotic beauties are sure to please. They are a 12" Wicker Basket with multiple tropical plants (assorted varieties) and a poinsettia (assorted colours) complete with holiday decorations. They are absolutely beautiful and are sure to compliment your holiday décor wonderfully. (The tropical plants can also be transplanted after the holiday season)

\$36.00 Each

## DO YOU HAVE A LOT YOU ARE LOOKING TO SELL OR DEVELOP?



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# News from the Friends of Nose Hill

by Anne Burke

Our annual general meeting is on Wed. Nov. 16 at Triwood Community Centre NW and the public portion begins at 7:30 p.m. Our guest speaker John McFaul will offer a power point of Nose Hill Flora with an introduction to the City 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 1986-2003, 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 Alberta Naturalists. John is a professional interpreter with the Interpretive Guides Association. For more details you can go to our website at [www.fonhs.org](http://www.fonhs.org).

Calgary has been called "Sandstone City" because it 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. A scoping study will return to City Council about the feasibility of reactivating small-scale quarrying sites.

When news of the motion was published, 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 the Park.

City Hall exhibited "Calgary Goes to the Dogs: A History of Dogs and Dog Licenses. In 1885, there were only 100

dog tags; now there are 100,000. There were no leash bylaws or fenced-in backyards. We 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.

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 18

# 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	<b>GROW</b> 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	<b>MOVE</b> Get active for men's health	Raise funds for men's health while you do something good for your own health	Anytime, anywhere, during the month of November
03	<b>HOST</b> Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men's health	Anytime, anywhere, during the month of November



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

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

**CPR CLASSES FOR INDIVIDUALS OR GROUPS:** (\$75 for individuals. \$65 for individuals in groups of two or more). Weekends, evenings and some daytimes are available. Contact Brian at 403-253-7475.

## Lot 1 construction begins

On Monday, September 26, 2016, Alberta Health Services (AHS) will begin construction of a new 2,000-stall parking facility to replace the aging parking structure (Lot 1) adjacent to the Foothills Medical Centre (FMC) main entrance. The redevelopment initiative will take three years at most.

The new parkade will improve patient and visitor experience at FMC and provide additional parking required to accommodate the construction of the new Calgary Cancer Centre.

Valuable input on the planning, design, and construction of this new parking facility has been provided over many months by members of the FMC Area Communities Working Group, representing the Parkdale, St. Andrews Heights, and University Heights Community Associations.

The project contractor and AHS team are committed to ongoing collaboration with the Working Group, and share the goal of minimizing the impact of construction activity for the adjacent neighbourhoods.

The AHS project team is also represented on the South Shaganappi Area Strategic Planning Group. We will ensure that effective dialogue with community stakeholders about work underway at FMC continues.

During redevelopment of the Lot 1 area, there will be limited road closures within the FMC site. All traffic, other than that accessing the Emergency Department, will be encouraged to enter and exit the site via the 16th Avenue/ West Campus Boulevard interchange.

In order to give patients and visitors priority access to the remaining parking spaces at Foothills, many FMC staff and physicians are now using a temporary 1,200 stall parking lot south of Alberta Children's Hospital.

Information packages, online resources, signage, and volunteer services are being enhanced to support patient and visitor arrivals, parking, and wayfinding while the Lot 1 area is undergoing redevelopment.

For more information please visit [www.ahs.ca/fmcparking](http://www.ahs.ca/fmcparking).

## About Wine

By Nik Rasula

I'd like to introduce a new newsletter feature - one about wine.

Not just any wine, but wine that might not be on one's usual shopping radar. Special, wine - made from a grape or blend, a region or country that may not be common or well known. A wine - or winemaker - with a story to tell - of place, process, climate, style.

*About Wine* is a regular feature that will highlight wines from smaller, artisanal producers; ones that produce unique, reasonably-priced (under \$50 retail) wines, while still demonstrating careful earth stewardship; through organic, biodynamic, sustainable, or water-wise practices.

### November 2016...Inaugural Feature

2015, Haywire, Gamay Noir  
Summerland, Okanagan Valley, B.C.

**ABOUT THE MAKER:** Established in 2007 by Christine Coletta and Steve Lornie, Haywire produces at The Okanagan Crush Pad in Summerland B.C. Here Christine and Steve, along with consultant Alberto Antonini, not only produce great wine, they offer their facilities and expertise to upstart winemakers in the production of *New Okanagan* wines.

**ABOUT THE WINE:** The famous grape of Beaujolais, France - the fruit for this

Gamay Noir was grown on Secrest Mountain in Oliver, B.C. Fermented in open-top containers by carbonic maceration, with manual punch-downs - along with an ageing period in concrete tanks, the 2015 Haywire has a light burgundy appearance. The aroma features soft notes of cranberry and cherry melding with a touch of forest floor. Light-bodied, the aromatic notes reflect on the palate with a pleasing, acidic mouth-presence leading into a long and persistent finish.

**ABOUT THE MAKING:** Sustainable production.

**ABOUT PAIRING:** Pair with soft cheeses, salmon, and turkey with dressing and cranberries.

**ABOUT AVAILABILITY:** Check on the website [liquorconnect.com](http://liquorconnect.com) (call the listed store too) to confirm availability prior to purchase.

**ABOUT PRICE:** \$32



COUNCILLOR, WARD 7  
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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.

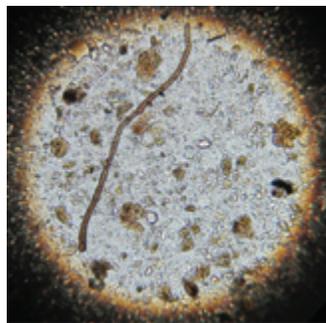
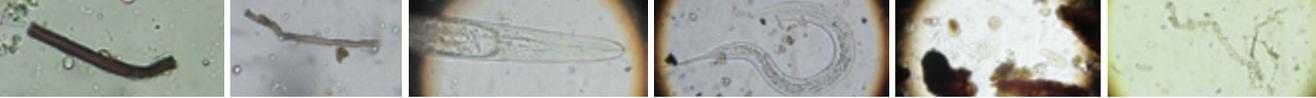
Last year, Council supported my motion to find ways to make our public facilities and public realm barrier-free. The work includes an accessibility audit of all our civic facilities, as well a plan to improve how they function for Calgarians with various disabilities.

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).



# Soil and Compost

What's in our Soil? And what helps to make plants grow?

It is all about the compost. If we make good compost with the correct carbon:nitrogen ratios, water and air, then the microorganisms develop, multiply and do the rest. They decompose the materials into dark brown rich sweet smelling compost. A "fast" compost can be made in about 3 weeks; slow compost can take a year or two. Most people make a "slow" compost as they toss things onto the pile.

How do we know if our compost is good? We test it. And we do that with a special soil microscope with 400x magnification. The Parkdale Garden has a microscope and our soil and compost has been tested on an ongoing basis. We use Elaine Ingham's methodology and we are constantly learning and improving our techniques. We are also experimenting with compost tea to distribute finished good compost in an easy efficient manner.

There are also "bad guys". These bad guy microorganisms indicate anaerobic conditions and make it smelly. Bad guys include ciliates, rotifers and bad fungi.

By testing our soil and compost under the microscope, we have been able to see these beneficial microorganisms (and some bad guys too) at work. They are fun to watch and it is a bit like snorkelling – a whole new world exists inside the soil. We have attached videos of some of our more exciting "discoveries".

Not all plants want to have the same conditions. For instance, trees like a fungal soil so you can adjust your compost to promote a good fungi population. Many vegetables like a bacterial soil and you can add different nitrogen sources to help get a more diverse bacterial population.

This is soil science but in the end, you can keep composting simple. Use your nose. You will know when it is bad. Good compost is sweet smelling like the forest floor.

To see some of the microorganisms viewed with the Garden microscope visit these YouTube video clips of a rotifer <http://bit.ly/2dUVG10>, a microarthropod <http://bit.ly/2dp9j82>, a ciliate <http://bit.ly/2e2fiki> and a stalked ciliate <http://bit.ly/2ddv3WM>.

One Parkdale volunteer attended a course given by renowned soil scientist Elaine Ingham and learned that we can revolutionize the way we grow food if we focus on ensuring that the "good guys" flourish. Good guys are aerobic microorganisms (vs. anaerobic) and when present in the soil they allow nutrients from the mineral material to be made available to the plants.

All parent material on earth (dirt, soil) contains sufficient minerals for plants to grow. The problem is, it is not in an available form for the plants to use. So we turn to fertilizers – lots and lots of them – and over time the soil becomes depleted.

Instead of using fertilizers to grow plants Dr. Elaine Ingham has discovered – with her unique new methodologies – that beneficial microorganisms can do the work for us. Who doesn't love being a lazy gardener?

Who are these "good guy" microorganisms and how do they help us? Good guys are beneficial microarthropods, nematodes, protozoa (amoebae, flagellates), fungi and diverse bacteria and if they exist in the soil, they have a symbiotic relationship with the plants. Through photosynthesis, plants produce and give off various starches or "exudates" which the microorganisms feed on. Yum. In exchange, the microorganisms supply minerals and nutrients to the plants.

It is not just NPK (nitrogen, phosphorous, potassium) that are supplied to the plants via this symbiotic relationship but all the other elements and nutrients also required. It is these "extra" nutrients that help make organic plants nutritious and taste good.

If these microorganisms do not exist in our soils already, how do we get them there and how do we know they are even there?

# What's Happening at Morpheus Theatre



## IN THE WINGS: It's a Wonderful Life

December 2 to 17, 2016

Based on the classic film by Frank Capra, *It's A Wonderful Life* has been delighting audiences on the silver screen and in theatres since it debuted in 1943. December just doesn't seem complete without a trip to Bedford Falls and the story of George Bailey, a man who believes in building community and helping your neighbours. When he becomes overwhelmed by one misfortune after another, George almost gives in to despair and then, on Christmas Eve, he meets a special angel on a mission to help George and receive his wings. The timeless message of hope, love and charity is especially warming on winter evenings with family and friends close-by. We hope you and yours will come celebrate this classic piece and this special time with us.

This production is suitable for children 8 years and over. Younger children who can manage a two hour show are also welcome to attend as well.

## Upcoming: Skin Flick and Iolanthe

Our third show of the season will be Norm Foster's comedy *Skin Flick* starting rehearsals in late November and will take the stage at the Pumphouse February 3rd through 18th, which will be followed by our annual Gilbert and Sullivan operetta, *Iolanthe* in April and May. For those looking to join us on stage, auditions for both shows will take place in early November. Visit our website for more details.

## Educational Opportunities

Morpheus Theatre's *GandS Junior Theatre School* program is returning for a 6th season. Offering both a Junior

class for students 9 to 13 years old and a Senior class for students 14 to 17 years old. Both classes will run Saturday mornings from 10:00-11:30 beginning in mid-October. There are a few remaining spots in the senior class.

## Morpheus GandS Singers

If you enjoy singing, and would like to try out the wonderful music and lyrics of those comic masters of the Victorian operetta, this is for you. The GandS Singers are a non-auditioned choir that meets on Sunday evenings from 7:00 to 8:30 PM to learn, sing and present the musical comedy of Gilbert and Sullivan - all this for a mere 5 bucks a week. If you are interested in joining us, come by for a visit on this, or any, Sunday evening. Your first week is free, so give us a try. For more information, contact Tim Elliott at [tcelliott2013@gmail.com](mailto:tcelliott2013@gmail.com) or (403) 274-8293.

## How to Reach Us

Remember, all of our shows are produced, directed, designed and performed entirely by volunteers. If you are interested in getting involved in community theatre, where each show is a new experience and an opportunity to make new friends, we would love it if you contacted us.

Contact Morpheus Theatre by calling (403) 246-2999; emailing [tickets@morpheustheatre.ca](mailto:tickets@morpheustheatre.ca); or by stopping by the lower level of the Community Centre.

Follow us online: [www.morpheustheatre.ca](http://www.morpheustheatre.ca)  
[www.facebook.com/MorpheusTheatre](https://www.facebook.com/MorpheusTheatre)  
[www.twitter.com/MorpheusTheatre](https://www.twitter.com/MorpheusTheatre)





# Volunteers Needed

## No Experience Required!

Mark your calendars! The 2015 Parkdale Casino will take place on **Sunday, December 4 & Monday December 5, 2016** at the **Elbow River Casino**. The community casino is a great way to volunteer your time and support the community in which you live.

The casino runs over two days, with two shifts per day. This is a commitment of over 38 volunteers! There is no experience needed for any position and each position varies in responsibility. It is a great way to meet other members of your community, neighbors and even volunteer with a friend to catch up! The required positions are:

- General Manager
- Banker
- Count Room
- Cashiers
- Chip runners

This fundraiser is a significant contributor to the Parkdale budget and provides many benefits to our community. The funds raised during this event provide the community with the funds to operate and maintain our facilities. In addition, these funds also contribute to our soccer program, building maintenance and administrative overhead. Our last casino (in April 2015) contributed close to \$70,000 to the community bank account, and is the largest single fund-raising event that the community undertakes. As this event occurs only once every 18 months, it is important that we properly support this casino with strong participation from the community.

It is always a challenge to recruit the number of volunteers required to make the casino a success. Parkdale requests your support! Please contact Bill Biccum at bill.biccum@parkdalecommunity.com for any additional information and scheduling.



## Parkdale Nifty Fifties Seniors Association

In accordance with our mission statement, we here at Nifty Fifties seek “to provide community based programming for seniors aged 50+, to enhance their physical, social, and emotional wellbeing”. Part of this community based programming includes a variety of art classes taught by well-known and sophisticated instructors, which prove to be very popular among our members. Whether you are novice or experienced, we have the right class for you! In addition to Art, Nifty Fifties also hosts Duplicate Bridge, Yoga classes, Board Games, Mah Jong, Qi Gong, Floor Curling, Book Club, and Move N’ Mingle. We offer frozen meals and are now taking requests for all our members baking needs! Be sure to also watch out for our Christmas baking platters arriving in December. Nifty Fifties puts great importance on community and we are proud to have hosted annual garage sales, fashion shows, and barbecues for members and those apart of our community. One of the most successful events was of course our first Stampede Breakfast on July 16, 2016, where we teamed up with the Parkdale Community Association. This was a wonderful event where members of our association joined with members of the Parkdale Community Association to help serve pancakes, setup tables and chairs, and overall provide Parkdale with an entertaining Stampede tradition. Whether you volunteered or just came to indulge in some yummy grub we want to say thank you for attending, and we look forward to next year’s Stampede Breakfast! Nifty Fifties is a longstanding community association that has a program suitable for everyone, and we are always looking for new members to join our community.

For more information we welcome people to check out our webpage: [pdnf.org](http://pdnf.org) or stop by the office and say hello!

## Children’s Multi-Sport Programs come to Parkdale!

Beginning this September, the Parkdale Community Association is excited to partner with Sportball to offer non-competitive multi-sport instruction programs for children 16 months-12 years old. Sportball helps children develop socially as well as physically, through a curriculum designed to reinforce self-confidence free of the pressure of competition. Our programs provide a skills-driven, high-energy and fun-filled curriculum. Sportball Multi-Sport programs introduce children to the fundamental concepts and skills behind eight popular ball sports: baseball, football, basketball, golf, hockey, soccer, tennis and volleyball. The fall program focuses on Children from age 2 to 7 years old.

Our methodology is designed to engage and entertain participants in our programs as they continue to prog-

ress their skill development by focusing on three key areas:

- Skill Assessments and Skill Progressions
- Simple Instructions
- Fun and Motivation

We refine, rehearse and repeat so every skill, activity and game has a purpose and an expected outcome. Programs will initially be held on Sunday mornings. For more information, and to register, please visit

<https://www.sportball.ca/calgary/program-schedules/calgary/fall-2016>

All classes during the fall season are indoors!

Day	Time	Age	Program	Date	Classes	Price
Sun	9:00am – 9:45am	2-3y	Parent/Tot Multi-Sport	Nov13-Dec18	6	\$109.00
Sun	9:45am – 10:45am	3-5y	Multi-Sport	Nov13-Dec18	6	\$109.00
Sun	10:45am – 11:45am	5-7y	Multi-Sport	Nov13-Dec18	6	\$109.00

## Lot 1 construction begins

On Monday, September 26, 2016, Alberta Health Services (AHS) will begin construction of a new 2,000-stall parking facility to replace the aging parking structure (Lot 1) adjacent to the Foothills Medical Centre (FMC) main entrance. The redevelopment initiative will take three years at most.

The new parkade will improve patient and visitor experience at FMC and provide additional parking required to accommodate the construction of the new Calgary Cancer Centre.

Valuable input on the planning, design, and construction of this new parking facility has been provided over many months by members of the FMC Area Communities Working Group, representing the Parkdale, St. Andrews Heights, and University Heights Community Associations.

The project contractor and AHS team are committed to ongoing collaboration with the Working Group, and share the goal of minimizing the impact of construction activity for the adjacent neighbourhoods.

The AHS project team is also represented on the South Shaganappi Area Strategic Planning Group. We will ensure that effective dialogue with community stakeholders about work underway at FMC continues.

During redevelopment of the Lot 1 area, there will be limited road closures within the FMC site. All traffic, other than that accessing the Emergency Department, will be encouraged to enter and exit the site via the 16th Avenue/ West Campus Boulevard interchange.

In order to give patients and visitors priority access to the remaining parking spaces at Foothills, many FMC staff and physicians are now using a temporary 1,200 stall parking lot south of Alberta Children’s Hospital.

Information packages, online resources, signage, and volunteer services are being enhanced to support patient and visitor arrivals, parking, and wayfinding while the Lot 1 area is undergoing redevelopment.

For more information please visit [www.ahs.ca/fmcparking](http://www.ahs.ca/fmcparking).



Register now for  
Fall programs!



**Parkdale Community Association**  
**3512 5<sup>th</sup> Ave NW**

Day	Time	Age	Program Type	Dates	No Run	Wks	Price
Sun	9:00AM-9:45AM	2-3 yrs	Parent & Child Indoor Multi-Sport	Sept 25 ▢ Nov 6 Nov 13 ▢ Dec 18	Oct 9 N/A	6	\$109
Sun	9:45AM-10:45AM	3-5 yrs	Coach & Child Indoor Multi-Sport	Sept 25 ▢ Nov 6 Nov 13 ▢ Dec 18	Oct 9 N/A	6	\$109
Sun	10:45AM-11:45AM	5-7 yrs	Coach & Child Indoor Multi-Sport	Sept 25 ▢ Nov 6 Nov 13 ▢ Dec 18	Oct 9 N/A	6	\$109

Sportball is proud to offer these programs in partnership with Parkdale Community Association in Pierson Hall. An annual PCA membership is required and can be purchased from Parkdale CA.

Prices and schedules are subject to change. Applicable taxes will be applied.

Soccer | Hockey | Football | Volleyball | Baseball | Basketball | Tennis | Golf

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[www.sportball.ca/Calgary](http://www.sportball.ca/Calgary)



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**LEN WEBBER**

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403-220-0888  
len.webber@parl.gc.ca

**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 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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# Parkdale farmers' market

**STARTING OCTOBER 7**

Fresh food  
Homemade goods  
Local vendors

**For Vendor Info:**  
Contact Brenda at:  
(403) 837-3640  
brendalea7@yahoo.ca

**Calgary**

## It's time to recycle more than this newsletter

New recycling requirements for business are here. Contact your collection company or visit [calgary.ca/businessrecycling](http://calgary.ca/businessrecycling) to learn more.

paper and cardboard    
  metal    
  untreated wood    
  glass    
  plastic film and containers

2016-2358

## 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.

**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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play discover learn create

University Heights Preschool is a play-based learning program for three and four-year-olds located in Montgomery.

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Registration is ongoing.

To book a classroom tour or to register, please contact [uhpreschool@gmail.com](mailto:uhpreschool@gmail.com) or call 403-286-7770.

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

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Calgary



## North Crosstown Bus Rapid Transit



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

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