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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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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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News from the Friends of Nose Hill

by Anne Burke

This year is North Haven's 50th anniversary. One of the seniors interviewed for a video said he led the committee of surrounding communities that lobbied the city for park status. As a result, we were asked for any information about Nose Hill, when it became a park.

Nose Hill Park is a natural environment park that lies in the northwest part of Calgary and is surrounded by 12 residential communities. We are often asked about its history and documents are posted on our website at www.fonhs.org. Here is an excerpt:

In 1858, Captain Palliser noted that the Blackfoot referred to Nose Hill as their wintering hills because it was a winter grazing area for the buffalo herds, since the frequent winter Chinooks kept the grass clear of snow. The area around the hill was mostly used for dairy farms, while the plateau was grazed. The land has been subject to speculation since before World War I. "The Great Prairie Fire of 1944" put an end to habitation on Nose Hill. Its rich supply of gravel began to be exploited in 1961, when Calgary began to grow.

The Calgary Municipal Airport was constructed in the northeast corner of the city in the late 1950's. The runways were oriented north-south and east-west. Nose Hill was on the flight path of the latter, so it was necessary for the Federal Department of Transport to impose

PRESIDENT'S MESSAGE

Happy Fall, everyone! September always feels like the beginning of the year in a way that January often doesn't – maybe its residual school years, or the changing of the seasons, but our usual summer break at the PCA has definitely worn off and we are back in action around the Hall.

It's been another busy summer for the Garden, capped off with our annual harvest day and potluck on October 15. We are fully subscribed for beds as of now, but the waitlist is still available for next year; if you'd like to join us, please visit the PCA website at parkdalecommunity.com.

The BIG news is the return of our two annual fundraiser s– this year's Halloween Party is looking to be a great time. Mark your calendars for October 29 at 8:00 PM – tickets available on our website. Don't sleep on this one! There will be at least one dancing Batman.

Our second fundraiser is a critical one for us – the casino funds a huge portion of our operating expenses, and really allows us to keep the lights on. If you are able to volunteer this year, we'd love to have you – December 4 & 5! Check out the article in the newsletter for details.

a development ban on the area. This forced some farmers on the hill to relocate. In the late 1950's, much of the suburban sprawl occurred in the area to the east and south-east of Nose Hill. Purchasers of homes in these developments were told that they would always have the open space of Nose Hill adjacent to their communities. In 1960-61, the Calgary Winter Club proposed that they be allowed to develop a golf course on the top of the Nose Hill but this idea was rejected by the Calgary Planning Commission, because of the caveat imposed by the Department of Transport. Communities that developed later in the 1960's to the south of Nose Hill were unaware of this caveat, which was dropped when the jet replaced the propeller airplanes. Indeed, some residents nurtured the ambition to own a house on top of Nose Hill because of the fantastic view that it afforded of the city, the foothills, and the mountains.



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 or stop by the office and say hello!



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.

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TRIVIA

Frankenstein, the famous monster of the iconic story bearing the same title, is actually not named Frankenstein. His maker, Dr. Frankenstein, called him "creature" and "demon".

David K. Weisbeck Urban Farmer on homestead land

Photos and story by Maureen Flynn-Burhoe September 8, 2016

As I took photos last weekend at the Community Garden for the next *Parkdale Post* and social media, I kept an eye out for Farmer David - as I have come to call him - to get some photos of him for this article. David Weisbeck never seems to stop working on his urban Parkdale heritage farm but he always makes time to chat. It seems I leave each conversation with some new and useful gardening tips, neighbourhood history and often an introduction to another neighbour. On Saturday David introduced me to Francesco - his next door neighbour since the 1990s - who was delighted when I explained that most of the plants in the Herb Circle are plants you can pick. Francesco was particularly pleased to see the familiar lemon grass which is served as one of the three basic teas in Mexican restaurants - the others are mint and chamomile. Later in the day I saw David and his next door neighbour Huber Jones. They had just returned from another neighbour's home where - using Huber's ladder - they had picked several 5-gallon buckets full of apples. David cuts these up into chunks and spreads them on his garden after it has been harvested, cleared and rototilled.

I had often admired David's garden with flowering perennials and annuals such plants such as giant sunflowers, rudbeckia, poppies, phlox, geraniums and marigolds - that his 98-year-old mother loves - and a wide variety of crops. By early September 2016 the straight rows of corn stalks were over 8' high. According to a 2015 post on *Everyday Tourist* blog, David harvested "300 cobs", ...700 pounds of potatoes, 100s of cucumbers, several 5-gallon pails full of both peas and beans" and many other fruits and vegetables.

David and his three siblings spent their early childhood in east Calgary where his mother was the sole breadwinner. Then she met John Weisbeck at a square dance and their lives changed. John - who was originally from Saskatchewan - owned a lot of property near what is now the Parkdale Community Centre and Community Garden. When they got married in 1947 they moved into a large 1912 farmhouse at 740 35 ST NW - the first

house built in that part of the newly-annexed Parkdale. In a 1924 University of Calgary aerial photo retrieved from the archives by Parkdale's resident historian, Marcel Herbert - the isolated homesteader farmhouse and farm garden are clearly visible on the treeless prairie along with Heritage homes on 37th St NW and Parkdale Boulevard and not much else, all linked with faint pencil-line trails.

David changed his family name to Weisbeck - a German name and chuckles as he describes what he calls his Heinz 57 Irish-Canadian heritage. Over the years, the homestead lot provided food for their family of six along with eight foster children. David remembers harsh winters in the 1950s in the big snow-bound house with its inefficient coal-fired furnace. In 2014 the Government of Canada published an updated plant hardiness zone map - which is used as reference by gardeners when choosing viable perennials for their zone. Based on a complicated number of factors - which include minimum daily and monthly temperatures and precipitation - Calgary which was in a cooler zone 3a is now in the warmer Zone 4a. David feels like he had lived through a transition from a Zone 2 to Zone 4! Perhaps it is because of those difficult winters of the past that David lights up 35th Street every year with thousands of Christmas lights on their property.

During the post-World War II years during one of Calgary's oil booms many post-war bungalows were built on 35th Street NW and the surrounding area. David's mother moved into a modern home that was built on a 125' x 50' lot - the same land that was the homestead garden a hundred years ago. She continued to maintain the garden as a widow when her adult children moved to their own homes. David maintained his own garden in Parkdale as his children grew up and moved away and neighbours remember families coming together for hockey matches at the arena which was located on the PCA property - along with a wading pool. Today he continues the work his mother started decades ago. Huber - who is also an experienced farmer - purchased what became 740 35 ST NW - the remainder of the homesteader lot and the original farmhouse in 1960. He restored it and continued to farm the land. Both Huber and David have well-maintained, extremely high-yield, organic gardens and working cold cellars filled with produce. David's mother continues to preserve foods and to help in the garden when she is able to.

~continued next page~

Urban Farmer cont'd



Like many active healthy seniors - David takes long walks around the neighbourhood. He likes the peacefulness when others are sleeping. So in a way he takes on another role as watchman or as Marcel described him, the Garden's Guardian Angel. He has explained to garden visitors who help themselves to the raised beds' produce, that these beds are rented and the produce is for the individual bed owners. One night he was startled by and in turn startled - some late-night fun-seeking Pokémon Go affectionados who were in search of poke spots on the Parkdale Community Association site. David felt apologetic afterwards as he does when he waters parts of the Garden that look as though they need it even if he hasn't been asked.

Like any gardener he pays attention to the health of the place, to protect it from vandalism, to monitor invasive plants and when really needed - to water the plants. Before the garden's watering system was in place through the City Parks installation, the first plants were watered with long hoses using David's household water system. Last winter was extremely dry and gardeners were advised to give their perennials, trees and bushes a good soaking. When I went to the Garden to water the 2015 plantings, I realized the City water had been turned off. David saw my dilemma and he helped lug four heavy hoses from the Parkdale Station tool shed, linked them together and connected them to the outdoor tap on the Parkdale Community Centre building. He waited until everything was thoroughly watered and then he put all the hoses back again.

David has donated raspberry bushes to the Community Garden which will be planted on the northeastern side of the Garden in 2017. David and Huber walked me and my husband through a step-by-step demonstration on how to properly prune the dry, brown branches at the base leaving only the living green branches and how to make a simple branch support system.

As members of the Parkdale Community Garden, we are enriched by the presence of our neighbours - heritage urban farmers - who maintained gardens on homestead land that spans a century. David is a link in a network of neighbours who maintained these healthy heritage gardens. To some neighbours - a generation younger than David - he is like a father-figure who continues to stop by regularly. David and this network of neighbours keep communal memory alive and have much to teach us about how to nurture lifelong friendships as well as healthy heritage gardens.

References

Hebert, Marcel and Sandi Loschnig "History of the Parkdale Addition." Parkdale Community Association. September 15, 2014
White, Brenda. White, Richard. "Chance Meetings: Garden, Volleyball, Sidewalk July 21, 2015. Everyday Tourist. Calgary, Alberta.
Parkdale Community Heritage Inventory" (PDF). Land Use Planning and Policy Planning, Development and Assessment. December 2008. Retrieved 7 November 2015

What's Happening at Morpheus Theatre



First off - Thank you to everyone that either donated books over the summer or that came out to our seventh annual Book Sale. The sale at Books Between Friends new location collected a large number of quality books, set a new sales record, and raised \$3200 for charity.

Thank you also to everyone that came out to see our season opener - Run For Your Wife - a British Farce by Ray Cooney. If you are reading this article early in the month, the show runs at the Pumphouse until October 1st.

And with all of these thank yous, on behalf of Morpheus Theatre, I wish all the residents of Parkdale a wonderful Thanksgiving.

IN THE WINGS: It's a Wonderful Life by Frances Goodrich, Albert Hackett, and Frank Capra

Directed by Jamie Eastgaard-Ross

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.

Remember, it is never too early to start planning your family time for the Christmas season.

Educational Opportunities

Morpheus Theatre's G&S 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. Registration is underway and filling up fast.

Morpheus G&S 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 G&S 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 tcelliot2013@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; or by stopping by the lower level of the Community Centre.

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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.

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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	9am – 9:45am	2-3y	Parent/Tot Multi-Sport	Sep25-Nov6	6	\$109.00
Sun	9:45am -10:45am	3-5y	Multi-Sport	Sep25-Nov6	6	\$109.00
Sun	10:45am – 11:45am	5-7y	Multi-Sport	Sep25-Nov6	6	\$109.00
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

Meal Exchange: Trick or Eat

Want to make a difference this Halloween? Dress up in costume and come join Meal Exchange as we go door-to-door collecting non-perishable food items for the Calgary Interfaith Food Bank and the SU Campus Food Bank.

We will be meeting on October 31st at 4:00pm in the MacEwan Ballroom and the event will generally wrap-up by 8:00pm for trick-or-eaters. If you’re interested, please register at trickoreat.ca under “Locations” and join “University of Calgary Meal Exchange”. If you would like to go out with a specific group, please specify your group name when prompted. Come in costume!!

If you are super eager and would like to help us flyer routes near campus from 10:00-1:00 or 1:00-4:00 on October 26th, (hot chocolate will be provided) please let us know or if you have any questions, please email calgary@mealexchange.com.



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COUNCILLOR, WARD 7 DRUH FARRELL

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As a large urban centre in a prosperous country, Calgary continues to mature and develop. To keep up with the pace of this perpetual growth, it is important for the City of Calgary to make investments in transportation infrastructure like streets and public transit.

Large projects like the Green Line LRT and the Crowchild Trail Study get most of the attention, since they will move many thousands of Calgarians across the city. It is important though that we don't forget about smaller investments that can make positive differences for local residents and their communities.

With this in mind, my staff and I joined the City's General Manager of Transportation and members of his team for a tour of Ward 7. The purpose of this tour was to identify small transportation issues in communities across Ward 7, and to begin working on solutions. We identified certain fixes that could be implemented quickly, as well as more significant projects for the future.

We noted instances where the design of various intersections made it less safe for all road users. One example was at 19 St and John Laurie Bv NW in Triwood, where higher visibility crosswalks and better lighting were identified to improve the safety of people walking through the area. In Sunnyside, we saw that a new crosswalk at Memorial Dr and 9 St NW would improve walking and cycling access to the Bow River Pathway

and Downtown. Work on that crossing will be complete in Fall 2016.

We also noticed that several stretches of sidewalk along 16 Av NW, from Mount Pleasant to Banff Trail, were patch works of uneven concrete and asphalt. Weed maintenance was an issue as well. These are cosmetic issues that can improve an area by making them more pleasant and accessible for local residents. The weeding was quickly completed and sidewalk repair was identified as future work. Elsewhere along 16 AV, between Rosedale and Capitol Hill, we saw a need to improve awareness between those driving and cycling at the busy 10 St NW intersection. Inexpensive green conflict paint was soon added across the turn lanes as a result.

In areas seeing redevelopment, we noticed several instances of construction projects impeding access for people walking. In East Village, we found construction hoarding blocking entire sidewalks. This is a serious concern for a community with high numbers of residents with mobility challenges. The hoarding issues were quickly corrected and we secured a commitment from city staff to ensure that sidewalks are more consistently kept clear and safe during construction.

These are just a few examples of issues we identified. If you see concerns such as these in your community, be sure to call 3-1-1 or go online to www.calgary.ca/311. To learn more about this and other Ward 7 topics, visit www.druhfarrell.ca. To sign up for updates on key issues, please email ward07@calgary.ca.



MP. CALGARY CONFEDERATION LEN WEBBER

2020 10 St NW, T2M3M2
403-220-0888
len.webber@parl.gc.ca

Put Your Stamp on the Process

Times have changed since the first letter was sent in Canada in 1693. The postal service provided by Canada Post is no longer as dominant in our daily lives as it used to be. With cell phones, email, texting, paperless billing, e-transfers and courier services, Canada Post has seen its role in our daily lives diminishing annually since 2006. At the same time, an average of 169,000 new addresses are added each year to the existing 15.8 million existing addresses.

With more places to deliver mail each year and less mail being sent, this has had a dramatic effect on revenues and costs. Canadians need to take a good look at our postal system and figure out a way to make it both sustainable and affordable. It is a vicious circle - stamp costs increase to cover growing operating costs which, in turn, results in less mail being sent and revenue dropping even further.

However, we still have a critical need for a national postal system as many Canadians and businesses rely on it for many reasons. Last year alone, Canada Post delivered almost nine billion items to every corner of Canada.

The time has come for Canadians to look at the future of our postal system to ensure it is both sustainable and affordable for everyone. A review of Canada Post is now underway and you can participate.

Canadians are being asked to contribute their comments, concerns and, most importantly, their ideas on how we can achieve these goals. For example, the most common idea I have heard so far is the suggestion to make mail delivery every second business day. This would save money and the impact on the environment. Canadians are known for being a resourceful and creative bunch and I am sure there are many more ideas to come.

An independent Task Force is currently gathering facts and developing options for consideration. Next, a Parliamentary Committee will consult Canadians on the options and make recommendations to the Government on the future of Canada Post.

To share your input, please send your ideas to TPSGC.ExamendeSPC-CPCReview.PWGS@pwgsc-tpsgc.gc.ca, fax 1-844-836-8138, or even better, MAIL your comments to Canada Post Review, CP2200, Matane, QC, G4W 0K8. As your Member of Parliament, I am interested in knowing your views, and would appreciate being copied on your submission.

North of the River

Matt Grant

"Back to school" for communities north of the Bow has a decidedly collegiate connotation. Over 30,000 students have enrolled at the University of Calgary this year, while SAIT boasts nearly 16,000 full-time students. These institutions host a range of free or affordable athletic, cultural and intellectual events and programs open to our communities.

Here are some of my favourites.

Nothing says autumn like Dinos football. At the time of writing, they've won their first two games – a positive start as the team hopes to repeat its 2013 Vanier Cup appearance.

Want to be active yourself? The U of C Health and Recreation Centre offers a huge range of activities (skating at the Olympic Oval is a particularly fun way to spend an afternoon), or pick up some gear at the Calgary Outdoor Centre for your next adventure by river or path.

For a little culture, did you know the University of Calgary Theatre hosts more than 175 events per year? Whether your family is into dance, music or drama, there's something for everyone.

There's plenty to do at SAIT as well. This winter, my wife and I enjoyed taking an evening class at the Culinary Campus. You can hone kitchen skills or learn new recipes (French, South East Asian, Italian – you name it). On campus, in the John Ware Building, you can also purchase artisanal food products expertly prepared by students studying Butchery and Charcuterie Management and Baking and Pastry Arts.

Educators have long cited the axiom, "*Mens sana in corpore sano*" or a "healthy mind in a healthy body". The students, professors, researchers and support staff at the University of Calgary and SAIT help the residents of the communities north of the river achieve this worthy goal.

Matt Grant lives north of the River – now in West Hillhurst after many years in Bridgeland Riverside.

OCTOBER MOON CALENDAR

	First Quarter Oct 8		Full Moon Oct 15		Last Quarter Oct 22		New Moon Oct 30
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www.calgaryartistsociety.com

Calgary Artists' Society

Art Show & Sale

ORIGINAL Work by Local Artists, Paintings, Drawings + Doorprize, Refreshments

Saturday, October 29th
10 am to 4 pm

Parkdale United Church
2919-8 Ave NW, Calgary

COMMUNITY ANNOUNCEMENTS

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

SEPARATED, DIVORCED? When a marriage ends, the holiday season is especially painful. Come to **“Surviving the Holidays”** to learn practical ways that will help. Saturday, Nov. 5, 7:00 p.m., 1920 13 Ave., N.W., Calgary Central Church. Free seminar, excellent advice, Holiday Survival Guides, gift bags. (403) 720-2048 or (403) 247-6673.



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IMPORTANT NUMBERS

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

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PRESENTING

HALLOWEEN

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8:00 PM | Cash Bar and Food Sales | 3512 5th Ave NW

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Celebrating 4 years of peace of mind.

Since Jean moved into her Chartwell residence, she and daughter Lynn have continued their tradition of weekly lunch and shopping dates, but at age 99 she's now added bingo tournaments, chair yoga and bus tours to her daily schedule! You too can experience the peace of mind that comes with living in an engaging and supportive community.

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