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**6<sup>TH</sup> ANNUAL WALK FOR THOMAS!**  
**Sunday, September 25<sup>th</sup>**  
**in support of Neuroblastoma Research.**

Queen Elizabeth Elementary School, 402 - 18th St. NW.  
Registration and refreshments at 9:30 am.  
3km Walk starting at 10 am.

A tasty barbecue lunch for all participants will follow. We are so grateful for the continued financial and in-kind support of all of our sponsors and hope you and your family will be there to share in this worthwhile cause. This year will see the event partnered with the Alberta Children's Hospital Foundation, in support of the Thomas Mueller Phage Display Project. Donations will be accepted at the event and lots of great merchandise will also be available.

Please find us on facebook or go to [peloton65.com](http://peloton65.com) for more information.



Parkdale Community Association  
3512 - 5 Avenue NW, Calgary AB T2N 0V7  
403-283-5767  
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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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## ABOUT YOUR PARKDALE POST

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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](mailto: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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## PRESIDENT'S MESSAGE

Another busy summer has come and gone, and I'm so pleased to say this might have been our best one yet as a member of the PCA.

We've had some great events – like the annual Soccer Awards and Family Day, and our first-ever Stampede Breakfast held in partnership with our friends at the Nifty Fifties. These events are more than a chance to grab a pancake and listen to some tunes – these events create the community we want to live in, they knit us together and remind us of what makes this place so special.

We've also had some really remarkable changes on the PCA campus itself. The West Wall of our building has been transformed with a massive series of planters, filled with perennials and beautiful towering aspens. This work was done courtesy of a generous donation from the Redcliff family, and a tremendous amount of work and vision from Ruby and Richard Miller, who rallied the volunteers and worked with Bill Biccum to create the new, beautiful space. Huge kudos to everyone who came out and helped with the planting, including volunteers from Simon House who did a great deal of the digging and moving to get the big trees in.

The Garden remains a massive, growing concern; the inner ring of 44 beds are all uniformly beautiful, and I've already been enjoying tons of vegetables from my bed. If anyone has any ideas on what to do with about 700 fissionably spicy chiles, I'm all ears! We've had our food forest planting come in, and the amount of work to not just plant, but maintain the space has been a daunting but worthy challenge for the garden members. By this time next year we are going to be in great shape.

September marks the start of my second full year as the President of the PCA, and I want to just thank everyone that has been there for me this year; we've faced our share of challenges, but I've been sustained by many of you, through encouraging words, indomitable energy (and the occasional beer). This organization remains supported and invigorated by the spirit of what makes this city and this community great. Just think of where we'll be this time next year...

Colin Brandt



## Volunteers Needed... No Experience Required!

Mark your calendars! The 2016 Parkdale Casino will take place on **Sunday, December 4 and Monday, December 5 at Casino Calgary**. 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, neighbours 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 contributed over \$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 [office@parkdalecommunity.com](mailto:office@parkdalecommunity.com) or 403-403-283-5767 for any additional information and scheduling.



## PARKDALE COMMUNITY ASSOCIATION (PCA)

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<b>Damage Deposit</b>		<b>\$500.00</b>	<b>\$XXX</b>
<b>TOTAL INCLUDING DAMAGE DEPOSIT</b>			<b>\$XXX</b>

## Garden Growth by Google Earth, Maps and Street View

By Maureen Flynn-Burhoe

Using Google Earth's Historical Imagery feature we can see a clear aerial view from late April 2002 of the site of what is now the Parkdale Community Garden. With a dry spring and not much vegetation planted, the relatively empty site looked a lot like a mocked shock Emoji with red baseball-diamond eyes. So far the slider will let you see about a dozen different dates on the timeline.

By the summer of 2013 the first inner circle of raised beds was clearly visible as was the huge pile of sand used to prepare the site. There was a lot of activity that summer with loads of dirt and cedar onsite.

The aerial view from August 2015 showed the most dramatic change. From the satellite image we can see the greenery in the raised beds, the Perennial Circle and the Herb Circle. The potato beds encircled the rest like a huge question mark. Marcel Hebert's handiwork is visible in the Parkdale Station, the Herb Circle enclosure and the four demonstration beds at the southern entrance. If the satellite had captured the image a month later the two new perennial beds that Brookfield Residential helped plant, would have been visible. When the next live Google satellite tracks Parkdale the food forest will be visible. The new guilds include hundreds of new fruit trees, bushes and perennials thanks to the TD Green Streets grant and the work of legions of volunteers. It is possible that we will be able to identify even the new rock garden planted in June.

By May 2009 Google Street View cars had found the lane way beside the Parkdale Community Association. The same lane is completely transformed from empty field to a flourishing garden space. Even the once-empty western wall of the community centre has been beautified this week with stately columnar aspens and tall handsome Karl Foerster grass.

Seated on the bench overlooking the garden from the laneway you see the the mature Douglas Fir tree and old Poplar tree on the garden's south western edge. Looking east in the foreground are the newly planted apple trees in horizontal espalier in the food forest guild. Be-



hind are the raised beds brimming with pastel-coloured sweet peas, giant Poeny Poppies, sunflowers, kale, blueberries, beans and dozens of other edibles. On the Herb Circle enclosure a wild cucumber plant glows with the late afternoon light. People come and go in a constant flow.

Finally Google Maps allows us to upload and add our own virtual markers including personal photos so that we can contribute to creating the archives of our own communal memory through this Community Garden - virtual and very real. <http://bit.ly/29py56r>



# Anti-Burglary Tips

There has been an increase in home break-ins in the community of Parkdale. One of the easiest crimes to prevent -- burglary -- is also one of the most common. If it happens at your home, you lose more than a few possessions. A break-in, even when you're not there, has a major impact on your and your family's sense of safety and well-being.

But burglaries don't have to happen. There are a lot of things you can do to boost home security and make your house burglary-resistant. Here are tips you can use to help you keep your family safe and your home and its contents intact.

### Anti-Burglary Tip No. 1: Don't Advertise You're Away

The first thing a burglar looks for when choosing a house for a break-in is one with no one in it. If you make your house look occupied when you're gone, most burglars will simply pass it by. Here are some ways to do that.

Use automatic light timers throughout the house and have them turn on and off in a way that simulates your normal patterns. Look for light timers that have battery backup so the timer doesn't stop if there is a power failure. Using timers that have more than one on-off cycle can create the illusion of movement, from room to room.

The same kind of timers you use on lights can also be used to turn radios or TVs on and off.

Consider using timed automatic drape and curtain openers. Drapes that are always closed or always open suggest no one is home.

Turn the volume of your phone's ringer down so someone outside can't hear them ring.

If you can, have your calls forwarded while you're away. Burglars sometimes call to see if anyone's home before a break-in.

Arrange to have your lawn cut or snow removed from your walks if you're going to be gone for a long period.

Instead of stopping your mail and newspaper delivery, ask a neighbor to pick them up and hold them for you. Seeing deliveries being made makes a burglar think someone is at home.

Ask a neighbour to use your trash can from time to time and to put it out at the curb and bring it back on trash day.

Always park your car in the garage with the garage door closed when you are there. That way someone watching for patterns won't know your car isn't there when you're gone.

In the interest of home security, never leave notes on the door. They just say to a burglar, "Come on in."

### Anti-Burglary Tip No.2: Make It Hard to Break In

The second thing burglars look for is easy access. The harder it is for a burglar to get in, the less likely you are to come back to a burglarized home.

Never leave doors or windows unlocked, and never hide a key to your house outside where it can be easily found.

Use solid core or metal doors that are secured with good quality deadbolt locks. Look for or ask the locksmith for door locks with an ANSI grade 1 rating. Deadbolt locks should have a horizontal bolt at least 1 inch long. With shorter bolts, a burglar can more easily use tools to spread the door frame and open the door.

Consider using locks that have an internal anti-saw pin that makes it difficult for a thief to saw through the bolt with a hacksaw. Also, some locks come with an anti-drill feature using hardened steel chips inside the lock that will destroy a drill bit in case a burglar tries to drill through the lock.

The casing, which is the outside housing of the lock, should be made out of hardened steel and be beveled. A hardened steel casing makes the lock more resistant to impact, and the beveling helps prevent a burglar from using a pipe wrench to twist the lock free.

A metal strike plate is attached to the door jamb to hold the bolt or latch in place. The most common way for a thief to force a door open is to kick it open by kicking at the plate. You can make this harder by using a heavy four-screw high security strike plate. The wood screws used to attach it should be three inches long. That way, they will go through the jamb and be anchored in the door frame stud.

Using at least one long screw in attaching each door hinge will further secure the door against forced entry.

~continued on page 10~

# Garden Herb Spotlight: Tarragon

By Brianne Whittaker

The Community Garden Herb circle is home to a thriving tarragon plant. French tarragon is a culinary herb of the sunflower family which grows as a perennial here in Calgary. Two other forms of tarragon: Russian and wild tarragon also exist but are less commonly used for culinary purposes. Russian tarragon is milder than the French version but is a very hardy plant which is easy to grow and drought resistant. French tarragon rarely makes flowers or seeds. If seeds are produced they are often sterile. Instead, it readily spreads from its rhizomatous roots.

French tarragon is commonly used for culinary purposes in France and other parts of Europe. It has a distinct anise flavour which particularly compliments chicken, fish and egg dishes. It is also the main flavouring in Béarnaise sauce.

Fresh tarragon is great when used fresh. It loses much of its flavour during the drying process. To retain the fresh flavour of tarragon, whole sprigs can be frozen in an air tight bag for up to 5 months. To make tarragon vinegar, place a few sprigs into a bottle of sterilized white vinegar. Steep a few days or longer until the desired taste is achieved.

Please feel free to harvest and enjoy the tarragon from the community garden herb circle. It is yours to share!

# Edamame Salad with Fresh Tarragon

Recipe courtesy of Audrey Smith

### Ingredients:


- 1 cup quinoa
- 2 cups vegetable broth
- 2 cups frozen shelled edamame, thawed
- 1 tbsp freshly grated lemon zest
- 2 tbsp lemon juice
- 2 tbsp extra virgin olive oil
- 2 tbsp chopped fresh tarragon (or 2 tsp dried) or more to taste
- ½ tsp salt
- ½ cup drained and diced jarred roasted red peppers
- ¼ cup chopped walnuts, preferably toasted

### Directions:


Prepare quinoa according to package directions using vegetable broth instead of water. Cool. Mix the quinoa and edamame together in a bowl. Make dressing with next five ingredients (lemon zest through salt) and pour over edamame mixture. Mix well. Top with roasted red peppers and walnuts. Chill before serving.




SEPTEMBER MOON CALENDAR




New Moon  
Sept 1




First Quarter  
Sept 9



Full Moon  
Sept 16



Last Quarter  
Sept 23



New Moon  
Sept 30

# Anti-Burglary Tips

CONT'D

Treat a door between an attached garage and the house as an outside door and use the same type of locks that you use on the front and back door.

Any window or glass panel in the door that is closer than 42 inches to the lock should be reinforced with an invisible security film so a burglar can't break the glass and reach through to unlock the door.

Windows should be attached to a home security alarm and have locks that operate from the inside so they can be used for escape. Windows can also be made stronger and safer by coating them with an impact-resistant film.

Another home security measure for windows is to install stops that prevent them from being opened more than 6 inches. If you do, though, everyone in the home needs to know how to remove the stops to make an emergency exit.

Use a metal or wooden rod in the track on sliding glass patio doors to prevent them from sliding open.

Never leave a ladder that can be used to access the roof or a second story window outside or in an unlocked shed.

Cut back tree limbs that hang over the roof, and remove any lower branches from trees next to the home.

### Anti Burglary Tip No. 3: Don't Make It Easy to Hide

A burglar is more likely to try getting into a house where there is less chance of being seen. Taking away the robber's cover goes a long way toward protecting your house.

Thieves can hide behind trees and shrubs. Trim back or remove any shrubbery next to doors or windows. If you are going to use plants next to the house, you should use thorny plants such as holly or roses.

Use outside security lighting to illuminate every access door. The main entrance should be illuminated with a fixture that has two bulbs or with two fixtures in case one bulb burns out.

Use exterior lighting with motion detectors for the yard, driveway and other outside regions. If lights come on

when someone approaches, a burglar is less likely to try breaking into your home. Also, if the lights are activated by motion rather than being left on all the time, your neighbours are more likely to notice if someone is moving around your house.

Remember the back and side of your home offer some concealment for a burglar who is trying to break in. So pay close attention to securing all entrances, and if possible avoid installing a tall privacy fence since that offers even greater concealment.

### Anti Burglary Tip No. 4: Install a Home Security Alarm System

Home security alarms are not a guarantee that burglars will not enter your home. But they do make it more difficult by increasing the risk that the burglar will be seen and caught. If it's obvious your house is alarmed, the burglar may look for an easier target.

Be sure to use the yard sign and window decals that say your house is protected by a home security system.

Regularly check to make sure the sign is visible and has not been covered up by shrubs or pulled out of the ground by pets or neighbourhood children.

Choose a home security system that uses motion detectors as well as arms all windows and doors that could provide access.

Also consider using glass-break sensors that set off the alarm at the sound of a window or glass door panel being broken. Some sensors also detect sudden shock waves and will set the alarm off if someone is trying to kick open the door.

Never post your pass code next to or on the home security alarm key pad.

### Anti Burglary Tip No. 5: Get to Know Your Neighbours

The best home security comes from neighbours who look out for one another. Make it a point to meet your neighbours so that you can ask them to keep an eye on things while you're away.

If you haven't already become a member of the Parkdale Community Association, please join at [www.parkdalecommunity.com/about-the-pca/membership/](http://www.parkdalecommunity.com/about-the-pca/membership/). The Community Association is committing to advise residents of crime, and other interests. A membership ensures that you are on our mailing list.

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# News from the Friends of Nose Hill

by Anne Burke

The City needs help in identifying weeds in open space. The management plan involves methods to combat weed threats. These tools are biological, mechanical, chemical, and cultural controls. There are some concerns about spraying pesticides and herbicides, although the City posts signs and does have some pesticide-free parks in Calgary.

One of the controls is an organic vegetation management practice called targeted grazing, a land management strategy which is safe, chemical free, and environmentally friendly.

Beginning in June (and for three weeks this summer) a herd of 100 goats was monitored 24 hours a day by the shepherd, with herding dogs, volunteers, and horses in Confluence Park (West Nose Creek).

This is important wildlife habitat. Unlike Nose Hill, the site permits livestock grazing with an approved development permit application, although the practice is generally prohibited within City limits. As the animals fertilize the soil, their hooves help to till, aerate, and condition the ground. Their digestion is acidic, so that the seeds cannot grow as new weeds. The purpose was to control invasive species such as Canada thistle, yellow clematis, nodding thistle, and other delicious broad leaf weeds they prefer. See: online at [calgary.ca/goats](http://calgary.ca/goats).

The Urban Conservation Lead for City Parks said the public has been very supportive. We now know we can use goats in an active park, without disrupting enjoyment by park visitors, whether on foot, bicycle, or with dogs on leash. The goats did an excellent job targeting invasive weeds, such as Canada thistle, hound's tongue, and hawkwood.

The project budget was \$25,000. The City will assess and evaluate the data to decide about the project's effect-

iveness. The next step will be to evaluate its potential use in parks and open spaces. If successful, the initiative may expand to other natural areas in the city.

On the monthly BiodiverCity Committee agenda there were announcements, presentations on wildlife strategy, biodiversity implementation plan; updates from subcommittees, work plan, business unit survey, and list of potential 3rd party partners. Meetings are in downtown Calgary and open to the public. For details, contact [steven.snell@calgary.ca](mailto:steven.snell@calgary.ca).



### Calling All BABYSITTERS

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



### Calling All PARENTS

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



# What's Happening at Morpheus Theatre



September is here, students are heading back to school, and the new theatre season begins. Our production of *Run For Your Wife* is already in rehearsals; auditions for *It's a Wonderful Life* are coming up later this month, and our annual book sale is just around the corner.

**UPCOMING:** *Run For Your Wife* by Ray Cooney, Directed by James Noonan  
September 23 to October 1, 2016

John Smith is a man with a schedule and a secret. The schedule is not just to keep him on time in his job driving a taxi, it also keeps his life—his lives, rather—organized and in their places. You see, it's important to be organized when one has two of everything. Yes, everything. Two separate lives in two different houses in two different areas of London, with two different wives! When John is mugged, he finds himself coming home from the hospital surrounded by wives and policemen, all asking for an explanation. *Run For Your Wife* has been bringing laughter to audiences for many years. Join us this September when it brings the laughter to you!

## 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.

## Seventh Annual Book Sale

Do you have books gathering dust? Morpheus Theatre will be partnering with Books Between Friends for our 7th annual book sale this fall to help raise funds for both charities. Morpheus Theatre is currently accepting books at the Parkdale Community Centre up to August 31st. Books need to be in good condition. Unfortunately we cannot accept Readers Digest, magazines or text books.

Then on September 2nd through 4th we invite you to bring your friends to the sale and participate in all the great bargains. The book sale has moved to a NEW location this year: 3434 - 34 Street NE (behind Value Village, next to Urban Thrift). Details will be available on the Morpheus website. We hope to see you there!

## 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)  
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## 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!



## Parkdale Real Estate Update

### Last 12 Months Parkdale

### MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$749,900.00	\$730,000.00
June 2016	\$959,000.00	\$956,700.00
May 2016	\$959,000.00	\$960,000.00
April 2016	\$709,900.00	\$720,500.00
March 2016	\$662,200.00	\$642,500.00
February 2016	\$0.00	\$0.00
January 2016	\$899,900.00	\$860,000.00
December 2015	\$0.00	\$0.00
November 2015	\$0.00	\$0.00
October 2015	\$1,185,000.00	\$1,115,000.00
September 2015	\$734,450.00	\$712,269.00
August 2015	\$938,900.00	\$929,000.00

### Last 12 Months Parkdale

### MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2016	2	1
June 2016	3	3
May 2016	8	7
April 2016	8	2
March 2016	3	8
February 2016	7	0
January 2016	2	3
December 2015	5	0
November 2015	2	0
October 2015	5	5
September 2015	7	4
August 2015	7	3

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



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With rising household costs, a growing number of families are struggling to afford shelter and other basic needs such as food, medication, and childcare. Household incomes in Calgary have not kept up to housing prices. Over the past decade, prices have increased 156% while incomes have increased 34%.

Over 4000 households are currently on the qualified waiting list for Calgary Housing Company, but the actual need is far greater. In Calgary, over 38,000 renter households need affordable housing. These Calgarians require some extra assistance to ensure they have access to safe and affordable places to call home. Those in need include students, seniors, young couples, people with disabilities, people who are unemployed, low-income workers and their families, and new Canadians.

What do we mean by affordable housing? For housing to be affordable, The Canada Mortgage and Housing Corporation states a household should not spend more than 30 percent of its gross income on rent. That target is especially difficult

for lower income Calgarians to meet and they must often spend larger percentages of their incomes on basic shelter.

Although increasing the affordable housing supply is one of City Council’s priorities, the City of Calgary has not added a single affordable housing unit in the past three years. This is one of the reasons that Council unanimously passed the new Affordable Housing Strategy in July.

The strategy calls for the City to secure funding from the provincial and federal governments, to work with partner agencies and the development industry, and to prioritize private projects that include some affordable and accessible units. The strategy also calls for the City to build new rental units through Calgary Housing Company and affordable homes for ownership through Attainable Homes Calgary.

Learning from the past, the City no longer concentrates affordable housing in one area, but instead encourages smaller projects that better integrate into all neighbourhoods. Most Ward 7 communities already host at least one affordable housing development.

Proposed affordable housing projects will include public engagement to ensure that they integrate well with the surrounding neighbourhood. Should your neighbourhood be selected to host affordable housing, please ask how it can best be accommodated and welcomed into the community. Your new neighbours will certainly appreciate it.

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# North of the River

Matt Grant

By mid-July, it had become clear that my humble gardening efforts had failed. If I hoped to enjoy Alberta-grown produce, farmers' markets were my best remaining option.

Three of my favourites are in communities stretched along the northern banks of the Bow River, in Bridgeland Riverside, Hillhurst-Sunnyside and Parkdale.

Bridgeland Riverside's Farmers' Market (917 Centre Avenue N.E.) runs every Thursday from 3:30 pm to 7:00 pm until October 6<sup>th</sup>. Now in its second year, a growing range of vendors display their wares beneath tents spread out across a lawn boasting one of the best views of downtown Calgary. And while you're in Bridgeland Riverside, may I suggest a walk along the increasingly interesting 1<sup>st</sup> Avenue N.E.? Whether you're into sushi, ramen, burgers, breakfast, pizza, cocktails, coffee or vinyl, Bridgeland Riverside has it all. I'm biased – I used to live there – but this community is great and getting greater.

The Hillhurst-Sunnyside Farmers' Market (1320 – 5 Avenue N.W.) is every Wednesday from 3:00 pm to 7:00 pm and every Saturday from 9:30 am to 1:30 pm. One of the coolest things about this market (and there are many) is that folks in need can stop by on Mondays for fresh produce. They believe "community members should have access to good food". I couldn't agree more.

The Parkdale Farmers' Market (3512 – 5 Avenue N.W.) runs every Wednesday from 2:00 pm to 6:30 pm, all year round. After you're loaded up with fresh food, why not bike west to Edworthy Park for a picnic. En route, check out Brian Tolle's public artwork *Outflow*, along the banks of the Bow at 34A Street N.W.

This harvest season, these three markets promise to be vibrant destinations for Calgarians looking to meet neighbours and support local vendors and producers.

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



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## No Opportunity Like It!

There is a way to get your post-secondary education for free. In fact, those eligible can also be paid a full-time salary, with benefits and a pension plan, while they get their free education and training.

This offer is available for careers that range from doctors and accountants to mechanics and air traffic controllers. These opportunities are available across Canada and offer the opportunity for travel.

The Canadian Armed Forces is one of Canada's largest employers and provides Canadians with hundreds of career options in every career field imaginable.

While many think of a career in the Forces as being a soldier, a pilot, or a sailor, the reality is that most in the Forces support these roles through jobs that resemble the careers we see every day in our communities. There are accountants, lawyers, cooks, dentists, psychologists, social workers, welders, and every job in between. There are also careers that do not require any post-secondary education because specialized training is provided by the Forces.

If you are looking for part-time jobs, they offer those too through the Reserves. The Reserves provide a unique way for Canadians to serve their country while maintaining a professional career in their community. This is also a great option for those who are also working on completing their education.

The Forces offer many advantages to its members including three years of guaranteed employment following initial training and on-going career development. Given the size of the organization and its variety of roles, there are endless opportunities for growing or changing your profession while staying in the Forces in the years ahead.

Their competitive salary and benefit packages are often better than those offered in the private sector. In addition to an attractive pension program, members are provided with 20 vacation days per year and this increases

to 25 days after five years. Qualifying veterans are also entitled to significant additional programs and benefits.

Do you have questions? Not sure where to start? Visit [www.forces.gc.ca](http://www.forces.gc.ca) to see the hundreds of career opportunities available today. You can speak directly to a recruiter by calling the Canadian Forces recruiting center at 403-974-2900 or emailing [info.calgary@forces.gc.ca](mailto:info.calgary@forces.gc.ca). A recruiter will walk you through the entire process and answer any questions you may have.

In closing, I would like to thank those who have chosen to serve their country through the Canadian Armed Forces at home and abroad. Your professionalism and dedication is appreciated and respected by all Canadians.

## IN & AROUND CALGARY

### Join Citizens' View: Calgary's online panel – over 2,000 members and growing

You're invited to join more than 2,000 people that have signed up for Citizens' View, Calgary's online panel. [Citizensview.ca](http://Citizensview.ca) makes it easier for Calgarians to share their input anytime, anywhere through online surveys and discussions.

As Citizens' View continues to grow, The City is working to make sure that they hear from people of all ages and areas of Calgary.

"Creating an even better Calgary takes all of us—not just government," said Mayor Nenshi. "Citizens are the key to improving our communities and creating the best programs and services for our city. Calgarians are the experts in their lives and I encourage them to share their thoughts about life in Calgary by signing-up at [citizensview.ca](http://citizensview.ca)."

The City hopes to attract more than 4,000 people that reflect Calgary's diverse population. Members can expect to receive surveys once or twice a month, join online discussions, and receive information on City events and service improvements.

Calgarians 18 years and older can sign-up for the Citizens' View at [www.citizensview.ca](http://www.citizensview.ca).



# COMMUNITY ANNOUNCEMENTS

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

**Deadline – 1<sup>st</sup> of each month for the next month's publication**  
**Contact [news@great-news.ca](mailto:news@great-news.ca)**



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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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# GARDEN SPEAKER SERIES

**A Parkdale - Silver Springs Garden Partnership Project**

Time & Date	Topic	Host
7:30 PM April 20, 2016	<b>Small Space Gardening</b> <i>Dani and Leigh Snyder from CSOP</i>	Silver Springs
7:30 PM May 18, 2016	<b>Companion Planting/Calgary Plant Selection/Cold Extension</b> <i>Janet Mabrouk</i>	Silver Springs
7:30 PM June 18, 2016	<b>Composting</b> <i>Mike Duran</i>	Silver Springs
7:30 PM July 20, 2016	<b>Food Forest</b> <i>Adrian Duckhop/Luke Rivest from ReGenerate Design</i>	Parkdale
7:30 PM August 17, 2016	<b>Culinary Herbs/Medicinal Herbs</b> <i>Julia Walker</i>	Parkdale
7:30 PM September 21, 2016	<b>Canning/Drying/Preserving</b> <i>TBD</i>	Parkdale
7:30 PM October 19, 2016	<b>Solar Energy &amp; Net Zero Houses</b> <i>Daniel Silburn</i>	Parkdale
7:30 PM November 16, 2016	<b>Water Harvest Systems</b> <i>Audrea Bruchin</i>	Parkdale
7:30 PM December 7, 2016	<b>Christmas Center Pieces</b> <i>Janet Mabrouk</i>	Silver Springs
January 2017 - TBD	<b>Tree Pruning</b> <i>Adrian Duckhop/Luke Rivest from ReGenerate Design</i>	Venue - TBD
February 15, 2017	<b>Therapeutic Gardening</b> <i>Janet Mabrouk</i>	Silver Springs

**Parkdale Community Centre- 3512 5th Ave NW**  
**Silver Springs Community Centre - 5720 Silver Ridge Dr. NW**

**Tickets are \$15 + GST**  
**and can be purchased at the door or online.**

**More information and tickets at**  
**<http://parkdalecommunity.com/garden-2/speaker-series>**

For more information contact Parkdale Garden and Gathering Place Director Audrey Smith at [garden@parkdalecommunity.com](mailto:garden@parkdalecommunity.com)



# Chartwell Fall Fest

## LET'S CELEBRATE THE FALL SEASON TOGETHER!

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