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your



# PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER





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Letter to the editor



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Sincerely,  
Laura  
*Owner of Buds and Blooms*

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**sales@great-news.ca**

\*Actual customer experience.

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## PARKDALE COMMUNITY ASSOCIATION

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

Delivered monthly to 1,700 households and businesses for 2 years!

### Editorial Submissions

communications@parkdalecommunity.com  
All editorial content must be submitted by the 5<sup>th</sup> of the month for the following month's publication.

### Advertising Opportunities

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All advertisements must be submitted by the 1<sup>st</sup> of the month for the following month's publication.

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[www.great-news.ca](http://www.great-news.ca)



*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Parkdale Community Association.*

*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

*Great News Publishing and Parkdale Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
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

## The Alberta Solar Rebate, What You Need to Know

### Alberta Residential Program

The Alberta government announced last week that the solar rebate was on. This means home owners who have enough solar potential will qualify for a rebate of \$0.75 per watt of installed solar panels. You can expect to fit between 3000-6000W depending on the size of your roof. So, if your any good at math you can see that that's a substantial amount of savings.

According to Energy Efficiency Alberta this is going to have a very positive effect. Positive for the economy and solar industry in our province. They expect it to create 900 jobs. Cut installation costs by up to 30%. And reduce greenhouse gas emissions by half a million tones. That's equivalent to 100,000 cars.

### So, what do you do if you want to go solar, and where do you start?

The first thing to do is some research, which is probably why you're here. Solar Energy Society of Alberta is a good place to start. They have a list of all the solar installers in Alberta. Once you choose a contractor, you will need to figure out what size of a system you would like.

From there the contractor should be able to take care of the rest. They can start designing the system and pulling the proper permits needed to go ahead with the install. Once everything is in place the installation can begin. Depending on the size of the system this could take 1-2 days to complete. The city will then inspect it. The System is then energized. and you are producing your very own electricity.

### The Solar Rebate

Once your system is energized you then apply for your rebate. This can also be done by your contractor. Energy Efficiency Alberta says you should have your rebate 2-3 weeks after completion. There are some regulations, most of which apply only to a small percentage. The system will need to be connected to the grid (no off-grid systems). You cannot be eligible for any of the other subsidies in the province. Also, it must be installed by a qualified installer, it cannot be self-installed. Other than that, you're pretty much guaranteed the rebate. Unless you're trying to put them on a north wall or in the shade your good to go.

## Green Cart Composting Program Arrives in Parkdale

The Green Cart is currently being delivered to Ward 7 communities, with collection beginning the week of **August 14 for Northwest Communities.**

### Why the Green Cart?

More than half of what we throw out in the black cart could be composted and kept out of our landfills. By using the Green Cart, residents will create nutrient-rich compost, protect our land, air and water resources, and save future landfill costs.

### What is the Green Cart collection schedule?

**Green carts and blue carts will be picked up every week on the same day.** Since the majority of household waste is compostable and may create an odour, this material will be picked up once a week.

**Black carts will be picked up once every two weeks on a different day** than blue and green carts since more than half of our garbage is compostable material that can go in your green cart.

### What goes in the Green Cart?

Unlike your backyard composter, all food, yard waste, and pet waste can go in the green cart. If you already compost in your backyard, the City encourages you to continue doing so and use the green cart for the rest of food and yard materials that cannot be put in a backyard composter.

### What is the cost of the program?

Residents will not pay for Green Cart service in 2017. Starting in January 2018, households will pay \$6.50/month.

### What is the compost process after it is collected?

From start to finish, it will take approximately 60 days to produce nutrient-rich Category A compost.



# 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.

EXECUTIVE		
President	Colin Brandt	communications@parkdalecommunity.com
Vice-President	Jon Balkwill	jonbalkwill@gmail.com
Treasurer	Terry Allardyce	tallardyce@shaw.ca
Secretary	Traci Nayeri	traci@tracinayeri.com
BOARD MEMBERS		
Director	Ruby Miller	daisymae3412@shaw.ca
Director	Amanda Affonso	affonsoyyc@gmail.com
Director, Communications	Colin Brandt	communications@parkdalecommunity.com
Director, Community Garden	Jason Tauber	jason.brianne@gmail.com
Director, Events	Tammy German	events@parkdalecommunity.com
Director-At-Large	Steve Lemp	s.lemp@shaw.ca
Director, Soccer	Traci Nayeri	soccer@parkdalecommunity.com
Director, SSASDC/SSASPG	Vince Walker	vnwalker@telusplanet.net
Director, Rink	John Butterwick	johnbutterwick@yahoo.com
Director, Rentals	Jon Balkwill	jonbalkwill@gmail.com
Director, Fundraising	Marek Hejduk	marek.hejduk@gmail.com
Director, Parents and Tots	Anita Thomson	anitagthomson@gmail.com
NON-VOTING MEMBERS		
Executive Director	Bill Biccum	bill.biccum@parkdalecommunity.com
City Representative	Gini Clark	virginia.clark@calgary.ca

## ABOUT YOUR PARKDALE POST

Editor David Wing editor@parkdalecommunity.com  
Editor-in-Chief Colin Brandt communications@parkdalecommunity.com

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/>

## FOLLOW US ON SOCIAL MEDIA

**TWITTER**  
@ParkdaleYYC  
@ParkdaleMarket

**FACEBOOK**

<https://www.facebook.com/parkdalecommunity>  
<https://www.facebook.com/pcggs>



# 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 (2017)

TIME BLOCKS (Minimum rental period/cost, i.e., no partial blocks fees allowed)	REQUIRE? Y=Yes	RENT FEES	RENTAL COST
<b>Weekday Time Blocks</b>			
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*)		\$700	
* Extra late charges of \$70 per hour apply beyond these closing hours			
<b>Weekend Time Blocks:</b>			
Fri; Sat; and/or Sun.			
Morning (8 am to 12 noon)		\$500	
Afternoon ( 1 pm to 5 pm)		\$500	
Evening ( 6 pm to 1 am *)		\$750	
All Day (8 am to 1 am*)		\$950	
* Extra late charges of \$70 per hour apply beyond these rental hours			
<b>EXTRA SERVICES</b>			
Kitchen Use: -For Storage Only		\$100	
-Full Use of Kitchen		\$175	
PCA to Set Up - (Tables and Chairs, etc)		\$150	
PCA to Take Down (Tables and Chairs, etc)		\$150	
PCA to Open and/or Lock Up (Fee also charged if PCA responds to alarm)		\$100	
Sound Equipment		\$150	
Rehearsal Hall A or B		\$60/hr	
SOCAN Music Fee (any function playing music)		\$20	
Elevator		N/C	
Security Guard (Mandatory requirement if alcohol is being served)		\$33.00/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>		\$950.00	<b>\$XXX</b>
<b>TOTAL INCLUDING DAMAGE DEPOSIT</b>			<b>\$XXX</b>



# PARKDALE COMMUNITY ASSOCIATION

3512 - 5th Avenue NW, Calgary AB, T2N 0V7  
 Tel: (403) 283-5767 E-mail: parkdale@telusplanet.net

## MEMBERSHIP APPLICATION FORM

<b>Date Purchased:</b>		<b>Membership No.</b>	
		<b>Expiry Date:</b>	
<b>Full Name of Member(s):</b>			
<b>Residential Home Address, including postal code:</b>			
<b>Phone:</b>		<b>E-Mail:</b>	
<i>Home</i>	<i>Work</i>	<i>Cell</i>	
<b>Membership Category and Cost Per Year</b>			
<u>Resident Associate</u>		<u>Non-Resident (No Voting Privileges)</u>	
<input type="checkbox"/> Family \$26.25		<input type="checkbox"/> Family \$26.25	
<input type="checkbox"/> Individual \$21.00		<input type="checkbox"/> Individual \$21.00	
<input type="checkbox"/> Senior \$5.25 (per member)			
<ul style="list-style-type: none"> <li>• Memberships run for one year from February 1 to January 31 of the following year.</li> <li>• Please allow up to 3 weeks for your membership card to arrive by mail (or you can pick up).</li> </ul>			
<b>Volunteers</b>			
The Parkdale Community needs volunteers to continue to grow and thrive, and to enrich the community for everyone. Please indicate (✓) areas you would be interested in volunteering:			
<b>General Services</b>		<b>Special Subgroup Services</b>	
<u>Community Events &amp; Socials (CE)</u> <input type="checkbox"/> AGM and Town Halls (A) <input type="checkbox"/> Children's Activities (CA) <input type="checkbox"/> Holiday Parties (HP) <input type="checkbox"/> Garage Sales (GS) <input type="checkbox"/> Special Events (SE) <input type="checkbox"/> Other (OT) _____ <input type="checkbox"/> Farmers Market (FM) _____  <input type="checkbox"/> Arts and Crafts Fair (AC) <input type="checkbox"/> Other (OT) _____		<input type="checkbox"/> Planning & Development (PD) and/or its Subcommittees: <input type="checkbox"/> Escarpment (ES) <input type="checkbox"/> Heritage (H) <input type="checkbox"/> Playground (PG) <input type="checkbox"/> Parkdale School (PS) <input type="checkbox"/> Seniors Affordable Housing (SH) <input type="checkbox"/> SSADS/SSAPG (SS) <input type="checkbox"/> Traffic and Parking (TP) <input type="checkbox"/> Tree Huggers (TH)	
<input type="checkbox"/> PCA Members' Assistance (MA)  <u>Other:</u> <input type="checkbox"/> General Volunteering (GV) <input type="checkbox"/> Other Skills or Talents (Z) Please list on back:		<b>Service Enablers</b>	
<u>PCA Newsletter</u> <input type="checkbox"/> Editorial Panel (NE) <input type="checkbox"/> Delivery Routes (ND)		<input type="checkbox"/> Casino and/or Fundraisers (C) <input type="checkbox"/> Grants and Donations (GR) <input type="checkbox"/> Facilities Rentals (FR) <input type="checkbox"/> Marketing & Website (MW)	
<b>PCA Governance &amp; Admin</b>			
<input type="checkbox"/> Board of Directors (D) <input type="checkbox"/> Memberships (MB)			

The Parkdale Community Association respects the privacy of its members and shall not disclose, distribute or rent its email subscriber news list to any third party, not shall it permit anyone else to do so. Members will only be contacted for providing community-related information or volunteer opportunities they have indicated on this form.

I agree that my contact information may be used for the sole purposes of community information provision or volunteer opportunities.



Please visit our website to register or book a trial class!



## Parkdale Community Association

Day	Time	Age	Program Type	Dates	No Run	Wks	Price
Sun	9:00-9:45am	16-24 month	Parent & Child Indoor Multi-Sport	Sept 10 ☐ Oct 22 Oct 29 ☐ Dec 17	Oct 8 Nov 12	6 7	\$112 \$129.50
Sun	9:50-10:35am	2-3 yrs	Parent & Child Indoor Multi-Sport	Sept 10 ☐ Oct 22 Oct 29 ☐ Dec 17	Oct 8 Nov 12	6 7	\$112 \$129.50
Sun	10:45-11:45am	3-6 yrs	Coach & Child Indoor Multi-Sport	Sept 10 ☐ Oct 22 Oct 29 ☐ Dec 17	Oct 8 Nov 12	6 7	\$112 \$129.50
Mon	9:30☐10:15am	16 ☐ 36 month	Parent & Child Indoor Multi-Sport	Sept 11 ☐ Oct 23 Oct 30 ☐ Dec 11	Oct 9	6 7	\$109 \$126
Mon	10:15☐11:15am	3-5 yrs	Coach & Child Indoor Multi-Sport	Sept 11 ☐ Oct 23 Oct 30 ☐ Dec 11	Oct 9	6 7	\$109 \$126

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

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

## Coaching Kids is Our Game

1.877.678.5437 | brentf@sportball.ca | fb.com/SportballCalgary

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

PARKDALE COMMUNITY ASSOCIATION

# WARD 7 CANDIDATE FORUM

SEPTEMBER 20, 2017  
7:00 PM  
PIERSON HALL, PCA  
3512 5 AVE NW

Meet the candidates running for  
Ward 7 Councillor. Ask questions  
and get answers on the issues that  
matter to you and your community!

**Sunday Afternoons  
with Auntie Rhonda**

CALLING ALL GAY YOUTH  
For a free and SAFE place to meet!

- Express your VOICE
- Share Concerns
- Time for eats
- Library available
- Guest speakers from time to time

"If we are one...  
we have won!"  
*Auntie Rhonda*

For Place, Time & Date  
Contact Auntie Rhonda by Email  
[roneberly@shaw.ca](mailto:roneberly@shaw.ca)




**Seasonal  
Reason**

In the fall leaves change colour because trees slowly stop producing chlorophyll. In years when a number of warm, sunny days and cool but not freezing nights come one after the other the reds in the leaves will be more vibrant because sugar sap gets trapped inside.

# What's Happening AT MORPHEUS THEATRE

September is here, students are heading back to school, and the new theatre season begins. Our production of *Moon Over Buffalo* is already in rehearsals; auditions for *Beauty and the Beast* are coming up later this month, and our annual book sale is just around the corner.

## MOON OVER BUFFALO

by Ken Ludwig, directed by Mike Johnson  
**September 22 to September 30, 2017**

What goes up must come down. It's true of all things in this world, including the roller coaster that is show biz fame and fortune. George and Charlotte Hay are at a low point in their ride, running two shows in rep and losing parts to rivals. But then - hold the curtain, folks - they hear that Frank Capra is coming to their matinee and if he likes what he sees, it could mean a movie deal and a trip back up the star-studded rails and into to the spotlight once again! It's the chance of a lifetime! Everything has to be perfect! So naturally, everything goes completely wrong. How could it not when you have a desperate and dramatic couple, several doors, the well-meaning, but clueless fiancé of George and Charlotte's daughter, and a somewhat deaf stage manager who happens to also be George's mother-in-law? It's farce, pure and simple, lively and hilarious and we hope you'll join us for the ride.

## AUDITIONS

Have you ever wanted to be on stage? Do you love singing, family theatre, and giant puppets? Check out our website for details on how you can get involved. 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.

## EDUCATIONAL OPPORTUNITIES

Morpheus Theatre's G&S Junior Theatre School program is returning for a 7th season. Offering both a Junior class for students 9 to 12 years old and a Senior class for students 13 to 17 years old. Both classes will run Saturday mornings from 10:00-11:30 beginning in mid-October. Registration is sold out early this year, but we are maintaining a waiting list.

## EIGHTH ANNUAL BOOK SALE

Do you have books gathering dust? Morpheus Theatre will be partnering with Books Between Friends for our 8th 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 September 5th. Books need to be in good condition. Unfortunately, we cannot accept Readers Digest, magazines or text books.

Then on September 8th through 10th we invite you to bring your friends to the sale. Details will be available on the Morpheus website. We hope to see you there!

## HOW TO REACH 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.

## Queen Elizabeth High School

Welcome back to school to all of our students and parents! It is our hope that the summer was wonderful and filled with lots of adventures.

One of our goals this year is to cultivate greater community connections and relationships. Monthly contributions to Great News community newsletters are part of this commitment. We would also like to work with local businesses, organizations and individuals. Our initial ideas are to start a speaker series and/or mentorship program with members from the community. If you have an idea for how we might be able to cultivate greater community connections and relationships, please contact Rachel Pruitt at [rdpruitt@cbe.ab.ca](mailto:rdpruitt@cbe.ab.ca)

Please visit our website at <http://schools.cbe.ab.ca/b806/> for September class information. Grade 7 and Grade 10 students will start classes on Tuesday September 5. All other grades will have their first day of classes on September 6. Our office is open to parents on Wednesday, August 30.

High school girls' soccer tryouts will happen early September. There is an informational meeting after school on September 8 in Room 231 with Coach Perfect.

Our school will hold our Terry Fox Run for cancer research on Thursday September 28. Please join us to either participate or donate. Our school assembly will be held at 10:30am with the run to follow. Please visit our website for more information.

If you have refundables (bottles, cans and milk/juice cartons) collecting, Queen Elizabeth Band students would love to take them off your hands! We will be in your neighbourhood on Saturday October 14. Band Director Shannon Fehr would then like to thank you for your support the best way she knows how – by welcoming you to a band concert on Wednesday October 18. Please visit the website for more information closer to the date.



### Free Homework Help

If your kids are heading back to school this fall, we've got them covered. Free homework help, available through a variety of in-person and online programs, is available at the Library. Here's a sampling:

**School Support** is for students aged 10 to 14. Drop in with your English Language Arts or math assignments to get help from trained volunteers. Visit [calgarylibrary.ca](http://calgarylibrary.ca), click programs, and search 'School Support' to find out where and when the program is offered.

Students in Grade 2 to Grade 12 can access free online tutoring at [calgarylibrary.ca/resource/brainfuse](http://calgarylibrary.ca/resource/brainfuse). Students in Grade 3 to 12 can prepare for tests and final exams, take lessons, and review coursework at [calgarylibrary.ca/resource/solaro](http://calgarylibrary.ca/resource/solaro). Both resources are aligned with the Alberta curriculum.

### 2017 Author in Residence

Calgary Public Library's 2017 Author in Residence is Bruce Hunter, an award-winning writer and poet. Hunter will offer public programs, readings, and individual manuscript consultations, from September 11 to November 24. Whether you're a beginner or established writer, you can meet with Hunter at Central Library. Email [air@calgarylibrary.ca](mailto:air@calgarylibrary.ca) starting August 28 to book an appointment.

### Saddletowne Early Learning Centre

There's a new place to play in Calgary! Step inside the transformed space at the Saddletowne Library and discover the five stages of early learning. Play is a priority at the Library, because it's central to how kids learn and grow. The Saddletowne Early Learning Centre opens mid-September.

Looking for more places to play? Check out the Early Learning Centres at Fish Creek, Shawnessy, Quarry Park, and Village Square Libraries. Central Library hosts *The New Adventures of Engine 23* interactive fire-truck exhibit, and the Forest Lawn Library Nature Playground opened in August. Come play!



## News from the Friends of Nose Hill

by Anne Burke

Become an Entrance Keeper of Nose Hill, while you go about your ordinary routine. A member reported he just returned from a walk on Nose Hill and spotted some vandalism on the stainless-steel artwork on the North end of the Walkway over John Laurie Blvd. "It is a 'tag' in white paint presumably someone's initials or symbol. I reported this to the city but thought you might like to know."

There was a free guided botany walk on Nose Hill (2 hours) in June to identify summer flowers. Walks are popular, so watch for more events at our website [www.fonhs.org](http://www.fonhs.org) and/or join us on Facebook. For example, our first Nose Hill Photo Contest is open to all. Guidelines and entry forms are on our website. Email contest entry forms and photo(s) to [friendsofnosehill@gmail.com](mailto:friendsofnosehill@gmail.com) with the subject heading "Photo Contest" by September 30th. Only photos taken October 2016 – September 30th, 2017 are eligible. The judges will convene in October and winners announced at the annual general meeting in November.

There will be a second edition of the **Rare Vascular Plants of Alberta** (Alberta Native Plant Council). Vascular means that the plant can move water and minerals. The list has changed. Some species were removed and many added. If you would like to submit photos, images

for the book will be chosen from those submitted. For a list of plants and instructions go to: [www.anpc.ab.ca](http://www.anpc.ab.ca) and, if you have questions, email: [ABRarePlantBook@gmail.com](mailto:ABRarePlantBook@gmail.com).

As previously reported, motion-activated cameras will be installed in 11 Calgary parks, including Nose Hill Park and one provincial park, to monitor wildlife. However, there may be privacy concerns. Any such cameras legally allowed in national parks are locked, so the memory cards cannot be tampered with and images of people are properly disposed of.

Parks Canada issued a restricted activity order, so only people with a research permit can set up remote cameras in national parks. As cameras become less expensive and more accessible to the general public, sometimes staff find unauthorized cameras and take them down.

Use of motion-activated trail cameras by the public for wildlife images is banned. Anyone caught deploying such cameras without a permit may be charged under the Canada National Parks Act. Wildlife officials say they want to prevent disturbance to wildlife at sensitive locations and protect the privacy of people whose images may be collected.

TO-MAY-TO,  
TO-MAH-TO:



Tomatoes are originally from Central and South America. The name comes from the word *tomatl* in the Aztec Nahuatl language, which translates roughly as "fat thing". While technically a fruit, you don't want to put a tomato in a fruit salad!



## HALLOWEENKENDS – CALAWAY PARK SEPT. 9 – OCT. 9

Enjoy Calaway in full spooky splendour with the Boo Crew, and don't miss: face painting, Thriller dance lessons, scavenger hunts, special guests, family photos and more! There will even be a costume contest on Sept. 16. More info: calawaypark.com.



## ZACHARY LUCKY – GALLERY HOUSE CONCERT SOCIETY, OCT. 2

Check out this unapologetically old-school country performer. Armed with his husky, baritone voice, he has received comparisons to Gordon Lightfoot and Kris Kristofferson. He sings of Canadian places and people, and puts on a sultry and intimate performance. More info: galleryhouseconcerts.com.



## CANADA SOCCER'S TOYOTA NATIONAL CHAMPIONSHIP U-15 CUP - CALGARY SOCCER CENTRE, OCT. 5 - 9

These championships are the definite amateur soccer event of the year, crowning the country's best community soccer clubs. Over 3,000 participants and spectators from across Canada are estimated to be part of the 2017 U-15 Cup in Calgary this year. More info: canadasoccer.com.



# YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

## Autumn Pumpkin Festival – Calgary Corn Maze & Fun Farm, Weekends in October

Celebrate Autumn each weekend in October at the corn maze, the fun farm and the petting zoo. Endless activities to keep the wee ones occupied and then pick a pumpkin to take home on your way home. Not all activities included in admission price. More info: calgarycornmaze.com.

## The Great Grilled Cheese Cook-off – Jerome's Appliance Gallery, Oct. 1

Amateur and professional chefs will prepare their very own gourmet grilled cheese recipes in support of Brown Bagging for Calgary's Kids. Your mission is to taste 10 samples and then judge them along with a distinguished panel of judges, with a hand-crafted soda to wash it all down.

## Piaf! The Show – Arts Commons, Oct. 4

A powerful and moving celebration of the life and music of the legendary French chanteuse, Edith Piaf. Starring Anne Carrere who has been hailed as "Edith Piaf's legitimate musical heiress," Piaf! The Show has received rave reviews around the globe. More info: artscommons.ca.

## Wordfest – various venues, Oct. 10 – 15

Wordfest is a not-for-profit organization that hosts year-round literary events featuring the world's best writers at around 70 events in our city. More info: wordfest.com.

## Reconciliation Journey: Walking a Path Together – Carriage House Inn, Oct. 12

This is the second conference planned this year by the Indigenous Advisory Committee through the Enough For All Catalyst Fund. Expect discussions of the organization's work on Reconciliation as they relate to the 94 Calls to Action, as well as special guests, keynote speakers and panel discussions about the exciting work happening across Calgary. More info: vibrantcalgary.com.

## Ghoul's Night Out – Heritage Park, Oct. 26 – 27

Heritage Park will be transformed into a spooky extravaganza for families with children three to nine. Ghostly encounters, crafts, treats, festive festooning and so much more! Look for more info to come: heritagepark.ca.

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# Back to School Health Checklist



It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most of the year ahead—taking care of your child's health. As the most important head-start you can give your child, beginning the year with good health is also simple with this back-to-school health check-list:

- **Immunization:** Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her important grade 5 and/or grade 9 immunizations.
- **Vision screening:** Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.
- **Hearing/speech screening:** If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.

- **Dental checkup:** Regular dental checkups start early! If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health. Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.
- **Emergency contacts:** Make sure the school has up-to-date emergency numbers for each of your children, including contact information for parents, physicians, etc.
- **Health conditions:** Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.
- **Backpack basics:** Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture. For more information visit: <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abk0958>
- **Nutrition plan:** Ensure your child has a healthy breakfast before heading to school in the mornings, and help him or her pack a nutritious lunch. Planning meals ahead of time and involving children in planning and preparation can make this task more manageable and fun. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>.



Calgary Confederation  
**Len Webber, MP**  
 2020 10 St NW, T2M3M2  
 ☎ 403-220-0888 ✉ [len.webber@parl.gc.ca](mailto:len.webber@parl.gc.ca)

## Community Conversations

This past summer was very busy in our community with many neighbourhood events, special Canada 150 festivities, cultural celebrations and, of course, the annual Stampede. With Parliament recessed over the summer, I was able to attend many more events and enjoy the very best our communities had to offer.

Our community is shaped by our vibrant mix of cultures, languages and interests, and yet we remain a strong community because we also share so much in common. I am always amazed at how welcoming one community is of another and their desire to share their passion for their cultures, their sports, their music, their art and many other things. If you have never attended a cultural celebration for a culture other than your own, I strongly suggest you do and you will find the experience both welcoming and educational.

Community events provided a great opportunity for me to informally speak with many residents and I found the conversations to be both insightful and thought-provoking as people shared ideas on many topics. I spoke with seniors, students, families and small business operators who also shared their concerns on several issues too. The economy, jobs, marijuana legalization and the payment to Omar Khadr were the top three issues raised with me throughout the summer and I expect they will be the top issues when Parliament resumes this month.

This summer I also spent time door-knocking in several communities and appreciated the warm welcome I received at virtually every door. Even those who openly stated they had not voted for me in the past were appreciative of the fact that I came to their door to hear their concerns so that I can better represent them in Ottawa. I find these doorstep interactions so candid and refreshing and they offer a great opportunity to speak with people who would not otherwise reach out to participate in our great democracy. We really are fortunate that we live in a country where this is possible as such activities in many other nations are unimaginable.

It is the volunteer efforts of hundreds of folks in our community that make our city such a great place to call home. On behalf of all residents, I want to thank all those who made this summer so memorable for everyone in our community.

My monthly email newsletter is received by thousands of households and it details many of the things I am involved in and provides critical information for all residents. Those who receive the newsletter often comment that they appreciate the balanced tone of the newsletter and its timely updates. Others remark that reading the community survey results is their favourite part of the newsletter and encourage me to keep providing them with the opportunity to share their opinions on important issues. If you are not receiving my monthly email newsletter and would be interested in receiving it, please visit my website at [www.lenwebber.ca](http://www.lenwebber.ca) to sign up.



Please join us for the  
**7<sup>TH</sup> ANNUAL WALK FOR THOMAS!**  
**Sunday, September 24<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 BBQ lunch for all participants will follow the walk. We are so grateful for the continued support from our partner, the Alberta Children's Hospital Foundation and all of our generous sponsors. Donations will be accepted at the event along with lots of great merchandise for purchase. All of the funds raised will directly support local research towards developing innovative therapies for children with high risk neuroblastoma. We hope you and your family will join us and show your support for this worthwhile cause.

This event is partnered with the Alberta Children's Hospital Foundation  
**Please find us on facebook or go to [peloton65.com](http://peloton65.com) for more information.**



Councillor, Ward 7  
**Druh Farrell**  
 ward07@calgary.ca druhfarrrell.ca  
 @DruhFarrell Druh Farrell

### Pedestrian Safety

Pedestrian safety and cut-through traffic are top issues for Ward 7 communities. Most older neighbourhoods were built on grid networks, where streets connect at right angles with frequent intersections. The grid makes our communities easy to navigate by foot and by bike, but it also makes them easier to shortcut through, given that multiple routes can be taken to reach a destination. While communities that have "loop and lollypop" streets experience less cut-through traffic, they work poorly for walking and cycling. Both types of Calgary communities have their challenges, which is why we need a wide-reaching approach to make Calgary a better city for walking.

The City's new **Step Forward** pedestrian strategy is a long-term plan to improve the safety, accessibility, and desirability of walking in Calgary. The strategy includes 49 actions which were shaped by input from thousands of Calgarians. To learn more about Step Forward, visit: [www.Calgary.ca/StepForward](http://www.Calgary.ca/StepForward)

The world is also taking notice of Calgary's plan to become a more walkable city. In September, we will play host to the **International Walk21 Conference**. Previously hosted in global cities like Hong Kong, London, and New York, it is an honour to sponsor this prestigious conference in partnership with the University of Calgary. It comes as a direct result of Calgary's work to shift from a city known for its auto-dependent sprawl, to a city that offers real transportation choice. Delegates will include walkability experts from around the world. To learn more about Walk21 and how you can participate, visit [www.Walk21.com](http://www.Walk21.com)

As Step Forward rolls out, and as we celebrate Walk21 in Calgary, you can take action today to improve walkability and street safety in your community.

Many communities apply for community traffic studies to identify ways to redesign residential streets to prioritise walking, slow down traffic, and discourage cut through traffic. Due to high demand, a thorough traffic study can take time to complete. Sometimes what is needed is a quick, temporary, and inexpensive way

to address concerns. That is why Council supported my motion to create the **ActivateYYC microgrants**. Communities can apply for grants to fund "temporary local projects and events that motivate Calgarians to walk, play and be neighbourly." For details, visit [www.CalgaryCommunities.com/ActivateYYC](http://www.CalgaryCommunities.com/ActivateYYC)

If your community is interested in a **community traffic study**, residents should work with the local community association to generate broad support for a study. To learn more about how to apply for a community traffic study, visit [www.Calgary.ca](http://www.Calgary.ca) and search for "Community Traffic Concerns".

Let's foster healthier and more vibrant neighbourhoods by working together to make walking safer, more accessible, and more desirable.

To sign up for updates on key community and Ward 7 issues, please visit [www.DruhFarrell.ca](http://www.DruhFarrell.ca).

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