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| | WHAT | HOW | WHEN |
|---------|---------------------------------|---|---|
| 01 GROW | Grow a Mo, save a Bro | The moustache is our ribbon for men's health | For the 30 days in the month formerly known as 'November' |
| 02 MOVE | Get active for men's health | Raise funds for men's health while you do something good for your own health | Anytime, anywhere, during the month of November |
| 03 HOST | Throw or go to a Movember event | Any excuse for a good time. Events are a great way to have fun and raise funds for men's health | Anytime, anywhere, during the month of November |



Rocky Ridge Royal Oak Community Association

Box 91009, RPO Royal Oak N.W.
Calgary, AB T3G 5W6
Phone: 403-879-2820
<http://rroca.org/en/contact-us/>

Elected Officials



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Last 12 Months ROYAL OAK
MLS Real Estate Sale Price Stats

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| October 2016 | \$498,500.00 | \$487,500.00 |
| September 2016 | \$565,000.00 | \$548,000.00 |
| August 2016 | \$494,450.00 | \$487,500.00 |
| July 2016 | \$567,400.00 | \$550,000.00 |
| June 2016 | \$589,900.00 | \$576,000.00 |
| May 2016 | \$592,350.00 | \$580,500.00 |
| April 2016 | \$549,900.00 | \$540,000.00 |
| March 2016 | \$567,400.00 | \$551,500.00 |
| February 2016 | \$488,900.00 | \$468,250.00 |
| January 2016 | \$569,900.00 | \$550,000.00 |
| December 2015 | \$474,900.00 | \$463,000.00 |
| November 2015 | \$629,000.00 | \$620,000.00 |

Last 12 Months ROCKY RIDGE
MLS Real Estate Sale Price Stats

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| October 2016 | \$529,900.00 | \$530,050.00 |
| September 2016 | \$599,900.00 | \$580,000.00 |
| August 2016 | \$619,900.00 | \$600,000.00 |
| July 2016 | \$549,900.00 | \$560,000.00 |
| June 2016 | \$895,000.00 | \$740,000.00 |
| May 2016 | \$684,900.00 | \$665,000.00 |
| April 2016 | \$659,950.00 | \$655,000.00 |
| March 2016 | \$584,900.00 | \$566,250.00 |
| February 2016 | \$699,999.00 | \$675,000.00 |
| January 2016 | \$462,500.00 | \$455,000.00 |
| December 2015 | \$475,000.00 | \$466,500.00 |
| November 2015 | \$549,900.00 | \$520,000.00 |

To view the specific SOLD Listings that comprise the above
MLS averages please visit royal_oak.great-news.ca
or rocky_ridge.great-news.ca

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HOME GARDENING WITH BARBARA



A ROSE IS A ROSE

Barbara Shorrock

We don't have a number for how many gardeners in Calgary grow roses, but Lois Hole tells us that 4 out of 5 in England do, where the rose is the national flower. There is enormous variety in the *Rosa* genus, with many new varieties being developed every year across the world. Here in Calgary, we have our own particular challenges with altitude, short growing season, Chinnooks, periods of drought and snow possible every month. Nevertheless, roses are hugely popular and many thrive in our gardens, just like their owners (or servants, if you choose to care for the more tender types). If you look on book store shelves, you will find volumes of books on how to choose, how to care for, how to master the art of rose growing. Beware the lovely picture-laden tomes written for other climates – pretty to look at but impossible here. For the purposes of this article, we will talk about only those roses that can be grown successfully in Calgary.

Hardy roses can survive our winter on their own without extra work by the gardener. They are tough. Size-wise, they vary from miniature and ground cover types only a few inches tall to great shrubs, climbers, hedges and every size in between. The flowers themselves can be single (12 petals or less), semi-double (13-20 petals) or double (20 or more petals). Colours vary from pure white through all the pinks and reds to peach and yellow. Some of them, like Morden Sunrise, have a range of colour in each bloom. They are most often grown on their own root-stock.

Most "Old Garden Roses" bloom only once per year, but within that three or four week period produce as many blooms as others who bloom for months. Even though labelled "hardy", it can be a good idea to mulch them in the fall as if they were tender.

"Parkland Roses" are bred specifically for Canadian prairie conditions at Morden, Manitoba. They are extremely hardy and most bloom all summer long. Anything with "Morden" in its name is a Parkland rose.

"Explorer Roses" were created by Agriculture Canada and are named for Canadian explorers, a particularly tough and hardy breed of men. These modern shrubs are crosses of *Rosa Rugosa* or *Rosa Kordesii*. John Cabot, for example, will grow up to 7 feet tall, and blooms until stopped by frost.

"Canadian Artists" is the newest series of hardy roses, developed in Canada and named in celebration of Canadian artists. They are bred to be exceptionally hardy, reliable, and disease resistant. Look for names like Emily Carr and Oscar Peterson.

Tender roses need more help from the Calgary gardener. Briefly, you must mulch them in the fall, and make an effort to cover them with snow if Mother Nature is stingy throughout the winter. This category includes Hybrid Teas, Floribundas, Grandifloras, English roses, Miniatures and most grafted roses. The serious rose grower may go so far as to dig them up and bury them in a trench in an empty bed for protection, but a good layer of peat moss and something to keep it in place, like black soil or old carpet should be effective. Styrofoam boxes and insulated tarps also work. If your roses are in pots, you can move them into an insulated heated garage, remembering to water them from time to time as they rest. Hybrid Teas are the darlings of rose society competitions, but don't always make a grand show in the garden. Floribundas give a bouquet on every branch. Grandifloras are the best of the Hybrid Tea and Floribunda, providing long-stemmed clusters that repeat and repeat.

There you have it – we are spoiled for choice. Calgary has an enthusiastic Rose Society, with knowledgeable members who would love to help you.

Barbara Shorrock is a retired realtor, gardener, writer, reader, and traveler. She can be found most first Wednesdays at the Queensland Garden Club in Queensland.

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Ask Charles

My real estate professional told me there is a standard rate of commission in Alberta, is that true?

It depends what they mean by “standard”. There is no legislative requirement or governing body that specifies the commission rate an authorized industry professional can or will charge.

The fact is, commission is something you can negotiate with your real estate professional. Some real estate professionals aren’t willing to negotiate their commission while others are. That’s their right. As a buyer or seller, you have the right to work with someone who charges a commission that you’re comfortable with.

Before choosing a real estate professional, you’ll likely want to compare the services and fees of a few real estate professionals. These interviews can help you understand the range of commission rates available, and the services provided at the various rates.

Typically, professionals calculate commissions by:

- a percentage of the sale price
- a flat fee or schedule of flat fees
- a fee for service
- a combination including any of these

Goods and Services Tax (GST) applies to real estate fees, as they are a “service.”

When you’re signing an agreement to work with a real estate professional, make sure you understand the commission arrangements. The service agreement you sign is a legal document and it’s binding. If you don’t understand something in it or you don’t agree with something, don’t sign. Seek legal advice or find a different real estate professional to work with.

While some businesses or companies may have specific commission structures, extensive changes within the Canadian real estate industry in recent years means there isn’t a standard commission rate.

“Ask Charles” is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA). RECA is the independent, non-government agency responsible for the regulation of Alberta’s real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

IN & AROUND CALGARY

Did You Know?

Cloverdale Paint Now Offers Discounts to Community Association Members!

Cloverdale Paint is now offering club member pricing to community association members and organizational members of the Federation of Calgary Communities!

What does this mean for you? Well, whenever you need to buy paint you simply go to Cloverdale and say you are a “Federation of Calgary Communities Club Member” and you will receive more than 25% off paint and more than 15% off paint accessories!

Cloverdale Paint approached us to set up this discount program as they understand that community associations, their volunteers, and their members are at the heart of our city, and they wanted to give back in some way.

Thanks to Cloverdale Paint for their support and commitment to the community association network and for helping improve neighbourhood life in Calgary!

Cloverdale Paint CLUB MEMBER

Account Code
057FEDERA

FEDERATION OF CALGARY COMMUNITIES

Members Receive
Wholesale Pricing

Calgary Northwest Events

Remembrance Day at Kensington Legion

Services are held at many branches of the Royal Canadian Legions in the city. This year, at the Kensington location the ceremony is followed by lunch and refreshments.

Doors for the Kensington Legion service open at 9:30 am. and close at 9:45; the service begins at 10:45 am. 1910 Kensington Rd. NW. For more info www.legion.ca

St. Andrews Heights Artists’ Society 2016 Fall Art Show

Local artists will present their new work at the society’s annual Fall Art Show on Nov. 26, from 10 a.m. to 4 p.m. You can meet the artists and also win a great door prize. Parking and admission are free. For more information visit www.atsahas.ca.

Green Calgary’s Green Kids Saturday Drop-In Program

Sat. Nov. 5, 19 and 26, 2016. 11am -1pm. Videos, hands-on learning activities, crafts and games involving environmental topics for kids 3-10 and their families. Drop in program, all children must be accompanied by one adult, fee by donation. For more info www.greencalgary.org.

Fall Studio Members Pottery Sale: Nov. 6, 10 am–4pm. Now in its 33rd year! Excellent prices and variety, a great opportunity to purchase local artists’ work for unique presents. Come early and bring something to carry your treasures. Cash, cheques and credit cards accepted. Triwood Community Association Hall, 2244 Chicoutimi Drive NW.

Free Skate at Shouldice Arena The arena is open for public skating Friday, November 11, 2016, 1–2:30p.m. Address: 1515 Home Rd. NW

Stuff A Bus Nov. 5, 2016. 9am – 4pm. Calgary Co-op and Calgary Transit team up for the 24th Annual Stuff A Bus, in support of the Calgary Food Bank! Transit buses and volunteers will be at all 21 Calgary Co-op locations accepting donations. Stuff A Bus with food to help Calgarians in need at this busy time of year.

Free Swim at Thornhill Aquatic and Recreation Centre Friday, November 11, 2016, 1–4:30p.m. Swim Times: 1 – 2:30 p.m. and 3 – 4:30 p.m. The half hour break will be waived if capacity permits. 6715 Centre St. NW

Finances 101 with Jill (CPA) at Tuxedo Park Community Hall

6:30pm-7:30pm, free to attend, all welcome.
October 26, 2016 – Ten Healthy Habits of Financial Management.

November 23, 2016 – Saving Strategies: Easy Concept, Difficult Reality.

To register or for more information hallrentals@tuxedoparkcommunity.ca or 403-277-8689.

Use Less Plastic Today... And Tomorrow



Using plastic products has become common place in our coming-and-going these days. Recycling can alleviate some of the strain on the environment caused by waste but certainly not all of it. According to the Green Education Foundation, of the 30 million tons of plastic waste generated in the US in 2009, only 7 per cent was recycled. Making changes to your daily routine can lead to peace of mind and healthier lifestyle habits too. Here are 17 ways to make your environmental footprint a little less heavy:

1. Plastic straws are a big contributor to daily waste. Consider buying a stainless steel or glass straw or forgo using one at all.
2. Many cities have banned one-use plastic bags; a single plastic bag can take 1,000 years to degrade. Use a reusable shopping bag; there are many tutorials for making your own out of everyday items too.
3. Put gum on your "plastics-to-give-up" list. Chewing gum is made of synthetic rubber—otherwise known as plastic. Ew!
4. Purchase products in boxes instead of plastic bottles and containers. Cardboard is less taxing to degrade and recycle.
5. Buy in bulk. Fill up your reusable bag or container and save money while you save yourself recycling duty.
6. Reuse containers for storing leftovers, knickknacks, kitchen ingredients, small toys and shopping in bulk.
7. Carry your reusable bottle or mug with you and use for your beverages on the go.
8. Bring your own container for takeout or your restaurant doggy-bag. Many places use Styrofoam, let

them know you don't want it beforehand. There are great stainless steel alternatives available.

9. Instead of using a plastic lighter, stock up on matches or use a refillable metal lighter.
10. If you avoid frozen food, you'll avoid far more plastics as well, and, as a bonus, you'll eat less processed foods.
11. Avoid using disposable plastic-ware at home and request that restaurants not pack it in your takeout.
12. Often if you shop at a smaller market or a farmers' market vendors will allow you to reuse containers for berries and tomatoes and such. Ask!
13. Diapers are one of the worst offenders when it comes to plastic waste. The EPA estimates that 7.6 billion pounds of disposable diapers are discarded in the US every year. Use cloth diapers; there are many cloth diaper services available to clean up after baby.
14. Make fresh juices or eat fruit instead of buying bottled juices. It's better for you as well.
15. Making your own cleaning products is surprisingly simple, effective and thrifty. It can be as simple as lemon juice and white vinegar. Kid friendly, too!
16. Pack your lunch in reusable containers and bags, and avoid products that are single serving.
17. Use a razor with replaceable blades instead of disposable, there are fun companies that you can pay a flat fee to who will send you replacements every month.

-Vanessa Gillard

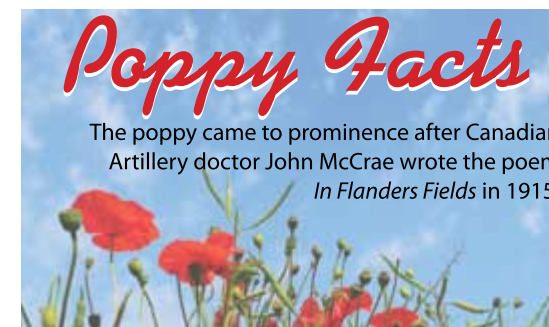


The holidays can be stressful. We can help!

The Calgary NW ECD (Early Childhood Development) Coalitions are hosting an evening aimed at helping you, the parent, have a happy low-stress holiday season. **Managing the Holidays**, is a free workshop being held on Monday November 14th from 6:30-8:30pm at the Silver Springs Community Centre. Many of us put too much pressure on ourselves over the holidays, so come and learn how to refocus and help everyone enjoy this time of year. Child care is provided. Please visit www.Eventbrite.ca for more details and to register today as space is limited.

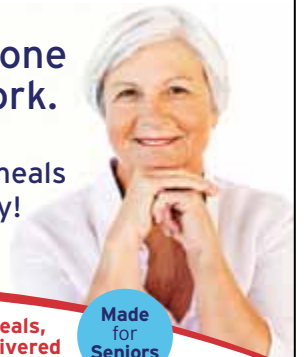
The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: ncecmmap@weconnectyou.ca.



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DECEMBER 10 SLUMBER PARTY AT THE GLENBOW MUSEUM

Celebrating their 50th anniversary, The Glenbow is inviting kids aged 7 – 12 for a rare sleepover and behind the scenes tour of the museum's artefacts. More info www.glenbow.org/programs



NOVEMBER 25 – DECEMBER 24 THE POLAR EXPRESS TRAIN RIDE

Aspen Crossing: Journey to the North Pole on the Polar Express, complete with hot chocolate and cookies served onboard the train. More info www.aspencrossing.showare.com/eventperformances



DECEMBER 23 CHRISTMAS SKATE, NOON – 5 PM. OLYMPIC OVAL

A fun-filled afternoon at the Olympic oval is sure to cheer any Grinch. Complete with holiday music, you and yours can enjoy a skate together for \$2 and a food donation to The Calgary Food Bank.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Nov. 28 – Dec. 21 It's A Wonderful Life: A Radio Play – Lunch-box Theatre: It's A Wonderful Life is the classic tale of George Bailey, conceived as a live 1940's radio broadcast, a cast of 5 actors will bring this classic holiday story of love and redemption to life on stage! Everyday but Sundays, noon – 1 pm at Lunch-box Theatre. More info www.lunchboxtheatre.com

Dec. 2 – 4 The International Christmas Market at Spruce Meadows: Enjoy the warm atmosphere of this much-celebrated market which boasts 250 vendors with world-imported items, hand-crafted gifts and much more. Fire pits and lively entertainment are sure to keep you in the spirit – just in time for the holidays. For info www.sprucemeadows.com/christmas_market

Nov. 19 – Dec. 18 Once Upon A Christmas – Heritage Park: Take a step back into true holiday enchantment this Christmas with wagon rides, singing carols and even jolly old St. Nick himself. Experience the magic of Christmas past and activities like: gingerbread decorating, Santa's petting zoo, children's crafts and a vintage photo parlour. More info www.heritagepark.ca

Dec. 15, 8 pm A Rockin' Little Christmas – Jack Singer Concert Hall: This upbeat concert will include a range of cheery, seasonal hits including Santa Baby, Jingle Bell Rock, White Christmas and many other favourites. Joining the Calgary Philharmonic Orchestra for this concert is the Jeans 'N' Classics band and four vocalists. More info www.calgaryphil.com

Nov. 26 – Jan. 8 Lion's Festival of Lights: The Festival of Lights is the largest free drive-by Christmas Lights showcase in Calgary. It's comprised of over 300,000 lights along 14th St NW. Designed by James Alafritz, Creative Intelligence Agency. More info www.lionsfestivaloflights.ca

Dec. 2 - 4, 9 -11, 16 – 18 Market Collective Cheer: Enjoy a market that's perhaps a bit more eclectic this year at Market Collective's Cheer event. With fare like, clothing, chocolate and jewellery on offer, and more unusual vendors with woodworking, paper products and leather work for sale, there is surely something for everyone at this event. Located at The Chinese Cultural Centre. More info www.marketcollective.ca

CCSD BOARD OF TRUSTEES

Website: www.cssd.ab.ca/board-of-trustees • Email: trustees@cssd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

Calgary Catholic School District (CCSD) has seven trustees that work together for the whole district, with each representing wards in Calgary and the surrounding area. Cheryl Low is currently serving as board chair and Margaret Belcourt is our vice-chair. The Board of Trustees sets the direction of the school district through governance. It is the role of trustees to lead with inclusion; to understand the needs of our community; to be informed in our decision-making; and to serve our stakeholders by providing an opportunity for success for each and every student.

School councils are an important communication link to the Board of Trustees, as they represent school communities throughout the district. Councils are established in all schools and serve as a vehicle for parents/legal guardians, principals and teachers to meet and work together towards common goals – resulting in a more vibrant and effective school community. All parents/legal guardians with students attending school are members of their local school council and are encouraged to participate in council activities.

Parent and Trustee Forums are held annually in November, January and March. More information can be found on the CCSD website (www.cssd.ab.ca) under Parents/School Council. These forums provide an opportunity for the Board of Trustees to meet with parents, to share information and to gain valuable insights that support board decision-making and advocacy for our students. Topics range from budget and district priorities to current issues such as international travel, the Modernized Municipal Government Act (MMGA) and City Charters.

The Board of Trustees recognizes the importance of parental voice in education and provides a district membership to Alberta School Councils Association (ASCA). ASCA is the provincial association representing parents on school council and brings the parental perspective to government and education organizations in Alberta.

Trustees rely on school councils to bring them critical perspectives about education, an individual school's needs and community concerns. Each school council brings a distinct voice and broad representation to the dialogue on education. Through this engagement, the Board of Trustees can share information and gain valuable insights that support board decision-making and advocacy for our students. To learn more or get involved in school council, contact your child's school principal.

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How To Get Mom To Agree To A Pet Lizard!

I always wanted a pet reptile as a child, but like the myriad of other exotic pets I campaigned for, I was never successful in acquiring a snake or lizard. Now as a veterinarian and Mom of two boys I get to vicariously have all kinds of wonderful pets. "The boys wanted it"; this is the story my husband gets and I'm sticking to it. Fortunately with a little research and the help of a fellow lizard lover we became the proud owners of a Leopard Gecko called "Gecky".

Gecky, the Leopard Gecko, is a perfect pet in my eyes. He eats mealworms and crickets that are dipped in a calcium powder. He has a little container of a vitamin-mineral mixture he snacks on and a small water bowl. Room light is sufficient with a small heated pad stuck to the tank bottom providing additional heat he can move away or towards as he needs. Leopard Geckos can't even get out of the tank if the lid is left off by small children. Gecky did have a heat lamp (unnecessary) but that was eliminated when my six-year old tried to burn the house down. This sweet little creature will happily sit on your shirt through an evening of television. A dampened tissue is placed in the corner of the tank Gecky chose to use as his bathroom so cage cleaning is a breeze. This is a fabulous low-maintenance pet for young children with minimal supervision during handling periods. It is really gross when the tail falls off and twitches around for a while but they grow back.

Why did I say fortunately we picked a Gecko earlier? A neighbor asked us to babysit their Bearded Dragon, Steve. I have treated these wonderful attractive lizards but never kept one. Theory is easier than practice!

Steve arrived in his massive aquarium equipped with under tank heater, heat lamp, and two lights on a twelve hour cycle providing full spectrum lighting. There are multiple electronic thermometers to ensure the proper temperature gradients between 85 to 100 degrees F. Not the most attractive setup. Bearded Dragons are omnivores. So in the morning I cut Steve's veggies and fruit into pieces "smaller than the distance between his eyes". Then there was his daily quota of mealworms and crickets. Did I mention the cricket tank with over a hundred large live SINGING crickets?

Steve poops. He poops once a day and it needs to be removed immediately. I have treated thousands of animals of many, many species and I have worked in a pathology laboratory with animals in various stages of decomposition. I have to say the stench of Bearded Dragon poops elevate their owners to martyrs. Even after disposal it lingers in your nostrils and sinuses for hours. So Steve, I did like you, especially when you charged around your cage with your tail arched over your back gobbling up crickets. I liked to cuddle you Steve, but I was glad to see you go home.

If you are considering getting an exotic pet don't limit your research to learning about the care and needs of these creatures from books. Talk to people who actually own the exotic pet you're considering. Try to get a look at the set-up and even babysit as we did. Join TARAS, the Alberta Reptile and Amphibian Society. We won't be getting a Bearded Dragon but I hope the boys consider a cockatiel one day, I have always wanted one...

Jennifer L. Scott, D.V.M.

CALGARY



WILDLIFE

The Red Crossbill

By J.G. Turner

Photo by Andy Reago

& Chrissy McClarren

The Red Crossbill is a stocky finch with a heavy head and a short, notched tail. Males are reddish-scarlet or reddish-yellow except for their dark wings and tail while females are olive-grey to greenish yellow with plain dark wings. This songbird is common in the mountain and foothills regions of Alberta year round and it is considered a global species. The Red Crossbill's range is hard to define and its population is hard to monitor because their movements are irregular and based on food availability.

Fun Facts:

- The tips of its large bill are crossed; an adaptation for removing seeds from tight closed cones.
- The Red Crossbill's biting muscles are stronger than the muscles to open the bill so it places the tips of its slightly open bill under a cone scale and then bites down.
- You can spot this songbird by their undulating (wave-like) flight, which is even noticeable when they are flying at great heights
- Red Crossbills are considered irregular breeders because they can breed whenever and wherever they can find a large crop of cones, even during the winter
- Because of this irregular breeding, the timeframes for the Red Crossbill's lifecycle varies more than most North American songbirds. For example, juveniles hatched during the summer molt only once (between late summer and late autumn) whereas juveniles hatched from late winter to early spring molt twice (about three and a half months after hatching and again during the main summer molt period).
- Because of their dependence on food supply, Red Crossbills may occupy an area in huge numbers and then disappear for long periods of time (this behaviour can sometimes be called 'irruptive')
- These birds can often be heard but rarely do they make

themselves visible

- Red Crossbills will come to feeders to eat niger and small seeds but the best way to tempt this elusive bird is to allow them to take sunflower seeds directly from the sunflower heads.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions and advice, or visit our website at www.calgarywildlife.org for more information.

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The Board of Trustees is excited to announce a new award that recognizes CBE alumni who have made a difference, and we need your help to find these outstanding individuals.

The CBE Legacy Award celebrates public education. It will shine a spotlight on former students who live our beliefs - that a strong public education system is the foundation of our society, and the legacy of learning we create makes a world of difference for all of us.

Our former students positively impact our communities, our country and our world. Legacy Award recipients will embody the foundation they received during their education and represent the legacy of the CBE: preparing students for life, work and inspiring life-long learning.

Our alumni are leaders, entrepreneurs and difference-makers. They are artists, trail-blazers and dedicated volunteers. We want to hear their stories and celebrate their success.

We expect to present the CBE Legacy Award several times a year at public board meetings, with the first award presented this month. All award nominations will be reviewed and award recipients selected by the CBE Legacy Award Committee.

Recipients must:

- Be an alumnus of, or have attended, a CBE School.
- Be 18 years of age or older at the time of nomination.
- Exemplify at least one or more of the CBE Results:

Mission: has used high school as a foundation for continuous learning and success in life and work.

Academics: possesses the knowledge, skills and attitude required for academic success, and is effectively prepared for life, work and further learning.

Citizenship: has been a responsible citizen who is an informed and involved member of his/her community – locally, nationally, globally.

Character: possesses the character to do what is right, act morally with wisdom, and balance individual concerns with the rights and needs of others.

Personal Development: has acquired the skills, attitude and knowledge to achieve his or her highest potential.

Nominations must include a (maximum) 500-word statement of support.

To nominate an outstanding CBE alumnus, or for more information about the Legacy Award, please visit the CBE website at <http://cbe.ab.ca/about-us/board-of-trustees/Pages/legacy-award.aspx>.

VOLUNTEERING *is good for the soul*

| Royal Oak / Rocky Ridge mybabysitterlist | | | |
|---|-----|--------------|--------|
| Name | Age | Contact | Course |
| Caitlin | 12 | 403-827-9228 | Yes |
| Erica | 12 | 587-349-2484 | Yes |
| Farnaz | 13 | 403-714-2075 | Yes |
| Chloe | 13 | 403-471-5899 | Yes |
| Amber | 14 | 587-349-4855 | Yes |
| Kalyn | 14 | 403-473-7907 | No |
| Teagan | 14 | 403-400-3438 | No |
| Kiera | 15 | 403-816-1822 | Yes |
| Nana | 15 | 403-918-4652 | Yes |
| Gabriella | 16 | 403-208-1698 | Yes |
| Opey | 21 | 403-975-2600 | Yes |
| Angela | 30 | 403-869-8453 | No |
| Cecile | 48 | 402-827-2782 | No |

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Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

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For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

CERTIFIED MASTER ELECTRICIAN: Terry Raabis, CME, Big Sky Ventures. Call: 587-228-9371, or e-mail: braabis@shaw.ca. Home reno's re-wiring, troubleshooting, tune-ups, hot tub installs, fire alarms, smoke and CO2 detectors, breaker panel upgrades and much more! Fully licensed and insured, senior's discount, customer satisfaction guaranteed. 24 hour emergency service.

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

POWERHOUSE HEALING: Do you suffer with chronic pain? Have you tried everything? Are you ready to experience energy healing? Great! I help people restore their bodies so they can live pain-free. Call me for your free 15 minute consultation or free 20 minute energy healing session. Call 403-472-3143 or email info@powerhousehealing.com.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to RO@great-news.ca



COUNCILLOR, WARD 1 WARD SUTHERLAND

P.O. Box 2100, Station M Calgary, AB, Canada T2P 2M5
Phone: 403-268-2445 • Fax: 403-268-8091
Email: ward01@calgary.ca
Web: www.calgary.ca/ward1

Traffic Safety Ward 1 Meeting
Silver Springs Community Association
5720 Silver Ridge Drive NW
Thursday, November 17, 2016
6:30pm-9:00pm

Together with The City of Calgary and the Calgary Police Service (CPS), Councillor Sutherland will be hosting a community traffic safety meeting on **Thursday, November 17th** at the **Silver Springs Community Association from 6:30 p.m. - 9:00 p.m.** This meeting is open to all residents of Ward 1.

Traffic Safety is of paramount concern to citizens, consistently appearing as a top concern in citizen satisfaction surveys. Traffic safety is also a priority of the Calgary Police Service, who utilize both education and enforcement to ensure the safety of drivers and pedestrians.

This meeting will give Ward 1 residents a place to voice their concerns as well as learn how to keep Calgary's roads safe for all users. The goal of these meetings is to create a forum to discuss and raise awareness of traffic safety and to take some specific actions, based on citizen concerns on a specific topic. Actual things that The City, CPS and citizens can do to improve safety will be discussed. Participants will then be asked to provide feedback about where they believe additional CPS enforcement would be beneficial in their ward.

Based on feedback, CPS will conduct additional enforcement in each ward and report-back their findings. The City's Transportation Department will then research and recommend specific engineering measures that could be applied where issues exist.

A follow-up meeting will take place in early 2017 and it will be organized by Councillor Sutherland's Office. To receive more information about the Traffic Safety Meetings, visit www.calgary.ca/ward1connect or sign-up at www.WardSutherland.com.



COUNCILLOR, WARD 2 JOE MAGLIOCCA

403-268-2430
Joe.Magliocca@calgary.ca
Calgary.ca/ward2
Facebook: Joe Magliocca • Twitter: @Joe_Magliocca

On September 25, an additional southbound lane was added onto the Shaganappi Trail Bridge over Stoney Trail. The purpose of the additional lane is to help with traffic congestion during the morning rush hour. So far, I have heard and observed that this enhancement has made a significant improvement in reducing traffic congestion. The City of Calgary has also adjusted the traffic light timing to allow for improved traffic flow on Shaganappi Trail south of the Stoney Trail interchange.

City of Calgary Crews are keeping an eye on the forecast all winter long, preparing roads with anti-icing solution before the snow falls, and maintaining City streets as soon as snowflakes hit the ground. Stay informed during every snowfall by following @yyctransport on Twitter and downloading the Road Conditions App for frequent updates. You can also see where crews are plowing on the live map at Calgary.ca/RoadConditions.

After each snowfall, Roads crews follow a priority clearing system called the Seven Day Plan:

- Priority 1 routes, which carry more than 20,000 vehicles per day, are cleared to bare pavement within 24 hours after the snow stops falling.
- Priority 2 routes, which carry between 5,000 and 19,000 vehicles per day, are cleared within 48 hours after snowfall has stopped.
- Playground zones, designated hills, and residential streets on Residential roadways are cleared on Days 3-7. These roads are flat-bladed, which means snow is packed down so it is easier to drive on, and ruts are removed.

For more information on snow and ice control, including FAQs, snow route parking information, and free sand and gravel locations, visit Calgary.ca/snow.

Joe's Tip:

Please take a moment on November 11th to remember the sacrifices made by our veterans for the freedom that we enjoy today.

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 |
| Kerby Centre for the 55 plus | 403-265-0661 |
| 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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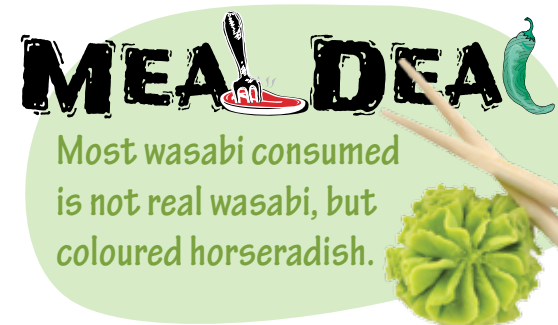
COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalitudes.org.



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CHRISTMAS CRAFT FAIRS

4th Annual St. William Christmas Craft Market: 11020 Fairmount Dr SE (across from Southcentre Mall and Trico). Saturday December 3rd 10am – 3pm.

St Gerard's Bazaar: Annual Bazaar and Garage Sale. Saturday, November 19, 2016. 9:00-3:00 pm. St. Gerard's Church. 8944 Elbow Dr. SW.

Auburn Bay Christmas Craft and Marketplace Nov. 19, 10am – 4pm. Auburn House, 200 Auburn Bay Blvd SE. For more info visit www.auburnbay-connect.com.

Annual Bow Cliff Christmas Craft Fair and Bake Sale Nov. 26, 10am – 3pm. 3375 Spruce Dr. SW

Bonavista Christmas Craft Fair Sat. Nov. 19 – sun. Nov. 20, 11am – 4pm. 1401 Acadia Dr SE. For more info www.lakebonavistacommunity.com.

Arbour Lake Christmas Craft Fair Nov. 5, 2016 at 11:00am-3:00pm Arbour Lake Residents Hall

St. Andrew's Presbyterian Church Christmas Bazaar: Saturday, November 5th, 10am-2pm.



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