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Visit www.bagtoearth.com
for more product information & how to purchase



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INFORMATION NIGHT - Monday October 30, 2017
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-Ed Bradley, CBS-60 Minutes

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Modern West Plumbing & Heating specializes in the complete turn-key removal of Poly-B in your home by a professional, courteous, and experienced team including a Master Plumber. Replacing this pipe in your home will protect your investment and your personal belongings, save thousands on repairs, and add significant value to your property.

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(THE GREY PIPE)
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*Must present coupon. Expires August 31, 2017
CALL TODAY!



Sandstone M^{AC}Ewan Real Estate Update

Last 12 Months SANDSTONE VALLEY
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2017	\$450,000	\$435,250
July 2017	\$439,900	\$435,000
June 2017	\$512,000	\$499,750
May 2017	\$457,000	\$450,250
April 2017	\$522,450	\$506,125
March 2017	\$464,900	\$459,450
February 2017	\$435,000	\$422,000
January 2017	\$399,900	\$410,000
December 2016	\$0	\$0
November 2016	\$484,900	\$468,750
October 2016	\$482,350	\$474,000
September 2016	\$320,000	\$315,000

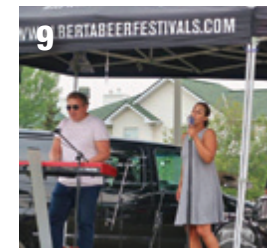
Last 12 Months M^{AC}EWAN GLEN
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2017	\$417,450	\$400,625
July 2017	\$417,450	\$409,375
June 2017	\$509,900	\$500,000
May 2017	\$469,000	\$458,000
April 2017	\$396,800	\$395,000
March 2017	\$419,900	\$405,000
February 2017	\$514,900	\$504,000
January 2017	\$388,000	\$374,500
December 2016	\$0	\$0
November 2016	\$410,000	\$395,000
October 2016	\$424,900	\$413,500
September 2016	\$385,000	\$373,000

To view more detailed information that comprise the above
MLS averages please visit sandstone.great-news.ca or
macewan_glen.great-news.ca

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SANDSTONE-M^{AC}EWAN COMMUNITY ASSOCIATION

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www.great-news.ca



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

The Sandstone-M^{AC}Ewan Community Association and Great News Publishing do 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	511
Gamblers Anonymous	403-237-0654

PRESIDENT'S MESSAGE

Sandstock 2017 was another great success thanks to the Bow River Band and the vendors. A very special thanks to the following sponsors: City of Calgary, Vivo, Councillor Sean Chu, MLA Karen McPherson and Purr Energy. It takes many volunteers to make the event a success, however one volunteer stands out. Trevor Bacon is the coordinator of Sandstock and he worked tirelessly to ensure everything was planned to perfection. The SMCA board would like to thank Trevor for his ongoing commitment to this event.

Fire Prevention week is from October 8-14, 2017 and the theme this year is 'Every Second Counts, Plan 2 Ways Out!' Get your kids involved by helping test your smoke detectors and practice your fire escape plan so they learn to appreciate the importance of maintenance and safe planning. Check out the National Fire Prevention website at <http://www.nfpa.org/public-education/campaigns/fire-prevention-week-2>.

Did you happen to notice the posters for The Backpack Program this summer? The Berkshire Citadel Church was seeking donations to support 50 students in need with new backpacks, lunch kits and school supplies. The Sandstone MacEwan Community Association assisted with this program and they ultimately helped 86 students from low income families! Given the great support for this initiative, the Church plans to continue this program in 2018 and would like to help 100 students.

The Play Café started up again September 12 and is a fun, informal place for parents/caregivers to bring their children from ages 0-5 every Tuesday from 0930-1130. There are toys available for all ages, crafts and snacks and of course tea and coffee for the adults. The address is 222 Sandarac Drive NW.

Fall is a great time of year as the trees start to turn, leaves fall and gardeners harvest the last of their yields. This year we have the green carts to use for all our food, yard and pet waste. The City of Calgary will be selling compost to recover some costs for this program but also there will be a portion of free compost available community gardens and Calgarians starting in the spring of 2018.

Speaking of the green carts, are you having a hard time remembering which day they come to collect the black, blue and green carts? Do what I do and see what the

neighbors are doing or download the Calgary Garbage Day app!

Our SMCA Annual General Meeting is on October 17, 2017 at the Berkshire Citadel Church on Sandarac Drive at 7:00pm.

Please go to sandstonemacewan.com to purchase your SMCA memberships online or email Carolyn Gomez at memberships@sandstonemacewan.com. Those who purchase a three-year membership (\$50.00) will receive a SMCA go mug and those with a one-year membership (\$20.00) will receive two SMCA beverage koozies.

Don't forget to like us on Facebook and follow us on Twitter. Check out the website at sandstonemacewan.com or contact us at info@sandstonemacewan.com.

The Sandstone MacEwan Community Association meets the third Tuesday of every month from 700-900 pm and would welcome any newcomers.

Sue Coatham, President SMCA
president@sandstonemacewan.com

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AREA SCHOOLS

Monsignor Neville Anderson Elementary K-6	
Year Round School Option	403-500-2094
Simons Valley Elementary K-6	403-777-6660
Simon Fraser Junior High	403-777-7290
St. Joseph (Yr. Round Jr. High)	403-500-2009
St. Margaret (K-9 Spanish program)	403-500-2025
Notre Dame High School	403-242-1801
École Terre des Jeunes (K-6 French)	403-247-2458
Ste-Marguerite-Bourgeoys (s)(K-12 French)	403-240-2007
École de la Rose sauvage (7-12 French)	403-230-3112
St Dominic Fine Arts Elementary	403-500-2058
Queen Elizabeth High	403-777-6789
John G. Diefenbaker	403-274-2240
Hidden Valley Elementary (K-3 French)	403-777-7236
Dalhousie School (K-5 Spanish Bilingual)	403-777-6030
Valley Creek Middle School (4-9 French)	403-777-7995
Senator Patrick Burns School (6-9 Spanish Bilingual)	403-777-7400
William Aberhart High School (10-12 French Immersion/Spanish Bilingual)	403-289-2551



Playground/School zones

Please note that in Calgary Playground zones are from 7:30 a.m. to 9 p.m., all year around with a speed limit of 30km/h.

SMCA has fielded numerous complaints about speeding thru our Playground/School zones, please slow down to make our community safe for everyone!

To report an ongoing traffic concern, such as speeding issues, please submit a Traffic Service Request at:

<http://www.calgary.ca/cps/Pages/Traffic/Traffic-Service-Requests.aspx>

-Sarah Meagher-Bromley

SANDSTONE MACEWAN COMMUNITY ASSOCIATION

300, 8120 Beddington Blvd. NW • Calgary, AB T3K 2A8
General Inquiries: info@sandstonemacewan.com
sandstonemacewan.com

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Asset Management	Shayne Chidlaw
Community Safety	Darren Way
Sandstock, Airport Liaison	Trevor Bacon
Vivo Liaison	Phil Nantais

Calgary Police	Const. Bawal	bbawal@calgarypolice.ca
Girl Guides	Leslie Jones	403-275-7098
#224 Sandstone	Steve Herz	403-262-2871
Block Watch	Darren Way	info@sandstonemacewan.com
Community Partnerships	Amanda Turvey	amanda.turvey@calgary.ca

Sandstone/MacEwan Community Association Meetings

are held the 3rd Tuesday of the month at 7:00PM at the Berkshire Citadel-Sandarac Drive, NW
Everyone is welcome to attend.

3rd Tuesday of Every Month



SANDSTOCK 2017



'Sandstock' was back for a 5th year on Canada's 150th! This Sandstone MacEwan Community Association (SMCA) event brought family, friends and residents together to enjoy a fun filled afternoon with activities for the kids, arts and crafts, and great live music from the Bow River Band! A big THANK YOU to all our sponsors, volunteers and vendors that were a part of Sandstock who helped make it another successful event!



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Letter to the editor

Dear Great News Publishing,

Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. I'm amazed at how well this worked!

Thanks for all your help,
Sincerely,
Laura
Owner of Buds and Blooms

Contact us today to find out how you can make this customer's experience your reality!

403-263-3044
sales@great-news.ca

*Actual customer experience.

YOUR CITY OF CALGARY

Never miss a collection day – Get a reminder every week

This fall, enjoy the convenience of using your green cart as you get your yard and garden ready for winter. Leaves, pine cones, branches (up to 6 inches in diameter and 4 feet in length), old annuals and pumpkins can all go in the green cart for weekly collection and will be turned into nutrient rich compost.

Three step checklist for fall yard waste:

1. Fill your green cart first. Yard waste can go directly inside the cart; there's no need to bag it first.
2. If your cart is full, simply use paper yard waste bags and roll down the top. Home and garden or grocery stores sell paper yard waste bags. They're usually sold in packs of five.
3. Place the bags approx. one foot away from the cart for collection, so you can walk between the cart and the bag. Bags should be easily lifted (max. 20 kg).

During busy fall periods, to ensure our crews stay on schedule we may not be able to collect all of your extra yard waste bags right away. Please leave them out and we'll pick them up as soon as possible.

Other options for disposing of yard waste are available at calgary.ca/yardwaste.

Attention Community Businesses:

Please contact the SMCA if you would like to support the community association by offering benefits for community membership holders. We will happily drop off a sign that you can display at your place of business.



Backpack Program Community Thank You!

The Salvation Army, Berkshire Citadel Community Church would like to say a HUGE thank you to the community and the SMCA for their donations to our 2017 Backpack Program. We were able to help 86 students from low income families!! We gave them new backpacks, lunchboxes and school supplies. 70% of the families were from the Sandstone, MacEwan Area. The program cost us \$3440.00, however with the SMCA's donation of \$500 and with generous donations from other community members our costs were greatly reduced. We plan to continue this program in 2018 and hope to help 100 students.

**SANDSTONE
MACEWAN**
Community Association

Our business is a proud supporter of
the Sandstone MacEwan Community Association



Sandstone-MacEwan
mybabysitterlist

Name	Age	Contact	Course
Chantelle	28	587-703-0334	Yes
Jordan	14	403-274-6910	Yes
Laikyn	14	403-702-5316	Yes
Leticia	20	403-275-5679	Yes
Nicole	22	403-808-9215	Yes
Peyton	14	403-969-1854	Yes
Sam	16	403-719-9866	Yes
Seth	16	403-274-6910	Yes

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

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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**SANDSTONE
MACEWAN**
Community Association

SHOW YOUR SUPPORT!
PURCHASE YOUR COMMUNITY
MEMBERSHIP TODAY!

Membership Application

Family Name: _____
 Address: _____ Postal Code: _____
 Phone: _____ Email: _____
 Number of Residents: _____ Children's Ages: _____
 Date: _____ Signature: _____

May we put you on a list of volunteers? Yes No

Membership Fees are:

\$20 per household per year, or \$50 for a 3 year membership

Make cheques payable to

Sandstone/MacEwan Community Association

Mail or deliver to:

300, 8120 Beddington Blvd. NW

Calgary, AB T3K 2A8

Email: memberships@sandstonemacewan.com

**Memberships can be purchased
online at sandstonemacewan.com**

For Office Use Only

Date Received: _____ Reg/Assoc

Card # Issued: _____ New/Renewal

Init: _____ Cash/Cheque

Source: _____ Rectified if Assoc:

YOUR CITY OF CALGARY

What to Do About Unwelcome Junk Mail



While most of us do our best to be good neighbours, sometimes we need a little guidance to do the right thing. That's where the Community Standards Bylaw comes in. Updated at the end of 2016, the bylaw promotes good neighbour relationships and addresses community concerns by regulating noise, fire pit use, untidy properties, weeds and grass, graffiti—and nuisances such as flyers.

One of the areas updated in the 2016 review refers to flyers, including non-commercial flyers. If you have a 'no flyer' sign visibly posted at your home, it's a violation of the bylaw to deliver flyers to your door. With the municipal election just around the corner, you should be aware that election advertising is exempt from this bylaw along with newspaper subscriptions, community newsletters and information provided by government and elected officials.

For more information, visit Calgary.ca and enter Community Standards Bylaw in the search bar. If you do continue to receive flyers despite having a 'no flyer' sign at your home, you can call 311 or submit a service request using our 311 app or on The City's web site.

BRAIN GAMES **SUDOKU**

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

FIND SOLUTION ON PAGE 16



CALGARY MOUNTAINVIEW LIONS CLUB

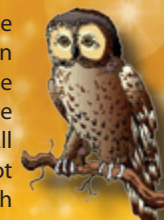
Meets at the Triwood Community Hall on the
second and fourth Tuesday of each month.

Serving Northwest Calgary, open to all
men and women of legal age.

**For more information please call:
John Wilson 403-932-6043**

A Word from the Wise

Author J.R.R. Tolkien favoured the use of proverbs in his writing and even created a few proverbs himself. The most famous of his proverbs come from The Fellowship of the Ring: "All that is gold does not glitter;" and "Not all those who wander are lost". Both lines are from the same poem.



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News from the Friends of Nose Hill

by Anne Burke

Over the past few years, a number of projects were done in Nose Hill Park as part of the implementation of the Nose Hill Trail and Pathway Plan. The controversial plan was approved by Council in July 2005 and construction began in 2006, with asphalt paving. Project plans are on the city website and there is a map with an update on our website.

Construction activities continue and focus on the following work:

- Building primary (gravel) trails, timber landscape stairs for problem grades, and stabilized tread (dirt - single track) trails.
- Other options are to re-vegetate trails naturally, ploughing a trail to a shallow depth, and reseeding. The length will be decided in the field, depending on the sightlines, and to the satisfaction of the City Project Manager.

One of our members said: "I hope all is in order but I was alarmed to see a backhoe parked above Charleswood and John Laurie, south of the gully from Brisebois Drive. I hope there is no plan to pave or gravel that path along the ridge crest. We have so many paved and manicured paths already on the Hill."

Here is an answer from the Zone 3 Parks Superintendent to the Ward 4 Councillor. "The backhoe is being used to construct the formal gravel trail that is on the

attached construction drawings in a little square. It will be a designated trail replacing a worn desire line trail. The construction of the stairway and designated trails have gone as planned this year and look great."

Just a reminder: Nose Hill Park is a natural environment park, so please respect wildlife and plants. Do not pick the flowers or they will not be there for future park users and stakeholders.

In 2012, Council approved the *CalgaryEATS!* plan developing a field guide of wild urban edible plants in the area. Since many members of the public are already foraging in our green spaces, this project provides the opportunity to increase public education around wild harvest, while promoting safety, sustainability, and environmental protection.

This field guide will have information on urban food foraging, such as how to identify urban edibles, places where foraging can be practiced (details still to be worked out), how to prepare wild edibles, and avoid non-palatable or poisonous look-alike species.



YOUR CITY OF CALGARY

Calgary AfterSchool

Never again hear the phrase, "I'm bored." Calgary AfterSchool offers fun, safe and FREE after school programs for children and youth. A collaborative effort between The City of Calgary and its community partners, Calgary AfterSchool drop-in programs run on school days and begin after school hours. Activities may include basketball, swimming, arts, leadership, cooking, music, skating, sports, games and much more. The goals of the program are to develop self-esteem, develop positive relationships and assist children and youth in becoming successful adults.

For more information, visit calgary.ca/afterschool.

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

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Sandstone and MacEwan. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Sandstone/MacEwan area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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

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

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COMMUNICATIONS, LEADERSHIP, TEAMWORK, PUBLIC SPEAKING, NETWORKING: Empowering individuals through personal and professional development. Come join us. Monday's at 7pm, Nose Hill Library <http://438.toastmastersclubs.org/> More information: <https://www.toastmasters.org/>.

WE COME TO YOU: for repairs to lawn mowers, leaf blowers, hedge trimmers, snow blowers, and other small engines. Knife sharpening also available. Call or text 587-700-5555 or visit www.MobileRepairs.info.

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In a number of cultures around the world, the response to a sneeze is typically to wish God would bless the sneezer, or to wish the sneezer health and long life. And the usual responses are to say thank-you or to excuse oneself for the sneeze.



Councillor, Ward 4
Sean Chu
 403-268-3727
 ward04@calgary.ca
 www.calgary.ca/ward4

Dear Ward 4 Residents,

Cleaning up the yard is easier with your green cart

This fall, enjoy the convenience of using your green cart as you get your yard and garden ready for winter. Leaves, pine cones, branches (up to 6 inches in diameter and 4 feet in length), old annuals and pumpkins can all go in the green cart for weekly collection and will be turned into nutrient rich compost.

Three-step checklist for fall yard waste:

- 1. Fill your green cart first.** Yard waste can go directly inside the cart; there's no need to bag it first.
- 2. If your cart is full, simply use paper yard waste bags and roll down the top.** Home and garden or grocery stores sell paper yard waste bags. They're usually sold in packs of five.

Please **don't use plastic garbage bags**. These bags will not be collected since they contaminate the compost.

- 3. Place the bags approx. one foot away from the cart for collection,** so you can walk between the cart and the bag. Bags should be easily lifted (max. 20 kg).

During busy fall periods, to ensure our crews stay on schedule we may not be able to collect all of your extra yard waste bags right away. Please leave them out and we'll pick them up as soon as possible.

Other options for disposing of yard waste are available at calgary.ca/yardwaste.

What to do about unwelcome junk mail

While most of us do our best to be good neighbours, sometimes we need a little guidance to do the right thing. That's where the Community Standards Bylaw comes in. Updated at the end of 2016, the bylaw promotes good neighbour relationships and addresses community concerns by regulating noise, fire pit use, untidy properties, weeds and grass, graffiti—and nuisances such as flyers.

One of the areas updated in the 2016 review refers to flyers, including non-commercial flyers. If you have a 'no flyer' sign visibly posted at your home, it's a violation of the bylaw to deliver flyers to your door. With the municipal election just around the corner, you should be aware that election advertising is exempt from this bylaw along with newspaper subscriptions, community newsletters and information provided by government and elected officials.

For more information, visit Calgary.ca and enter Community Standards Bylaw in the search bar. If you do continue to receive flyers despite having a 'no flyer' sign at your home, you can call 311 or submit a service request using our 311 app or on The City's web site.



MLA Calgary-Mackay-Nose Hill
Karen McPherson
 Current Member
 #106, 8220 Centre Street NE
 403-215-7710 calgary.mackay.nosehill@assembly.ab.ca

With students back at school and leaves changing colour, the fall session of the Alberta Legislature is starting at the end of this month and I am looking forward to being back in session.

Over the last few months I have heard from constituents across the riding and attended some amazing community events. I really enjoy every opportunity to connect with you.

In September, I had the chance to join the residents of Heritage Village in MacEwan Glen for an afternoon tea, hear about their concerns, and answer some questions. The Government of Alberta provides a number of programs and services that support seniors in Alberta. For information on services you or a senior in your life may be eligible for, please visit: <http://www.seniors-housing.alberta.ca/seniors/> In early September, I took part in Calgary Pride's 27th Annual Festival. I've been an ally for many years and I'm very proud to be part of a government that values all people, including the LGBTQ+ community. And Pride is always so much fun!

As part of the Alberta Jobs Plan, the Alberta government has allocated \$30 million over two years to promote long-term economic growth and prosperity in Alberta's communities and regions through the new Community and Regional Economic Support (CARES) program. The CARES program will fund initiatives that create a measurable impact and align with:

- improving local business environment and/or regional economic collaboration
- increasing support for entrepreneurs and small and medium-sized enterprises (SMEs) to grow and succeed
- enhancing support for businesses and industries that provide diversification to a community or a region
- increasing investment that drives high-value job creation

CARES program funding for economic development initiatives begins at \$10,000. Applications for the third intake of the CARES program will be accepted from October 1 to November 30, 2017. You can find more information online at <https://www.alberta.ca/community-regional-economic-support-program.aspx>

I welcome your feedback. Our office is open 9am - 4:30pm on Monday, Tuesday, Wednesday, and Friday (closed for lunch 12:00pm-1:00pm). We're open until 7 p.m. on Thursdays. E-mail us at calgary.mackay.nosehill@assembly.ab.ca, call us at 403-215-7710, or drop by the office at #106, 8220 Centre Street NE.

YOUR CITY OF CALGARY

Nominations Open for Advisory Committee on Accessibility's Annual Awards

Do you know an individual, group or organization who is removing barriers for people with disabilities in Calgary? Nominate them for one of three annual accessibility awards sponsored by the Advisory Committee on Accessibility. Categories include:

- Advocacy Award
- Access Recognition Award
- The Ella Anderson Accessible Transportation Award

The nomination deadline is Friday, November 17. Visit calgary.ca/accessibility for more information.

BRAIN GAMES SUDOKU

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



Calgary Nose Hill
Hon. Michelle Rempel, MP
 201-1318 Centre Street NE, Calgary,
 AB, T2E 2R7
 ☎ 403-216-7777
 ✉ michelle.rempel@parl.gc.ca
 🌐 www.michellerempel.ca

As I look towards the fall sitting of Parliament I am reminded of the needs many in our community are facing and the numerous issues of importance that Parliament will be debating soon. I will continue to work hard on your behalf as your voice in the House of Commons.

My focus continues to be on policy and legislation that will improve our economy, create jobs and provide assistance and opportunities for those who need it most. In addition, I will continue to work in my role as Opposition Shadow Minister for Immigration, Refugees and Citizenship.

As the Federal Government begins to unveil its plans and priorities for this session, it is important for me to hear from members of our community about issues of importance to them and their perspective and opinion on legislation being debated in Parliament.

I want to provide you with a list of the various ways you can provide me with your comments and keep informed about what is happening in Ottawa:

- Email:** Michelle.Rempel@parl.gc.ca
- Phone:** 403-216-7777
- Facebook:** Facebook.com/MichelleRempelMP
- Twitter:** @MichelleRempel
- Website:** MichelleRempel.ca
- Instagram:** MichelleRempel
- Youtube:** MichelleRempel
- Mail:** 201-1318 Centre Street N.E., T2E2R7

I will be announcing plans for my next Town Hall meeting in the near future as well.

Thank you for the opportunity to serve our community and I look forward to hearing from many of you over the coming months.

SAFE & SOUND

Halloween Safety

Alberta Health Services EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31st approaches. Take some time to review these simple tips and reminders to help ensure your Halloween is a fun and safe night for everyone.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

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