

NOVEMBER 2017

DELIVERED MONTHLY TO 6,000 HOUSEHOLDS

THORNCLIFFE GREENVIEW

HORIZON

BRINGING THORNCLIFFE & GREENVIEW RESIDENTS TOGETHER





Love
DENTAL

Dr. Philip Love
Dr. Huda Jergeas
Dr. Tanya Chacko
Dr. Michele Spooner
Dr. Mori Monfaridzadeh

Core Values

- Gentle care
- Your comfort
- Cost effective treatment plans
- Quality work

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Tue & Wed: 7-7

Thursday: 7-4

Fri & Sat: 9-4

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- Our Paper Bag **is made entirely of renewable and sustainable resources**
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for more product information & how to purchase





CONTENTS



- 5 PRESIDENT'S MESSAGE
- 7 WINE AND CHEESE NIGHT
- 10 NOVEMBER CALENDAR



- 11 CRAFT FAIR
- 15 58TH SCOUTS
- 22 LOUNGE SPECIALS
- 23 TG LOUNGE – GREY CUP PARTY
- 24 AT A GLANCE



- 26 TAKE ON WELLNESS: THE THREE BIGGEST MISTAKES PEOPLE MAKE TRYING TO LOSE WEIGHT, INCREASE ENERGY, AND GET FIT – AND WHAT TO DO INSTEAD

- 28 FRIENDS OF NOSEHILL
- 31 BUSINESS CLASSIFIEDS





YOUR THORNCLIFFE GREENVIEW COMMUNITY ASSOCIATION

5600 Centre St. N
 Calgary, AB – T2K 0T3
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 admin@tgccalgary.com | www.tgccalgary.com

Delivered monthly to 6,000 households and businesses for 15 years!

Editorial Submissions
 dchristie@tgccalgary.com

All editorial submissions must be submitted by the 5th of the month for the following month's publication.

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www.great-news.ca



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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	
Weather Information	511
Gamblers Anonymous	403-237-0654

PRESIDENT'S MESSAGE

by Leslie DeGagne

The 11th hour of the 11th day of the 11th month, a bugle sounds calling us to a moment of silence, a moment of remembrance. A day marked with symbolic poppies and wreaths, a day of celebration of a nation being born. From the ashes of WWI our nation was born. Canadians stood tall and proud alongside the Allies and did what no one else could do. Our country is 150 years young and we need to heed the message of those who came before us and ensure the Maple Leaf stands tall and strong for future generations. We are a diverse nation of people and geological regions lets be proud of it and embrace it.

November has arrived, the ultimate shoulder season. Gone are the leaves and the golden glow of October, gone are the long afternoon walks on the golf courses, gone are the geese for warmer climates. Many people will be heading south as the birds do and I wish them a safe journey. The rest of us will use November to kick off the upcoming festive season. We start here the week-

end of the 18th with the annual TGWL craft fair. Come to the community and find that one of a kind gift for that hard to please person in your life. Meet with friends and enjoy an afternoon of shopping and pie. This event brings community together and warms up a cold November. Following this two weeks later on December 1st we will be putting on a Christmas Concert with a visit from Santa. Come and hear ninety minutes of song from the Youth singers. They put on a great show and we are lucky to be able to have them come and entertain. It will be a fun night for residents and their families as we get into the festive spirit of the season. Do you like Flannel on a Frosty night? If so adults do not miss December 15th as we host a Friday night Christmas Party filled with dancing and food. We are calling it the Flannel and Frost party a night of fun for five dollars a person. It should be fun and if successful, we will look at making it an annual event. TGCA is working hard to bring events that the residents want and we are looking for ideas from our members and residents. If you have any ideas of events you would like to see happen in the community please pass them on and we will work hard to see them happen. Our mandate is to keep community relevant in a modern world.

Looking back to last month, I would like to congratulate Bill Gray and Marilyn Crossley for receiving lifetime humanitarian awards for their work in the community. Bill Gray has been a part of this community's evolution and has volunteered in almost every capacity. Bill has been a Vice President of the community, a president of the Booster Club and active in all aspects of sport and social activities in the community. Marilyn has been the quiet volunteer. She is willing to drop everything and lends a hand when needed. She exemplifies the definition of the word volunteer, as she expects nothing in return for her efforts. The community recognized and acknowledged these wonderful members for their community service at the AGM. Thank you to Ken McIvor and Mary LaCoste for their work in making the celebration of community happen. Members like these make TGCA great. Thank you to all those who stood for election at the AGM, the work starts now. Your ideas and energies are welcome and I look forward to working with you all. November will be busy for all and hopefully fun for all as well.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 21

Buying, Selling, Referring Call me first!

Call for a Free No Obligation
Market Evaluation of Your
home and receive a FREE
"Set to Sell" Market Report.



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YEARS

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put a menu in our newsletter?



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87 Monthly Community Newsletters
391,000 Households

Yielding to Emergency Vehicles

Time is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road:

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two-lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use any available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.

When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated;
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.



Wine & Cheese Night

For all ladies of the community

Wednesday December 6th at 7 PM

Admission \$5 - \$10 wrapped gift.(No Name)

HELD IN THE THORNCLIFFE ROOM

Enjoy a night out with the Thorncliffe Greenview Ladies!

TG LOUNGE & REC. CENTRE NEWS

Did you know?

TG has 4 racquetball courts and four 5-pin bowling lanes
CALL (403) 274-5574 TO BOOK!
 Racquetball Multi-Passes Available
 (Gift Certificates)

Happy Hour Pricing

3:00 pm – 8:00 pm daily
 Friday & Saturday until 8:00 pm & all day Sunday!
 Free Shuffleboard, Darts
 Satellite TV Watch CFL, NFL Games,
 NHL Centre Ice Package
 8 TVs, 2 Pool Tables
 Monday – Thursday, 9:00 am – 12:00 am
 Friday & Saturday, 9:00 am – 1:00 am
 Sunday, 11:00 am – 6:00 pm

Hours may be subject to early closing.

Bowling, Pool, Dart & Racquetball Leagues
 Book your Tournaments with the
 T.G. Lounge & Recreation Centre
 403-274-5574

*Consider Going Bowling for
 Your Next Family Get Together
 Children's Birthday Party Packages
 Are Also Available*

TGCA COMMUNITY CAMPSITE



Available to TG members who are in good standing and have held a membership for a minimum of one year.

Get back to nature....Leave the plug-ins behind
 Site has Outhouse – no electricity or running water
 Near Winchell Lake by Water Valley.
 Approx. 45 minutes NW of Calgary.

Costs - \$35.00 per site OR \$100.00 for all three sites for the weekend!

Cost covers site only – no wood or amenities supplied.

Book through the TG Admin Office.
 403-274-6840

Please note Scout Groups and Youth Groups take precedence.

A deposit is required to obtain the keys.
 Map available.

MARK YOUR CALENDARS!

Craft sale November 17 & 18
Christmas Concert December 1
Ladies Wine & Cheese Night December 6



TG LOUNGE & RECREATION CENTRE

Bowling, Pool, Dart & Racquetball Leagues
 Book your Tournaments with the
 T.G. Lounge & Recreation Centre
403-274-5574

Consider Going Bowling For your Next
 Family Get Together
 Children's Birthday Party Packages Are Also Available



FORBES INNES ARENA PUBLIC SKATING SCHEDULE

Forbes Innes Arena Public
 Skating Schedule
 5600 Centre Street N.

Check out our website for changes or additions.
www.tgcacalgary.com
 403-274-1466

(SENIORS AND MEMBERS RESUMES OCTOBER 4TH)

Seniors Only Wednesdays	10:30 a.m. - 11:30 a.m.
Members Only Wednesdays	1:30 p.m. - 2:30 p.m.
Fridays	3:30 p.m. - 5:00 p.m.
Sundays	11:45 a.m. - 12:45 p.m.

FORBES AREANA SKATE SHOP HOURS

Monday	5:30 - 9:00 pm	Fridays	5:30 - 9:00 pm
Tuesday	6:00 - 9:00 pm	Saturday	11:30am - 7:00 pm
Wednesday	6:00 - 9:00 pm	Sundays	9:00 am - 5:00 pm
Thursday	5:30 - 9:00 pm		

DID YOU KNOW WE SHARPEN, REPAIR AND RENT SKATES?

THE COST FOR THE PUBLIC SKATE IS FREE TO TG COMMUNITY MEMBERS,
 AND FOR NON-MEMBERS THE COST IS \$5 PER ADULT, \$3 PER CHILD OR \$10 PER FAMILY.



Thorncliffe / Greenview Community Association

5600 Centre Street North, Calgary T2K 0T3 • admin@tgcacalgary.com • www.tgcacalgary.com

TGCA COMMUNITY CENTRE

Main Office		403-274-6840
Main Office Fax		403-275-7310
Office Email		admin@tgcacalgary.com
Bowling, Racquetball & TG Lounge		403-274-5574
Forbes Innes Arena		403-274-1466
Thornview Seniors Centre		403-275-0300
Office Manager	Diana Christie	403-274-6840
General Manager	Kevin Kromm	403-274-6840 403-274-1466

EXECUTIVE COMMITTEE

President	Leslie DeGagne	403-669-6116
Treasurer	Brad Giddings	403-540-1533
Secretary	Leona McComish	403-275-0410
Vice Presidents	Mary Lacoste Derek Livingston	403-274-8074 403-226-4021
	Marvin Quashnick	403-277-3308

DIRECTORS AT LARGE

Alison Abbott		403-276-4997
Jason Bedard		403-910-0957
Stacey McDade		587-968-4990
Michelle Starzynski		403-401-5031

SPECIAL INTEREST GROUPS

58 th Scouting	Jenn Riley	587-350-1364
Bingo Co-ordinator	Evelyn Landry	403-274-6840
Booster Club	Trevor Brown	403-236-8050
Guides	Jackie Fietz	403-295-2927
Deerfoot United Soccer Club	Cory Abel	403-650-1791
North Central Basketball	Barbara Ambrisko	403-973-6665

Nose Creek Fast Pitch	Kelsey Claeys	president@nosecreeksoftball.ca
Racquetball	Jerry Kwasnitza	403-293-2847
Slopitch	Kevin Darrah	403-875-3469
TG Hockey	Jodie Cadman	403-312-4479
TG Ice Skating Registrar	Kari Woodman	403-471-9623
TGWL	Yvonne Arkley Yvonne Armstrong	403-274-4906 403-274-6720
Thornview Seniors President	Sandy Staple	403-274-3257
Volleyball	Dianne Stewart	403-295-3469

HORIZON NEWSLETTER

Distribution	Canada Post	
Editorial	TGCA Admin Office	403-274-6840
Publisher & Advertising	Great News Publishing news@great-news.ca	403-263-3044

TGCA HOURS

HOURS MAY BE SUBJECT TO EARLY CLOSING

ADMINISTRATION OFFICE

Mon, Tues, Wed, Thurs 9:00 am – 9:00 pm
Fri 9:00 am – 4:30 pm
Saturday & Sunday Closed

LOUNGE & REC CENTRE

Monday – Thursday, 9:00 am – 12:00 am
Friday & Saturday, 9:00 am – 1:00 am
Sunday, 11:00 am – 6:00 pm

FOLLOW THORNCLIFFE GREENVIEW COMMUNITY



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@tgcacalgary

Your City Section

What's happening	More info	Stay connected! facebook.com/cityofcalgary twitter.com/cityofcalgary calgarycitynews.com
Know someone who is removing barriers for people with disabilities in Calgary? Nominate them for one of three accessibility awards before Nov 17.	Calgary.ca/Accessibility	
The pathway across the Glenmore Dam was closed to the public on September 30, 2017, and then until the work is complete in 2020.	Calgary.ca/GlenmoreUpgrades	
You have opinions, The City wants to hear them. Help shape Calgary's future by joining the Citizens' View panel. Visit citizensview.ca and join today.	CitizensView.ca	
Learn about The City's accessible programs including accessible transportation, accessible recreation facilities and classes, assisted listening devices and much more.	Calgary.ca/Accessibility	

NOVEMBER 2017 THORNCLIFFE/GREENVIEW CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Senior Public Skating 1 10:30am-11:30am Member Public Skating 1:30pm-2:30pm TG Gym Night 7:00pm-8:30 pm	2	TG Yoga 3 9:00am-10:00am Public Skating 3:30pm-5:00pm	4
Bingo! 6:15pm 5	TG Yoga 6 9:00am-10:00am	\$5000 Bonanza Bingo! 6:15pm 7	Senior Public Skating 8 10:30am-11:30am Member Public Skating 1:30pm-2:30pm TG Gym Night 7:00pm-8:30 pm	9	TG Yoga 10 9:00am-10:00am Public Skating 3:30pm-5:00pm	11
Bingo! 6:15pm 12	TG Yoga 13 9:00am-10:00am	Bingo! 6:15pm 14	Senior Public Skating 15 10:30am-11:30am Member Public Skating 1:30pm-2:30pm Last Gym Night for the season 7:00pm – 8:30pm	16	TG Yoga 17 9:00am-10:00am Public Skating 3:30pm-5:00pm TGWL Craft Sale 5:00pm- 9:00pm	18
Bingo! 6:15pm 19	TG Yoga 20 9:00am-10:00am	Bingo! 6:15pm 21	Senior Public Skating 22 10:30am-11:30am Member Public Skating 1:30pm-2:30pm	23	Public Skating 24 3:30pm-5:00pm TG Yoga 9:00am-10:00am	25
Bingo! 6:15pm 26 TG Lounge Grey Cup Party 4:00 pm	TG Yoga 27 9:00am-10:00am	Bingo! 6:15pm 28	Member Public Skating 29 1:30pm-2:30pm Senior Public Skating 10:30am-11:30am	30		

**THORNCLIFFE
GREENVIEW**

**CRAFT
FAIR**

Friday November 17th 5:00 pm - 9:00 pm
Saturday November 18th 10:00 am - 3:00 pm

More than 170 tables, innovative and creative crafts, fabulous gift ideas.
Craft sale operated by TGWL. Concession will be open.

SORRY ALL TABLES SOLD OUT

**THORNCLIFFE GREENVIEW COMMUNITY CENTER
5600 CENTRE STREET NORTH**

TG Community Hall & Meeting Room Rental Information

Main Hall (maximum capacity 800)

250-500 people \$1200

501-800 people \$1500

Damage Deposit \$1050

Plus \$4.00 mandatory corkage charge per person, based on a minimum of 250 people.

Thorncliffe Room (maximum capacity 125)

Rent \$450

Damage Deposit \$450

Plus \$4.00 mandatory corkage charge per person, based on a minimum of 75 people.

Greenview Room \$37.00/hour

Fitness/Sports Classes only

TG Room \$25/hour

Bowling Parties (adjacent to lanes)

Board Room (maximum capacity 20)

Meetings only \$40.00/hour

5600 Room (maximum capacity 30)

Meetings only \$37.00/hour

Parties \$175.00

Horizon Room (maximum capacity 15)

Meetings only \$17.50/hour

Multi-Purpose Room (maximum capacity 30)

Fitness/Sports Classes or Meetings \$33.00/hour

ADD GST TO ALL PRICES

Classes, Meetings, Conferences, Programs, Children's Parties, Adult Celebrations, Silent Auctions, Weddings, Receptions, Parties, Family Reunions

LET THORNCLIFFE GREENVIEW COMMUNITY ASSOCIATION HOST YOUR NEXT EVENT!

Looking to rent space to run an Exercise Program?

We have a hall available weekdays, daytime only at \$37.00 per hour. The Greenview Room located in the basement is where it all began. The Community Complex that you see today was built around this hall. It is self-contained with washrooms and is a great space for classes such as Tae Kwon Do, Karate and Fitness. The hall measurements are 70' x 38'. Call 403-274-6840 for further information or to book.



We Accommodate Seminars!

Thorncliffe Greenview Community Association has four meeting rooms and two halls accommodating anywhere from 10 to 800 people!

To break up your day we have recreation facilities. You can go bowling, play racquetball, darts or billiards in our lounge/recreation centre.

Call 403-274-6840 and let us make your next event an overwhelming success!





Thornview Seniors

You're invited to join the Thornview Seniors at the Thorncliffe Greenview Community Centre. We offer several activities such as:

Bridge, Military Whist, Bowling, Pool etc. Come out and meet some new people, try a new activity and become involved in the center. For more detailed information contact Sandy Staple at 403-274-3257.

We look forward to hearing from you!!

Good Food Box Program



What is the Good Food Box? It's a monthly program where community members can buy fresh fruit and vegetables for a very low cost. Thorncliffe Greenview Community Association now has a Good Food Box Depot. You receive top quality produce at wholesale prices. There are three sizes of boxes to choose from. The large box (\$35.00) contains 40 plus pounds of produce. The medium box (\$30.00) contains 30 plus pounds of produce. The small box (\$25.00) contains 20 plus pounds of produce. You only order the size you want, when you want. How do you get a food box? Bring your exact cash to the Horizon Room at Thorncliffe Greenview Community Centre between 2:00 and 5:00 p.m. on the scheduled pick up day. **This will secure your order for the next month or bring your exact cash to the Administration Office no later than the order deadline listed below.**

Order Deadline	Pick up Day
November 13	November 23

Celebrating 150 Years of Canadian Wildlife!

Yukon

Who Am I?

I howl in the wilderness, under the moon,
In search of the rest of my pack.
My thick grizzled fur is shadowy gray
With patches of white and black.

I've large pointed ears, a long pointed nose,
A tail that looks bushy and snuggly.
In the cool morning fog I may look like a dog,
But this canine is not at all cuddly!





Coyote Gray Wolf Red Fox

Turn page upside-down for answer!

© Rosemary Gall, 2017

Compliments of the Friends of the Bowmont Natural Environment Park Area

REMEMBRANCE

Canada observes the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.



58TH SCOUTS

Beavers Fun and friendship is the cornerstone of the Beaver Scouts program. Beaver Scouts opens the door for your child to discover the world. It is filled with a little bit of everything – outdoor activities, games, music and sports. Along the way, Beaver Scouts meet new friends, learn cooperation and teamwork and develop self-confidence. As a Beaver scout it is all about adventures and experiencing things they do not experience at home or school. For a lot of Beavers it is their first time doing something like camping and sleeping in a tent, helping prepare a meal, sleeping with the animals at the zoo.

Beaver Scouts are welcomed into a group of energetic boys and girls age 5 to 7. They meet kind and caring leaders that will help them with anything they need to know about being a good Scout. They feel respected and appreciated for their own uniqueness, and encouraged to bring all they can to their group and activities.

Last year we had a sleepover at the zoo, went tobogganing, completed a challenge course, learned about canoeing, did crafts, visited the fire department, went on hikes, experienced camping, played games. With the Canadian Path, we try to be youth led which is difficult at their age. We take their ideas and translate it into adventures. We have played games, went on two hikes and learned about some nature. We will be doing crafts and games in the next couple of weeks. If you are interested in Beavers contact us 58 Thorncliffe Greenview Scouts at Myscouts.ca



YOUR CITY OF CALGARY



Walking your dog daily? Unleash your inner volunteer!

Become an Off-Leash Ambassador and be a *pawsitive* role model in your community! We are recruiting volunteers to participate in the City of Calgary's Off-Leash Ambassador Program to help us promote responsible pet ownership, positive pet interactions and safety in off-leash parks.

Take ownership in making your community a better place to live for citizens and pets, one off-leash park at a time. Conveniently choose when and where to volunteer to best fit your schedule.

To learn more or sign up, visit calgary.ca/offleashvolunteer or contact 311.



TG MEMBER'S CORNER

Congratulations to:

Terry and Nancy Douglas on their Wedding Anniversary
Jason and Leslie Bedard on their Wedding Anniversary

Birthday Wishes Go Out to:

November – Allen Douglas, Lynia Dugrenier, James Zakrewski

In Memory of:

Condolences go out to Sherry Haslam and Family on the passing of her Mother Bertha Gottselig in September.

Thank You To:

Our TG Executive and Board for 2016-2017 year for their dedication to our Community throughout the past year.

Any TG Member that would like to submit a tidbit for this section may do so by email to admin@tgcacalgary.com or by phone to the office at 403-274-6840.

Satellite Winnings To Date: \$1,156,313.00 +

Thorncliffe Greenview Community Association

BINGO

5600 Centre Street N.
403-274-6840

10	20	42	59	62
5	29	39	56	75
4	17		60	71
11	18	32	51	66
15	19	36	47	69

Cards:	Regular	50c
	Double	\$1.00
	Triple	\$1.50
	Bonus	\$2.00
	Super	\$2.50
Combo Cards Available		
Seniors 60 plus \$3.00 OFF		
General Admission		

\$5000 BONANZA
With \$300 Consolation PLAYED
ON THE FIRST
TUESDAY OF EACH MONTH

Doors Open	3:00pm
Card Sales	5:00pm
Nickle Games	6:15pm
Regular Games	6:45pm
1/2 Time Sales	7:30pm

Sundays & Tuesdays

Full Concession
Free Early Bird Coffee

2 Loonie Pots
Hot Balls

5 Nickle Games
27 Regular Games
Bonanza & Satellite Games

Progressive Games
Bowling Lane/Anchor &
Champagne Glass/Heart

Double Action played
every Sunday and Tuesday

Wheel Chair Accessible. Come Join Us on Sundays & Tuesdays

ONLY THE BEST
can bring out their best



Canada's best learn-to-skate program
Fun, focused skills for all skating sports
Nationally certified coaches

skatecanada.ca/canskate

TGISC offers Skate
Canada sanctioned
programs in:



**Thorncliffe
Greenview
Ice Skating Club**
2017-2018 Sessions



COME SKATE
WITH US!

Forbes Innes Arena
5600 Centre St. N.

www.tgiceskatingclub.com

Skating Programs from September 2017 to June 2018!

- Offering programs in learn to skate, figure skating and power skating
- Register Online at: www.tgiceskatingclub.com
- Families can volunteer to work Bingo's at TGCA to reduce registration fees.
- Bingo's fill up FAST so avoid disappointment and register early! Bingo's are first come, first serve.
- See our website for more information about how bingo's work.

For more details about our programs, fees, and registration information please visit our website:
www.tgiceskatingclub.com or email: registrar@tgiceskatingclub.com or call (403) 471-9623

See you on the ice! ☺

2017

CHRISTMAS CONCERT

Presented by Youth Singers of Calgary
Shine and Oncue



FREE Entry
Food Donations Accepted
(non-perishable items only please)



DECEMBER 1st
Doors Open at 6:30pm. Concert Starts at 7:00pm

Thorncliffe Greenview Community Association

5600 Centre Street North

403-274-6840

Concession will be open for Food and Beverage Purchase

LONG OVERDUE RECOGNITION



On October 1, 2017, Derek Livingston, Vice President of the Thorncliffe Greenview Community Association, unveiled a banner recognizing the 1980 – 1981 Midget “BB” in the Forbes Innes Arena.

In 1980-81 the Thorncliffe Greenview Midget 1 Hockey team achieved success that no other team in TGCA'S history has accomplished. This special team lead by Doug Bridger, Lloyd Cartney, and Bob Walters won the City Championship, Provincials and because they weren't satisfied with just that, they decided to win a very prestigious tournament at SAIT that involved teams from all over Canada.

In a time of consolidation and amalgamation, the achievement by this group of young men from Thorncliffe Greenview becomes far more special!

1980-1981 TG Midget “BB”

Jim Allen, Dan Anderson, John Birch, John Brand, Ken Bransgard, Darcy Bridger, Glen Dawes, Rod Evans,

Joel Gjudonson, Terry Hutchins, Trevor Hutchins, Jeff Klukas, Bruce Lamb, Dave Meyers, Mark Petros, Gerry Voykin.

Thanks to Rollie Allen and Ken Mclvor for providing the background information to make the ceremony a success.

Thorncliffe Greenview

On December 15 join us for the Thorncliffe Greenview Flannel and Frost Party! Cost is \$5.00 for TG Members, \$10.00 Non-members in advance or \$15.00 at the door. The event will feature Revolution Entertainment Inc. and is sponsored by Original 16! The event will have prizes for best dance moves, a photo booth, adult hot chocolate bar and Margaritas under the mistletoe. Concession will be open for food and drink purchase. Finish off the year in style! Members and guests 18+ event.



Flannel and Frost Party

Yoga in the Greenview Room

Pre-natal Class

Yoga for pregnant ladies in all trimesters - feel stretched, graceful and active in this flowing workout that will tackle the aches and pains of pregnancy and leave you feeling refreshed, restored, strengthened and provide you with some essential tools for labour, birth and those first months of motherhood. Whether this is your first pregnancy or your last, you'll find peace and energy in this yoga session and meet other Moms-to-be. *Please bring a yoga mat, a towel and a pillow.

Greenview Room

7:00-8:00pm, Tuesday nights
October 10- December 5, 2017
\$12 for TG Members drop in rate
\$16 for non-members drop in rate

Mom & Baby Yoga Class

Soothe the aches of new parenthood while connecting with your newest addition and meeting other new Moms in the community. This class will teach postures to reconnect with your postnatal body and rejuvenate through gentle exercise focusing on safely restoring core and pelvic floor strength, as well as some exercises for baby that will aid digestion, relaxation and sleep patterns and provide a unique bonding experience through these important and stressful early months. Come and connect with new Moms in a supportive environment; diaper and cuddle breaks are welcomed. Recommended baby age is six weeks postpartum to crawling. Please bring a yoga mat & towel.

Wednesdays 9:00-10:00am

October 11- November 29, 2017
Greenview Room
\$12 for TG Members drop in rate
\$16 for non-members drop in rate

TGCA Hatha Yoga

Hatha Yoga is a mindful, lightly flowing class that builds strength, flexibility, breath work and meditation. All levels welcome.

October 16-December 8, 2017
Mondays and Fridays from 9:00am-10:00am.

8 Sessions (Once a week)
Drop In \$15 per class

Greenview Room

Please visit the administration office to register
Mondays or Thursdays from 9:00-10:00am
16 Sessions (Twice a week)
Mondays and Fridays from 9:00-10:00am



TG GYM NIGHT

TG Gym Night is held on Wednesdays in the Main Hall of the Thorncliffe Greenview Community Association from 7:00-8:30pm. It is affordably priced at \$1.00 for TG Members and \$2.00 for non-members. Please be advised that children under 6 are required to be accompanied by an adult at all times.

This program emphasizes the concept of play and creativity with youth sport. Gym Night is an open canvas with many different activities played each and every week. Some activities that are played include, but are not limited to:

- Indoor Soccer
- Floor Hockey
- Badminton
- Basketball
- Volleyball

There are some rules that must be followed for the program:

- Non-marking shoes only
- No outside food or drinks (except a water bottle)
- Parents must pick their children up at 8:30pm promptly
- No loitering in the lobby or parking lot

If you have any questions, please call the office at 403-274-6840.

**LAST GYM NIGHT IS NOVEMBER 15
RESUMES JANUARY 3**

MOVEMBER
is an annual event held every November to raise awareness for men's health issues, such as prostate cancer, testicular cancer, and men's suicide. Men show their support by not shaving for the duration of the month.

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BRAIN GAMES SUDOKU

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

TG LOUNGE SPECIALS

Daily Specials \$8.50

**MONDAY
TUESDAY
WEDNESDAY**

DAILY SPECIALS

\$8.50

FRESH SUBS WITH FRIES AND VEGGIES

TACO TUESDAY WITH TATER TOTS

**CHICKEN RANCH WRAP WITH FRIES OR
VEGGIES**

WEDNESDAY WINGS (12)

\$4.00

THURSDAY

BEEF DIP WITH FRIES OR VEGGIES

EVERY DAY SPECIALS

**PIZZA
LOADED NACHOS**

CHEESE, PEPPERONI, HAWAIIAN, SUPREME

\$15.00

\$12.00



TG LOUNGE

GREY CUP PARTY!

Trivia, football toss, cold beer, Grey Cup
food specials and a party for the ages!

SUNDAY, NOV 26

4PM - 9PM

**5600 Centre Street North
403-274-5574**

Members and Guests welcome



THE SANTALAND DIARIES – LUNCHBOX THEATRE, NOVEMBER 27 – DECEMBER 23

This is one elf that won't make the nice list. His name is Crumpep and he'll tell you the truth about Santaland. An out of work and broke actor in New York city takes a job as an elf in Macy's Santaland Village. The behind-the-scenes reality of holiday cheer is not the blissful peppermint dream that he had imagined. Based on David Sedaris' hilarious book chronicling his outlandish experience working as an elf in a Macy's Santaland, The Santaland Diaries is a one-man riff on one elf's truly odd encounters with his fellow man. More info: lunchboxtheatre.com/the-santaland-diaries/



TREES WITH TEA – YYC BEESWAX HQ, DECEMBER 5

Join us for a fun evening of candle making fun! We'll have hot tea for you to enjoy as you learn about bees and beeswax. After that, we'll celebrate the season by making some adorable beeswax tree candles. This is a perfect workshop for kids to make Christmas gifts! Instruction and all materials are included. More info: <https://www.eventbrite.ca/e/trees-with-tea-tickets-36255478111?aff=es2>.



A CHRISTMAS TALE CARRIAGE HOUSE INN, DECEMBER 17

An incredible event for the whole family in Calgary! Beautiful, full of fun and magic Christmas show with Santa will take you into the world of music and dance. Magic tricks and games with Santa and his friends will provide you and your family with an unforgettable experience of the Christmas spirit and fill your holidays with joy. Children under 2 years old are free. More info: artstarcreations.net/category/news/.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

International Christmas Market – Spruce Meadows, Dec 1 - 3

This final weekend of the International Christmas Market invites you to take in over 250 vendors in the indoor comfort of Spruce Meadows. Take in the lively, festive atmosphere while crossing those last few gifts off of your list. Live entertainment, dining, choirs, and much more. More info: sprucemeadows.com.

Boy film screening – Esker Foundation, Dec. 7

Boy is a dreamer who loves Michael Jackson. Boy's other hero, his father Alamein, is the subject of Boy's fantasies, and he imagines him as a hero and a close relation of Michael Jackson. In reality Alamein is an inept, wannabe gangster who has been in jail for robbery. When his father returns home, Boy is forced to Sidewalk Citizen will be providing complimentary treats for this screening. Dir. Taika Waititi, 2010, 87 mins. Event is free, registration essential. www.eventbrite.ca/e/boy-registration-37158757845?aff=es2.

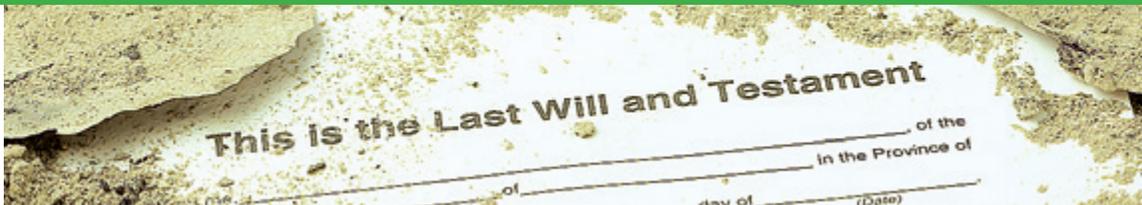
A Cowtown Christmas by Cowtown Opera Company – Central United Church, Dec. 9

Do you hear what I hear? It's your annual get-together with your opera-singing relatives! This year dress in your pajamas and most festive onesie receives a prize. Baby, it's cold outside and Cowtown is the musical equivalent of a warm cup of cocoa. You'll laugh, sigh, and sing-along (of course!) to your favourite Christmas tunes. Hosted by Calgary's beloved Heebie-Jeebies, and featuring Calgary's top musical talent, come celebrate the most wonderful time of the year. More info: cowtownoperacompany.com.

The Brick Teddy Bear Toss – Scotiabank Saddledome, Dec. 10

The annual Teddy Bear Toss is hosted by the Calgary Hitmen in support of children in need in Calgary. Bring a teddy bear or plush toy of your choice and at the end of the first period all in attendance will toss their toys onto the ice. Last year almost 24,000 toys were collected to put under trees all over the city. This year the hitmen will square off against the Moose Jaw Warriors. Tickets and info: hitmenhockey.com/teddy-bear-toss.

DECEMBER DECEMBER DECEMBER



Raise Your “Awareness” of the Benefits of Life Insurance

By Kevin O’Hagan, PFP, FMA, CIWM

September was Life Insurance Awareness Month in the U.S. When you consider the benefits you and your family may receive from life insurance, you might agree that Canada should also have a month focused on this important part of your overall financial picture.

According to the 2012 Insurance Barometer Study, published by the non-profit LIFE Foundation and LIMRA, a research and consulting organization that specializes globally in insurance and financial services, too many North Americans are uninsured or under-insured. In fact, nearly a third of all consumers think they need more life insurance. And it appears that one of the main reasons so many people lack sufficient life insurance is their perception that they can’t afford it. Yet, the cost for basic term life insurance has fallen by about 50 percent over the past 10 years, according to the LIFE Foundation.

The cost — financial, emotional and psychological — of not having adequate life insurance certainly outweighs the expense of carrying the proper coverage. You’ll hear about many things that are designed to “last a lifetime,” but in the case of life insurance, that expression is appropriate. Consider the various times in which you should look at the need for life insurance:

When you’re married

Many married couples assume they won’t need life insurance until they have children. But if you or your spouse died, would the surviving spouse’s income be sufficient to pay off the mortgage, or even the rent? How about credit card balances, car loans, or student loans?

When you’re married...with young kids

Now, in addition to having to pay off the mortgage if anything should happen to you, your surviving spouse will have to find the money to educate your children — and that’s a big challenge, given the rapidly escalating expenses associated with post-secondary education. But with sufficient life insurance in place, your spouse can deal with the high costs of higher education. Furthermore, if you have permanent life insurance, such as whole life or universal life, you have the potential to build cash value, which you may be able to tap to help pay for school — while you’re still alive. (Keep in mind, though, that using some of your cash value could lower your policy’s death benefit.)

When your children are grown

Even with your children grown and gone, you can benefit from life insurance. For example, if your spouse outlives you by a decade or more, will he or she have enough money to enjoy a comfortable lifestyle?

When you’re retired

Your need for life insurance doesn’t retire when you do. For one thing, you may be able to access the cash value of your permanent insurance to help meet your retirement expenses. (Keep in mind this may affect your death benefit.) And your policy’s death benefit could help your children or other heirs deal with estate taxes, if any exist. Furthermore, if you’d like to be able to pass on something to your children or grandchildren, life insurance may be an ideal vehicle, because the proceeds are typically income tax free and can avoid the time-consuming process of probate.

Life insurance can offer a lifetime of benefits. So, make sure you get the coverage you need.



The Three Biggest Mistakes

People Make Trying to Lose Weight, Increase Energy, and Get Fit – And What to Do Instead

By Kirei Yasunori

We have covered why burning fat, not sugar, for fuel is important. Last month we discussed how weight lifting is the keystone component of exercise. Have you tried moving the weights slowly up and down to a ten count to eliminate momentum and increase the effectiveness of your workout?

This month I will talk about goal setting and implementing new small daily behaviors that achieve the larger dream.

What is your health goal?

Ask yourself why this goal is important. Imagine yourself having achieved this goal. How do you feel and look? What is your energy level? Do you walk taller? Are you proud of your body? Do you feel attractive in your clothes? Can you do the things that are important to you?

Now consider how this person that you have imagined yourself being moves through his or her days. What are

the behaviors that created this person? What choices does this individual make around food, movement, stress? What support does this sort of person seek to achieve goals?

Start to act like this person. Be this healthy human that you are becoming!

Will Durant summarizes the ideas of Aristotle as: “We are what repeatedly do. Excellence is not an act but a HABIT.” Commit to the process of becoming that healthy, fit person, not to the goal. Repeat small, healthy behaviors over and over to achieve your dream. Reward yourself for sticking to the process and have patience for your achievements to arrive. Google healthy habits and add one to your life every week. They may be as simple as drinking a glass of lemon water every morning or taking a deep breath and rolling your shoulders once a day. Just keep adding the behaviors that will create the person that you intend to become.

Good luck on your journey to be a healthy, fit person.

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It's Never Too Late for Self Care – Introducing The “Power Hour”

By Kelly Newman

For those of you who missed the beginning of September to start, or stick with your self-care routine and rituals, you are not alone. So many women struggle to make time for themselves, and they put their needs at the bottom of their never-ending to do list. One of my biggest “A-ha’s” was the realization that I am always going to feel like I have too many balls in the air. The never-ending chore list is never going to be done. So why wait until everything else is done, before I start taking better care of myself? Life is not going to get easier. My responsibilities are not going to go away, so how can I learn to manage my life experience without constantly feeling like I am barely able to keep my head above the water?

The only way we make our experience of our lives better is by becoming curators of our own wellness. We make taking care of ourselves a priority within our lives and we practice self-care. I am not talking about “lavish” self-care. Manicures, pedicures, shopping...all of those things are fantastic and fun and but what I am really referring to when I speak of self-care is daily rituals and routines that promote the nourishment of our bodies, minds, and spirits. They are the practices that help us tune into and keep in touch with ourselves; our needs, our wants and our dreams and our desires. Most women are very in-tune with what the people they care for in their lives need, but at times they are so focused on everyone else that they lose touch with themselves. To reconnect internally, I recommend that women invest one hour per day, on herself, by herself, with herself. And that she uses that time to listen to her own voice, to hear her own thoughts, to own her feelings and emotions and decide from a place of calm and clarity what she is going to do about all of it.

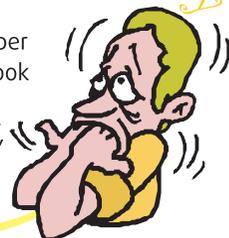
Self-care is about making time and space for yourself, amidst all of your other roles and responsibilities. For myself and my clients, one of my favourite exercises is what I refer to it as the “Power Hour.” 20 minutes of moving your body, 20 minutes relaxing or meditating and 20 minutes doing something you love. A daily practice like this restores your reserves and puts you back in touch with your own experience. When we are more connected to ourselves, we are less reactive. We have more clarity about our priorities and values. We are more focused on what really needs to get done and what can wait.

When we create a time and space to breathe, to be ourselves, to be with ourselves every single day, we learn to care for ourselves. And when women practice excellent self-care, they feel more centered and in touch with themselves and thriving becomes the life experience instead of surviving. The more we learn to fill our own buckets, the more our overflowing buckets fill others’ buckets. For this next month, I challenge you to practice excellent self-care and start your own “Power Hour” rituals, and become a curator of your own wellness!



The Whimsical Holidays of Thomas Roy

American actor Thomas Roy and his wife have created a number of “special” holidays. Among his November holidays are: “Cook Something Bold and Pungent Day”, “Married To A Scorpio Support Day”, “Have a Bad Day Day”, “Name Your PC Day”, “Blasé Day” and “Stay Home Because You’re Well Day”.



News from the Friends of Nose Hill

by Anne Burke



Join us on Wednesday November 15 at Triwood Community Centre Lounge at 7 p.m. for our annual members meeting. Details on www.fonhs.org.

The Supreme Court of Canada played a role in the creation of Nose Hill Park. Planned public purchase of land for a park can be a legitimate reason for refusing to grant a building permit or for a refusal of an application for rezoning.

In 1973, Calgary passed a resolution restricting urban development on 4100 acres in the Nose Hill area and requiring investigation by the City of "all available means" to acquire the land. In 1976, the City reduced the size

of the proposed Nose Hill Park by deleting the western parcel of 1500 acres. The Municipal Plan in 1979 said there will be a plan for Nose Hill Park. Then the City passed an area structure plan called Crowchild III which refers to the "proposed Nose Hill Park".

The City adopted the Nose Hill Master Plan by Parks and Recreation to outline the types of recreational activity desirable in the park. This plan put forward 3 alternative park concepts which were evaluated and with recommendations. As a policy document, it was incorporated in the Municipal Plan in June 1980. (There was a Master Plan Review in 1993). With approval of its plan for Nose Hill Park, the City authorized the purchase of land in the park.

The Court determined that: when a municipality makes a firm decision to create a park and demonstrates this in a land-use bylaw, this does not mean that the municipality must create the park immediately.

Under the 1963 law, land could not be zoned as parkland unless the municipality owned the land at the time. Once the decision was made, it had to acquire the land within 6 months. Otherwise, the bylaw was no longer in force.

In 1984, the Court observed that the law has gradually moved away from the rights of the property owner as paramount to planning flexibility and public interest as more important. Alberta decided that, if the rights of individuals and the public conflict, then to the extent necessary, the "greater public interest" must prevail. Ottawa agreed. In other words, *there is nothing inherently wrong with a development freeze*. The Appeal was dismissed with costs.



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Treating the Litterbox Blues

By Jennifer L. Scott, D.V.M.

A cat missing the litterbox or refusing to use the litterbox is easily the first, second, and third most common reason a cat owner will seek out veterinary advice. Unfortunately, if not successfully treated, it is also why an owner may elect to euthanize or rehome a pet cat. Effective treatment with a single simple solution is often difficult.

Seeking help for inappropriate urination early is critical. What started as a medical problem can become a habit the longer the cat continues to urinate outside the litterbox, then treatment becomes more complicated. Minimal medical workup should include physical examination, bloodwork and urinalysis, and radiographs of the bladder. Radiographs or x-rays will also allow evaluation of a cat's bones for arthritic changes. Back pain may make a cat avoid stepping into the box and being squeezed into uncomfortable shapes. Very old cats may have some cognitive problems.

Basic management to try and treat cats peeing and/or pooping outside the litterbox starts with keeping the litterbox clean. Use a litterbox that is one and one-half times the length of the cat from nose to base of the tail. Try uncovered and covered litter boxes, if possible. Try cutting a second hole at the other end of the litterbox cover. Keep the litterbox out of high traffic, noisy, drafty areas and provide a little light, especially for elderly cats. Older cats may also need a slightly lower entrance if it hurts to step into the box. Long-haired cats may need hair between the toes and around the rear end trimmed.

Get creative. Try different kinds of litter in boxes, and avoid perfumed litters. Try moving the litterbox to a

new location. If the cat had a painful infection or bladder stones, it may associate the current location with pain when he urinated. A litterbox by a furnace that turns on now and then with a loud roar is not the best location.

Rule of thumb in multiple cat households is to offer one more litterbox than the number of cats. If there is conflict between cats in the household it may need to be addressed. If the cat is marking around windows and doors because it's seeing cats outside the house, that may require action to prevent the cat seeing out of that window or door. Marking territory and anxiety are two of many underlying reasons a cat may eliminate outside the litterbox.

Appropriate medical treatment can be started if your veterinarian finds a medical reason. Behavioral causes are much more complicated. Veterinarians stock two products sold over the counter which can be plugged into the wall to release a pheromone into the air which may reduce anxiety and competition between cats. There is also a veterinary diet called Calm diet, which many of my clients have had success with. There are many effective anti-anxiety drugs on the market today to treat cats, as well as some alternative treatments. In most cases, more than one tool needs to be utilized and finding the combination of effective tools can be a journey before success is achieved.

Over the last few decades, the veterinary profession has become more successful at treating inappropriate elimination in cats, but still treating difficult cases demands a huge commitment and partnership between pet owner and veterinarian.

November is Adopt-a-Senior-Pet Month

The City of Calgary's Animal Services is proud to feature their Seniors-for-Seniors adoption program during 'adopt-a-senior-pet' month. The program's focus is to connect mature dogs and cats with owners who are 60 and over. Through this, a 60% adoption fee discount is offered to seniors when adopting a senior animal (age 7 or older).

Senior cats and dogs, while mature and well-socialized, are often overlooked by adopters because of their age. However, when well cared for, senior animals can be a source of love and companionship for many years to come. Ideally, the owner and pet will complement the lifestyle and pace of each other.

The program's goal is to enrich the lives of both pets and people. The adopter can benefit from reduced loneliness, increased opportunities for exercise, socialization and companionship. Owning a pet also has added health benefits (such as lowering blood pressure and cholesterol).

To inquire about adopting a senior pet, please visit www.calgary.ca/adoptapet.



Name	Age	Contact	Course
Becky	34	587-703-5201	Yes
Caitlin	20	240-409-4402	No
Christorlord	16	587-700-8701	Yes
Denzal	14	587-216-3866	No
Martha	50	403-919-2967	Yes
Mary	59	403-295-3369	Yes
Miranda	21	403-880-1184	Yes
Ruth	15	403-289-8737	Yes
Sydney	16	403-226-3954	Yes
Tianan	19	403-629-0084	No

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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.



THORNCLIFFE/GREENVIEW REAL ESTATE UPDATE

Last 12 Months THORNCLIFFE MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2017	\$459,000	\$452,000
August 2017	\$477,450	\$465,000
July 2017	\$419,900	\$375,000
June 2017	\$447,400	\$439,500
May 2017	\$459,900	\$455,000
April 2017	\$459,900	\$451,500
March 2017	\$424,450	\$417,250
February 2017	\$439,900	\$433,000
January 2017	\$450,000	\$425,000
December 2016	\$469,900	\$465,000
November 2016	\$374,950	\$359,500
October 2016	\$419,900	\$400,000

Last 12 Months GREENVIEW MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2017	\$339,900	\$339,900
August 2017	\$429,000	\$425,000
July 2017	\$425,000	\$417,000
June 2017	\$429,900	\$415,000
May 2017	\$0	\$0
April 2017	\$489,900	\$467,500
March 2017	\$0	\$0
February 2017	\$0	\$0
January 2017	\$0	\$0
December 2016	\$378,400	\$365,500
November 2016	\$0	\$0
October 2016	\$0	\$0

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

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NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Thorncliffe and Greenview. 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 Thorncliffe/Greenwood 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.

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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.

MUSIC LESSONS FOR ALL: The Lydian studio of Music is accepting new students in Piano, Guitar, Ukulele, Voice, Violin and Cello. Join our exceptional instructors who are professional and highly-skilled. Additionally, group classes are available: beginner guitar, ukulele and cello. Call Christine at 403-230-2708 www.grouplessonscalgary.com.

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Dear Great News Publishing,

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Thanks for all your help,
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Laura

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Calgary Nose Hill

Hon. Michelle Rempel, MP

201-1318 Centre Street NE, Calgary,
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📞 403-216-7777

✉ michelle.rempel@parl.gc.ca

🌐 www.michellerempel.ca

Small businesses are vital to the Canadian economy. Business owners work hard and have often sacrificed a great deal in order to become successful. That is why I am deeply concerned about the small business tax increases that the Federal Government has proposed. Any changes to Canada's tax system must ensure that small businesses are given every opportunity to grow, create good paying jobs, and contribute to our economy. With those principles in mind, I have supported legislation in the past, and will continue to support legislation in the future, that lowers taxes for small and medium-sized businesses, reduces government red tape, and allows entrepreneurs to create jobs.

The formal consultation on the Federal Government's proposals closed on October 02, 2017 but, if you would like to learn more about the proposed changes please visit my website www.MichelleRempel.ca.

In order to hear directly from those in our community on this issue I held a Town Hall Meeting at the end of September that was attended by over 300 individuals. Due to the short notice of the event I was unable to advertise the meeting via billboard signs and apologize if you were not aware of the event. The overwhelming majority of the individuals who attended, and who have contacted me through my office, are opposed to the proposed changes.

Now that the consultation period has closed the debate shifts to Parliament. Please continue to send me your feedback and suggestions on this topic as we debate these changes.

I have also sponsored an online petition which you can access via: www.e1239.ca

Thank you to those who have contacted me on this issue already. I will continue to bring the voices of small business owners in our community forward as the debate proceeds.



MLA Calgary-Klein
Craig Coolahan

#9, 2400 Centre St NE Calgary, AB, Canada T2E 2T9

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Alberta Cannabis Framework Announced

This past summer, the Alberta Government heard from the public and stakeholders about Alberta's approach to cannabis legalization. More than 45,000 Albertans responded to the online survey! Based on these results, the draft of the Alberta Cannabis Framework has been released.

The Alberta Cannabis Framework proposes who will be able to buy and use cannabis once it is legal, where they will be able to buy it and where they will be allowed to use it.

The framework supports four policy priorities for legalization: keeping cannabis out of the hands of children, promoting public safety on roads, in workplaces and in public spaces, protecting public health and limiting the illicit market.

Details regarding the draft framework include:

- A minimum age of 18 to purchase and consume cannabis.
- Provincial oversight and regulation of wholesaling and distribution of cannabis products through the Alberta Gaming and Liquor Commission (AGLC).
- A public possession limit for adults of 30 grams.
- The ability to grow up to four cannabis plants, no taller than one metre, at home for personal use.
- Restrictions on retail locations selling alcohol, tobacco or pharmaceuticals together with cannabis.
- Strict rules around zoning retail locations and training for employees.
- Province wide restrictions on where cannabis can be used in public, with an emphasis on protecting children and limiting second-hand exposure.
- Ability for municipalities to introduce additional restrictions on public consumption.
- New tools to expand the ability of police to address drug-impaired driving.
- Development of an extensive public education program.

Full details of the draft Alberta Cannabis Framework are available online and Albertans are encouraged to provide feedback to the government. For more details, please visit <https://www.alberta.ca/cannabis-legalization.aspx>.

Holiday Open House

I'll be hosting my annual Holiday Open House on December 8th from 4pm – 7pm. Feel free to drop by my office for some festive treats, warm beverages and some great conversation!

As always if you have any questions or concerns, please contact my office.



CALGARY PUBLIC LIBRARY

Explore expanded access to TumbleBookLibrary

Calgary Public Library has partnered with the Calgary Board of Education and Calgary Catholic School District to expand our access to TumbleBookLibrary. This free online resource for kids offers more than 1,100 titles, including talking picture books, narrated chapter books, ebooks, and graphic novels, all available at calgarylibrary.ca/tumblebooklibrary.

\$1M grant transforms early learning at the Library

The Calgary Foundation Early Learning Centre at Saddletowne Library opened September 16. This new space for children ages zero to five to play and learn in is the first of four Calgary Foundation Early Learning Centres set to open this year, thanks to a transformational \$1 million investment from the Calgary Foundation and an anonymous donor. Discover the new space today!

What does Calgary Public Library mean to you?

In celebration of Canadian Library Month this October, Calgary Public Library is part of a nation-wide initiative sparking conversation about the importance of libraries. Share your most vivid memory or meaningful library moment on social media using #LibraryMoments and tag us @calgarylibrary.

Math is No. 1 at this free after-school program

Students ages 6 to 12 are invited on a Math Quest! Explore the library while completing numeracy challenges at this one-hour drop-in program, offered at 18 Library locations. Quests are connected to Alberta's curriculum, have real-world applications, and demonstrate math can be fun. For more details, visit calgarylibrary.ca, click programs, and search Math Quest.

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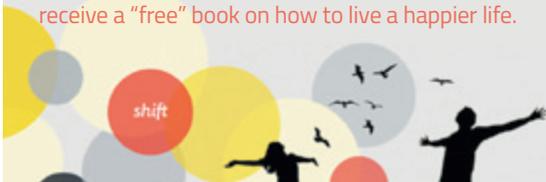
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