

NOVEMBER 2016

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tw TRIWOOD trumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER



STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN'S HEALTH. WWW.MOVEMBER.COM

There are three ways to get involved with Movember and support men's health:

	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



Triwood Community Association

2244 Chicoutimi Dr. NW

Calgary, AB – T2L 0W1

Phone: 403.282.2677

Fax: 403.282.7031

triwoodca@shaw.ca | www.triwoodcommunity.com

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Upcoming Events at Triwood

Yoga for Moms

Drop in - \$12.00

Mondays - 10am - 11am

Sept 12th - Nov 14th

Nov 28th - Jan 30th

Yoga Exposure

DROP IN OPTION - \$12

Thursdays: 6-7pm (6 weeks)

Nov 3rd - Dec 22nd

Hatha Yoga

DROP IN OPTION - \$12

Thursdays: 7:15-8:30pm (6 weeks)

Sept 26th - Nov 28th

Christmas Market

December 4 - Charleswood

10:00am - 3:00pm

FREE COMMUNITY EVENT.

Kids Christmas Party

December 11th - Collinwood Hall

12 noon - 2pm

FREE COMMUNITY EVENT

Annual 'Adult only' Community Christmas Party

December 17th

7:00pm - Midnight

FREE COMMUNITY EVENT

Check out our website for more information on programs and events.

VOLUNTEERING....
Good for the Soul

A MESSAGE FROM THE EXECUTIVE DIRECTOR



The **Adult only** Christmas party will take place on December 17th please don't forget to RSVP through the office to secure your spot. Last year's event was extremely successful and we are looking forward to providing this free event again and to give back to our community. There will be

a Buffet, with some live entertainment and bar service. Christmas attire is encouraged!

The **Kids** Christmas party will take place on December 11th, Santa will be coming in from the North-pole and he will have gifts for all the children. There will be hot-dogs and hot chocolate for the children and coffee and tea for adults, with a craft table and you can decorate your own Christmas ornament too. Registration is not necessary for this event so come on down and share in the festivity with us.

Thank you to all who visited Triwood's Halloween Haunted House on October 31st, a special thank you to Lynsey(Ireland) and Rob who designed the haunted house and thank you to all the volunteers who helped make this event successful.

Our first Annual Christmas Market will take place on December 4th at 10am until 3:00pm IN THE Charleswood Hall, we have numerous vendors selling their products for the upcoming Christmas season so don't miss it. This is a free event.

The Triwood pub will continue throughout the winter months every Thursday evenings from 5 - 9pm, come down and join your neighbours and have the best steak sandwich in town along with an alcoholic beverage.

The foothills Nordic ski club is looking to move to confederation park golf course we are working with the City of Calgary, Ski Club and Residents of Triwood to ensure proper community consultation is done. We will keep you informed of what this looks like throughout the months to come.

Thank you to all the residents that attended Triwood's AGM on October 28th we appreciate your input as well as your dedication to this community.



**TRIWOOD
COMMUNITY
ASSOCIATION**

**2016
DIRECTORY**

**The Heart
of the Community**

Executive		Triwood Staff	
President	<i>Toni Pilkey</i>	Executive Director	<i>Rick Lundy</i>
Vice President	<i>Mark Whiteman</i>	Events Coordinator	<i>Alex Kubik</i>
Treasurer	<i>Jim Pilling</i>	Accountant	<i>Randy Dalgleish</i>
		Building Maintenance	<i>Robert Catton</i>
		Programs/Events Coordinator	<i>Lynsey Farrell</i>
Directors		Arena Manager	<i>Dave Hurren</i>
Community Relations	<i>Sandra Rhead</i>	Sports Registrar	<i>Lynsey Farrell</i>
OFFICE HOURS			
Monday-Thursday 9:00 am - 4:00pm			
Friday 9:00am - 3:00pm			
Closed Saturday and Sunday			
Members at Large			
Member at Large	<i>Jim Heck</i>		
Member at Large	<i>David Fong</i>		
Member at Large	<i>Mark Whiteman</i>		
Member at Large	<i>Chris Cole</i>		
Committee Representatives			
Soccer	<i>Carrie Killam</i>	Nose Hill Park (Community)	<i>Deborah Sanderson</i>
Planning Committee	<i>Joel Mayer</i>	Performance Arts	<i>Jim Heck</i>
Squirts Hockey	<i>OPEN</i>	Grey Eagle Bingo Coordinator	<i>Jade Westlake</i>
Westwood Hockey	<i>Christine Lilge</i>	Police Liason Officer	<i>John Kastomonitis</i>
Ringette (Sports)	<i>Lauri Scotvold</i>	City Parks and Rec	<i>Virginia Clark</i>
Scouts (Programs)	<i>David Fong</i>		
	<i>Mark Whiteman</i>		
Cubs/Beavers (Programs)	<i>Margaret Porter</i>		

TRIWOOD HALL SCHEDULE 2016

Hall (and arena) at 2244 Chicoutimi Dr. NW
Phone 403-282-2677 - Office
Triwood Halls available to rent. Check website for availability.
www.triwoodcommunity.com



Location in Main Building	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Charleswood	Yoga for Moms 10am-11am Zumba Fitness 6:45pm - 7:45pm	Zumba Fitness 9:30am - 10:30am	Zumba Fitness 9:30am - 10:30am Zumba Fitness 6:45pm - 7:45pm	Kids Kartate 5pm - 6pm			
	Yoga4Moms Childcare Hatha Yoga 7:15pm - 8:30pm	Cubs 6-8:30pm	Scouts 6:30pm - 9pm	Yoga Exposure 6-7pm			
Collingwood							
Upstairs Annex (Meeting Room)		Beavers 6-8:30pm					
Adventurers Room	School Age Care 6 am - 6 pm	School Age Care 6 am - 6 pm	School Age Care 6 am - 6 pm	School Age Care 6 am - 6 pm	School Age Care 6 am - 6 pm		
Foothills	Triliters Tai Chi 10-11am Karate 6-8pm	Foxy 6-8:30pm	Triliters Tai Chi 10-11am Foxy 6:30-7:30pm	Painters 9:30am-3pm Foxy 6-8:30pm	Karate 5-8pm		
	Triliters 10am-12pm Book Club 1-4pm (1st Monday of month)	Triwoodsmen 1-4pm Lion's Club 4th Tues of 7-10pm (2nd & 4th Tues of month)	Triliters 10am-12pm	Triliters 1-4pm			

TRIWOOD HALL RENTERS

ACTIVITY	CONTACT	EMAIL	PHONE
Adventurers School Age Care	Franklin Capada	triwood@adventures-sac.com	403-284-5457
Foxy Kickboxing	Jessica Sparrow	jessica@foxykickboxing.ca	
Karate	Ken Noda	mastermoda@mac.com	403-804-6789
Zumba Fitness	Michelle Neufeldt	fitforchange@shaw.ca	403-804-6951
Yoga	Lynsey Farrell	triwoodpc@shaw.ca	403-282-2677
Scouts	David Fong	www.fourthtriwood.com	
Cubs / Beavers	Margaret		
Lions Club	Margaret Young	youngmargaret@shaw.ca	

Triwood will be hosting its first Annual Christmas Market in the Charleswood Hall on December 4th



We are looking for local artisans to take part as vendors in our market. If you are interested or know of anyone that would be interested please contact Lynsey at the office 403-282-2677, triwoodpc@shaw.ca, and visit our website to fill out the vendor application form www.triwoodcommunity.com.



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Newsletter Submission DEADLINE

15th of each month for the next month's issue

Please have your submissions in on time to ensure publication in the next month's issue. You can fax, mail or drop off your material at the Triwood Community Association office during office hours, or email: to triwoodca@shaw.ca



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Triwood Community Association MEMBERSHIP

(Charleswood, Collingwood and Foothill Estates)

Please support your Community Association by purchasing a membership!

TYPES OF MEMBERSHIP

Triwood Residents (must reside within the boundaries of Triwood):

- **General Membership:** Family/Individual – Includes sports registration and voting privileges - \$30
- **Senior Membership:** Individuals over 65 yrs – Includes voting privileges but no sports registration - \$10

Non-Triwood Residents:

Associate Membership: Family/Individual – Includes sports registration but no voting privileges - \$30

Senior Associate Membership: Individuals over 65 yrs – No sports registration and no voting privileges - \$10

Note: Our membership year runs from September 1st – August 31st

To purchase a membership, please visit the Triwood Community Association office or visit our website at www.triwoodcommunity.com. We are open Mon – Thurs from 9:00 a.m. – 4:00 p.m. and Fridays from 9:00 am to 3:00 pm.

We are located at 2244 Chicoutimi Drive NW.

Stay connected with Triwood!

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Check out our website

www.triwoodcommunity.com

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<http://www.surveymonkey.com/s/D1PH1Q8>

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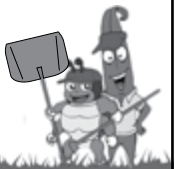
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TRIWOOD TRI-LIGHTERS 50+ SENIOR LADIES' GROUP

Senior Ladies, we meet every Monday and Wednesday mornings for Tai Chi at 10:00am. Thursday afternoon we have a small but friendly group that meets at 1:30 pm for conversation, cards and refreshments.

For more information please call Betsy 403-289-9082 or Joyce 403-289-6972.



Volunteers Needed at Triwood Community Association

- Are you in high school looking to complete community service hours?
- Are you in college or university hoping to add experience to your resume?
- Are you an adult looking to get involved within your community?
- Are you a senior searching for something fun and rewarding to do in your spare time?

Volunteering is a gratifying experience at any age! If you answered yes to any of these, then the Triwood Community Association has the perfect opportunity for you. We are currently looking for volunteers to assist with upcoming community programs and events. Volunteers will lend a hand with a wide variety of recreation programs and special events, and will have a chance to work with people of all ages. This is a great way to meet new people, get involved in your community, and have some fun!

Volunteers must be at least 13 years of age. If you are over the age of 18 we will require a Security Clearance check (free for volunteers).

Please contact Lynsey TODAY to join our volunteer team! She'd love to hear from you: triwoodpc@shaw.ca or 403-282-2677

Thank you!



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Meetings 2nd and 4th Tuesdays each month

Phone Sandra Rowe at 403-226-1435

Free Admission

Triwood's Christmas Market

Hot Chocolate
Kids Crafts
Decorate your own Cookies
Handcrafted work by local Artists
Raffle to win a festive Christmas Hamper
Music
Mulled Wine

Sunday
December 4th
10am - 3pm
Charleswood Hall

Triwood Presents

KIDZ CHRISTMAS PARTY

FREE ENTRY
COME MEET SANTA

December 11th
12 Noon - 2pm
Charleswood Hall

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Triwood
Community members

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Christmas Party
Saturday, December 17th
Charleswood Hall
6:30pm

Free Buffet Dinner & Entertainment

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nwcjazz

and creative music society

NWC Jazz Presents Jazz in the Woods – The Coercion Collective

The first instalment of Jazz in the Woods is here! On November 13th at 7pm the Coercion Collective will be kicking off the second edition of our Jazz in the Woods series. Formed in 2013, the Collective is the main compositional vehicle of Calgary saxophonist Evan Cribb. The group's modern approach to jazz covers a range of musical approaches, from introspective collective improvisation to complex written arrangements and exuberant individual solos. Featuring a collective of Calgary and Vancouver's finest improvisers, the Collective's flexible approach provides a dynamic and ever-changing interpretation of these unique compositions. This performance will feature André Wickenheiser on trumpet, Joel Untinen on guitar, Rob Hutchinson on bass, and Tyler Hornby on drums, as well as Cribb on saxophones. Come down for some great live music, local art, tasty snacks, and beer provided by our friends at Village Brewery!

For tickets and more information please visit our website: www.nwcjazz.com.

Autumnal Offerings

Red and purple leaves are actually caused by the presence of sugars from sap that is trapped inside of the leaves.



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URBAN TOWNHOMES IN
THE UNIVERSITY DISTRICT



Brookfield
Residential



Yoga



**Triwood
Community**

Yoga 4 Moms

Every Monday - 10:00am - 11:00am

\$2 childcare available

Drop in Class - \$15.00 8 week class - \$96.00 4 week class - \$48.00

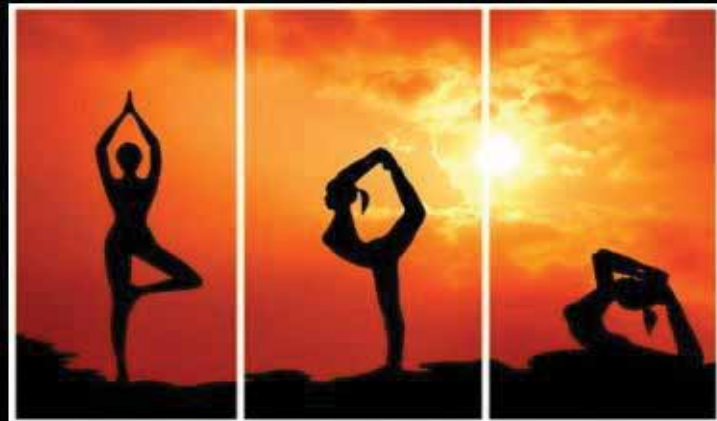
Hatha Yoga

Every Monday Evening
7:30pm - 8:30pm

Drop in Class - \$12.00

4 week class \$40.00

8 week class \$80.00



Yoga Exposure

Every Thursday 6:00pm - 7:00pm

Drop in Class - \$12.00

4 week class - \$40.00

8 week class - \$80.00



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IN & AROUND CALGARY

EMS: Yielding to Emergency Vehicles

Time is the enemy in any 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 or left hand 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.

IN & AROUND CALGARY

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. 11 am -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.

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News from the Friends of Nose Hill
 by Anne Burke

Calgary 

It's time to recycle more than this newsletter

New recycling requirements for business are here. Contact your collection company or visit calgary.ca/businessrecycling to learn more.



paper and cardboard
 metal
 untreated wood
 glass
 plastic film and containers

Our annual general meeting is on Wed. Nov. 16 at Triwood Community Centre NW and the public portion begins at 7: 30 p.m. Our guest speaker John McFaul will offer a power point of Nose Hill Flora with an introduction to the City BiodiverCity 10-year strategic plan. John was appointed by City Council as a member of the Biodiversity Advisory Committee and is a professional naturalist, who has been leading nature walks and hikes for 30 years. From 1986-2003, he worked for City of Calgary Parks as a naturalist for the Inglewood Bird Sanctuary. He received the Loran L. Goulden Award from the Federation of Alberta Naturalists. John is a professional interpreter with the Interpretive Guides Association. For more details you can go to our website at www.fonhs.org.

Calgary has been called "Sandstone City" because it is a key component of many heritage buildings, including the old City Hall. Rather than importing the material, City Council approved a notice of motion to reintroduce mining within the city lim-

its, at Edworthy Park and/or the former John A. Lewis Quarry site. A scoping study will return to City Council about the feasibility of reactivating small-scale quarrying sites.

When news of the motion was published, Nose Hill Park was named as the second site. Council was already in session. As a result I wrote a letter opposing the plan, due to public safety issues, impact on wildlife, and damage to diversity. The Ward Councillor voted against the motion and said, "No one must touch Nose Hill". There was a re-commitment to preserving Nose Hill for future generations of Calgarians. The assistant to the motion mover confirmed, while there was no reference to Nose Hill Park, it is important to preserve and conserve nature across our city. Fortunately, the second site is actually in the West Creek Valley, well outside the Park.

City Hall exhibited "Calgary Goes to the Dogs: A History of Dogs and Dog Licenses. In 1885, there were only 100 dog tags; now there are 100,000. There were no leash bylaws or fenced-in backyards. We have the Responsible Pet Ownership Bylaw and there are estimated to be 150 public off-leash areas. This accounts for 20% of park spaces in Calgary (1250 hectares).

Nose Hill is a popular park for walking dogs, in part because some communities do not have their own off leash areas. The pathways on the escarpment are on-leash areas, while the multi-use plateau (top of the hill) is off-leash.

THE PROPHETS OF MUSIC

presents

DECEMBER 3rd, 2016

Prophets of Music presents:
Jocelyn Alice //
Chris Stills //
Mocking Shadows //
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Nurturing a sense of belonging on National Child Day Nov. 20

National Child Day is celebrated annually to mark two historic events: the 1959 signing by Canada of the United Nations Conventions on the Rights of the Child (UNCRC) and the adoption of the convention.

This year's theme is **a young person's right to belong.**

Identity and belonging is about young people developing a positive sense of who they are, and feeling that they are valued and respected as part of a family and community. Positive messages about their families, backgrounds, cultures, beliefs, and languages help children learn, develop skills and a healthy sense of identity and belonging; this helps them later to better deal with bullying and discrimination.

One way your family can celebrate National Child Day is to share a book or story about belonging.

The book **How Far Do You Love Me?** by Lulu Delacre celebrates love and belonging. It gives parents and teachers an opportunity to share a story that features people from different corners of the world using their geographical locations as references for how great their love is.

More books about belonging (Calgary Public Library may have these to lend):

- Corduroy** by Don Freeman
- I Like Myself!** by Karen Beaumont
- The Blossoming Universe of Violet Diamond** by Brenda Woods
- The Invisible Boy** by Trudy Ludwig
- Gaston** by Kelly DiPucchio
- Rump: The True Story of Rumpelstiltskin** by Liesl Shurtliff

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com



CALGARY PUBLIC LIBRARY

Winter Word Fair

Kickoff the holiday season with Calgary Public Library's Winter Word Fair—your one-stop bookish Christmas shop featuring unique vendors, entertainment, and refreshments.

Take advantage of the Library's in-house expertise to buy great reads during the most popular book-giving period of the year.

Get there early! The first 50 people get an opportunity with a personal shopper, who will match you to the perfect reads for everyone on your list, and your very own gift bag to fill with incredible bookish gifts.

Central Library

Thursday, December 1 | 5:00 pm–8:00 pm
 Everyone welcome!

Calgary Public Library Foundation Tours

The Library has 18 community libraries across the city—how many have you visited? Join the Calgary Public Library Foundation for a series of free one-hour tours that provide a special behind-the-scenes look at many of the features, programs, and benefits at each unique location.

You'll hear about a patron's personal experience, learn about what's planned for the future, and be taken on a tour led by Library staff. You'll leave with a new perspective on your local library!

To register, visit LibraryFoundation.eventbrite.com or call 403.260.2631.

Library Updates

The Library will be closed Friday, November 11, for Remembrance Day.

The Children's Library at Village Square Library has been completed and is open for play and reading! Your kids will love the brand-new vibrant and interactive Early Learning Centre!

Renovations to the Nose Hill Library have been completed. Make sure to drop by and see the revitalized space!

The November/December *Library Connect* is now available. Pick up your guide to the Library's free programs and events at any community library, or download a copy at calgarylibrary.ca.

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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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TRIWOODSMEN



SENIOR MEN'S SOCIAL CLUB

Triwood Triwoodsmen is a senior men's group who meet every Tuesday between 1pm and 4pm. We have a short "get up to date" then move on to playing pool, a dime game, shuffle board, and cards. For those so inclined, we also just sit around and shoot the breeze while solving any and all problems of the world.

Four times a year we get together with our wives, girlfriends and the ladies from the Triwood Tri-lighters for a dinner at Halloween, Christmas, Valentine's Day and Easter. From what we have been told everyone has a good time and they look forward to the next get together.

For more information, please contact:
Jack Thompson – 403-282-3595
Bert Lamb – 403-282-1987

Hello Calgary-Klein!

Economic diversification is a key element of Alberta's economic recovery. Alberta's economy must become more resilient to changes in the international price of oil. Our government is supporting small businesses to create jobs and get Albertans back to work.

Alberta's small businesses and investors create new jobs and diversify our economy. Small businesses in Alberta have a bigger economic impact than small businesses anywhere else in Canada, and make 35 per cent of all jobs in Alberta.

As part of the Alberta Jobs Plan, our government is creating a tax credit for investments in small Alberta businesses that will support up to 4,400 new jobs over three years, and contribute up to \$500 million to the province's GDP.

The Alberta Investor Tax Credit (AITC) will offer a 30 per cent tax credit for investments in Alberta small business made between April 14, 2016 and December 31, 2019. The tax credit will be offered to investors who provide capital to Alberta small business in a variety of sectors, including:

- Research, development, and commercialization of proprietary technology, products and processes,
- Development of interactive digital media and game products,
- Post-production, visual effects, and digital animation, and
- Tourism operations – like resorts, skiing facilities, amusement and recreation industries, hunting and fishing camps, and scenic and sightseeing tours.

Legislation establishing the AITC is being introduced this session. We know from similar legislation in other jurisdictions that this will provide a strong incentive for Alberta investors, increasing access to capital when and where small businesses need it most.

As always, my office is happy to hear from constituents. If you have any feedback about this initiative, or any other matter, feel free to contact my office at calgary.klein@assembly.ab.ca or 403-216-5430.



MLA CALGARY-VARSITY STEPHANIE MCLEAN

#101, 5403 Crowchild Trail NW
Calgary, AB, Canada T3B 4Z1
Phone: (403) 216-5436 • Fax: (403) 216-5438
calgary.varsity@assembly.ab.ca

Friends,

In October, the trees have lost the last of their yellow leaves in preparation for the coming winter. The nights were chillier and migrating geese were a common sight in the sky. I hope everyone enjoyed a wonderful Thanksgiving.

Now that everyone has finished raking the leaves, you can drop your bagged leaves and ghoulish pumpkins off at Varsity Athletic Park, 39 Street & 46 Avenue NW, until November 6th.

Between preparations and ministerial work I've been in Calgary-Varsity to attend community events and ensure constituents have access to their representative. I was very happy to help Westmount Charter School celebrate the completion of their renovations in partnership with the province.

We found it a pleasure to discuss current events with Seniors at the Brentwood Community Association. We also had the opportunity to connect with Parents during a parents and tots playgroup in Brentwood; we had the chance to engage with folks about issues affecting families in our community. There are so many great opportunities for everyone in the Varsity constituency to connect, we encourage you to check out your local community association to discover how.

Looking ahead to November, the legislative session continues through the whole month. We also mark Remembrance Day to honour the sacrifices made by Canadian soldiers in protecting our country.

Throughout the fall my office will be attending Community Association meetings, AGMs, and Community programs throughout Calgary-Varsity to ensure I'm always informed about how best to represent local issues at the provincial level. We hope to see you there!

Our office serves all the people of Varsity, Dalhousie, Brentwood, Banff Trail, University Heights, Montgomery, and Charleswood. Our team is available to talk to constituents about provincial government departments, programs, scrolls, and services. Please visit us in our office, and let us know how we can help you.



COUNCILLOR, WARD 7 DRUH FARRELL

ward07@calgary.ca • www.druhfarrell.ca
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Aside from the odd spot of traffic, most of us have a fairly easy time getting around our city while walking, cycling, driving, or taking transit. There are many of us, however, who find our city hard to navigate. As recently as 2012, 10% of Calgarians reported having significant disabilities. By 2019, 200,000 Calgarians over the age of 15 will live with disabilities.

The City of Calgary is committed to building an inclusive society where everyone can access programs in a way that respects the independence and dignity of people with disabilities. Other orders of government have also taken notice. Several provinces have passed strong barrier-free legislation, and the Government of Canada is currently working on a national accessibility strategy.

Last year, Council supported my motion to find ways to make our public facilities and public realm barrier-free. The work includes an accessibility audit of all our civic facilities, as well a plan to improve how they function for Calgarians with various disabilities.

My motion also asked staff to encourage better accessibility of private developments through the planning process, and to partner with advocacy groups to increase the amount of barrier-free housing.

I am encouraged that the initial response from City staff will result in some quick and easy wins in and around the municipal complex at City Hall. These measures will make navigating City Hall easier for those visiting to drop off a permit application, pay a bill, or attend a Council meeting. Wayfinding signs directing people towards accessible facilities have already been installed on the LRT platform at City Hall. Banding decals have been installed on the glass elevators in the Municipal Building to assist blind visitors. Elsewhere, our Roads department purchased wheelchairs to give its staff personal experiences of what it is like to move around Calgary's streets with disabilities.

Achieving an accessible city is much like achieving a clean city or a safe city. There is no finish line. Through continuous improvements, striving for an increasingly accessible city is worth the investment.

If you see an opportunity to improve accessibility on public property, please call 3-1-1 or go online to www.calgary.ca/311. To learn more about this and other Ward 7 topics, visit www.druhfarrell.ca. To sign up for updates on key issues, please email ward07@calgary.ca.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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Contact news@great-news.ca

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



Daylight Saving Time

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Remembering Is Something You Do

During Veterans' Week, November 5th to 11th, I will join Calgarians and people across the country as we pay tribute to all Canadian Veterans. Throughout the week, thousands of commemorative ceremonies and events will take place across our country to honour Canada's Veterans, current serving members of the Canadian Forces and those who have made the ultimate sacrifice. The sacrifices and achievements of our Veterans have helped define and defend Canada's values of freedom and democracy. They will always be remembered.

Here are some ways to engage in Remembrance: Wear a poppy above your heart, attend local Remembrance Day ceremonies, and vow never to forget; Change your profile picture on Facebook to a poppy and blog or tweet about the importance of remembrance; or listen

to Veterans talk about their experiences and thank them for their service. Remembrance IS more than something you think about – it's something that you do.

Another way to help remember is to find your connections to the past. You can obtain information on where the graves of all Canadian soldiers who died while serving abroad are located. Here's how to do a search for your connection to the past.

Visit the Veterans Affairs Canadian Virtual War Memorial online at www.virtualmemorial.gc.ca. (If you are looking for an Allied soldier you could also try a similar search through the Commonwealth War Graves Commission at www.cwgc.org as they keep track of all Allied cemeteries.)

Search by name and select the soldier you are looking for. (Keep your search terms broad to yield the best results. This is especially important with first names or common misspellings of names.)

Review the results of the search. When available, it will include photos, a copy of the page from the Book of Remembrance, vital personal details and possibly even a summary of the circumstances surrounding the soldier's death.

A quick Google search using the name of the cemetery often yields a link to photos of all the tombstones, lists of those buried (alphabetical and regimental) and a good description of the cemetery itself. Please don't consider the Veterans Affairs Canadian Virtual War Memorial as the only possible source of information and don't underestimate the power of a good online search engine like Google.

Share your findings and experiences with others in a gesture of Remembrance. I would be interested to hear from anyone who uses this process and finds it as rewarding as I have.

Poppy Facts
The poppy came to prominence after Canadian Artillery doctor John McCrae wrote the poem *In Flanders Fields* in 1915.

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