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A MESSAGE FROM THE EXECUTIVE DIRECTOR



I'm recently just back from holidays and feeling frisky and motivated. I hope everybody had a chance to enjoy their summer holidays as it is hard to believe it is September already.

The squirts hockey registration is still open and we still require more participants to make this program a go. If you haven't yet signed up your child between the ages of 3 – 6 years please visit the website and register them. It is a great way for your child to learn the fundamentals of hockey and meet new friends for their neighbourhood.

Pub night continues to be a huge success. We encourage the residents of Triwood to bring their friends and have a drink with some good food.

A special thank you to Ireland for her hard work with the summer camps; the kids had such a fun time. We look forward to seeing what fun activities she can come up with for next year's camps.

If you would like to volunteer for our casino that will be held October 19th and 20th, at Casino Calgary, we still have some spots available for you. The casinos help us with some major capital expenditures that make our Community Association a better place for all the residents of Triwood. The Board of Directors will be going door to door in September to discuss the benefits of being a member at Triwood plus to seek your opinions on what you would like to see the Triwood community be in 5/10 years.



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Upcoming Events at Triwood

Yoga for Moms

Drop in - \$12.00
Mondays – 10am – 11am
July 4th – Sept 29th (no class August 1st)
Next Session – Sept 12th – Nov 14th

Yoga Exposure

DROP IN OPTION - \$12
Thursdays: 6-7pm (6 weeks)
Next session – June 30th – Aug 18th 2016

Hatha Yoga

DROP IN OPTION - \$12
Thursdays: 7:15-8:30pm (6 weeks)
Next session – July 11th – Sept 12th

Farmer's Market

Every Tuesday 3:00pm – 7:00pm
Triwood Parking Lot
Come on by and check out all the wonderful produce for sale.
Market will run until Sept 27th 2016

Halloween Haunted House

October 31st – Collingwood Hall
More information available online

Annual Community Christmas Party

December 17th 2016
7:00pm – Midnight
More Information available online

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



**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 Dalglish</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			
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	Diane McKean	adveninc@shaw.ca	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	

JT'S PUB



EVERY THURSDAY NIGHT 5PM-9PM

\$4.50 BEER
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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

**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.

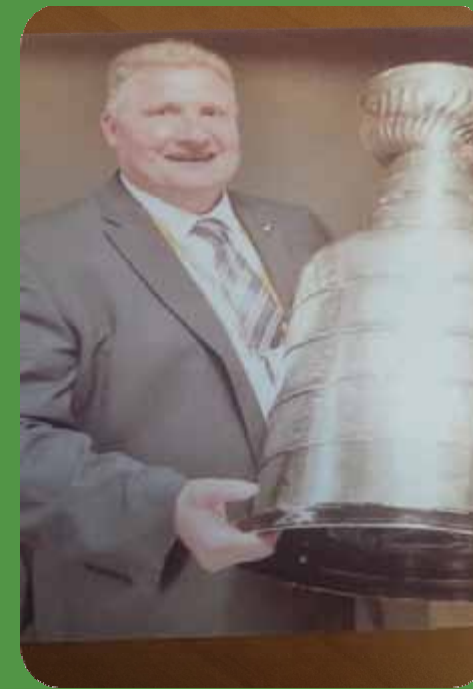
Stay connected with Triwood!

Like us on Facebook 

Follow us on Twitter  @TriwoodC

Check out our website  www.triwoodcommunity.com

Fill out our survey!  <http://www.surveymonkey.com/s/TFP8LQ8>



**A message from
Triwood resident
Allen Alexander**

I want to thank the Triwood Community for giving my son Colin the opportunity to play hockey. He didn't quite make the NHL as a player, but he made it as a scout for the Pittsburgh Penguin's.

Now they WON the STANLEY CUP; Colin will be given a Stanley Cup ring and the opportunity to have the Stanley Cup for one day.

For this my son Colin and I are forever grateful.

A very proud Father Allen Alexander.



Dr. Christine Lilje Dr. Lauren Vredenburg Dr. Jennifer Maguire

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8:30 pm until 'round midnight
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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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Phone Sandra Rowe at 403-226-1435

IN & AROUND CALGARY

Alberta Health Services EMS

Back to School safety

Alberta Health Services EMS would like to remind parents and children about a few road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

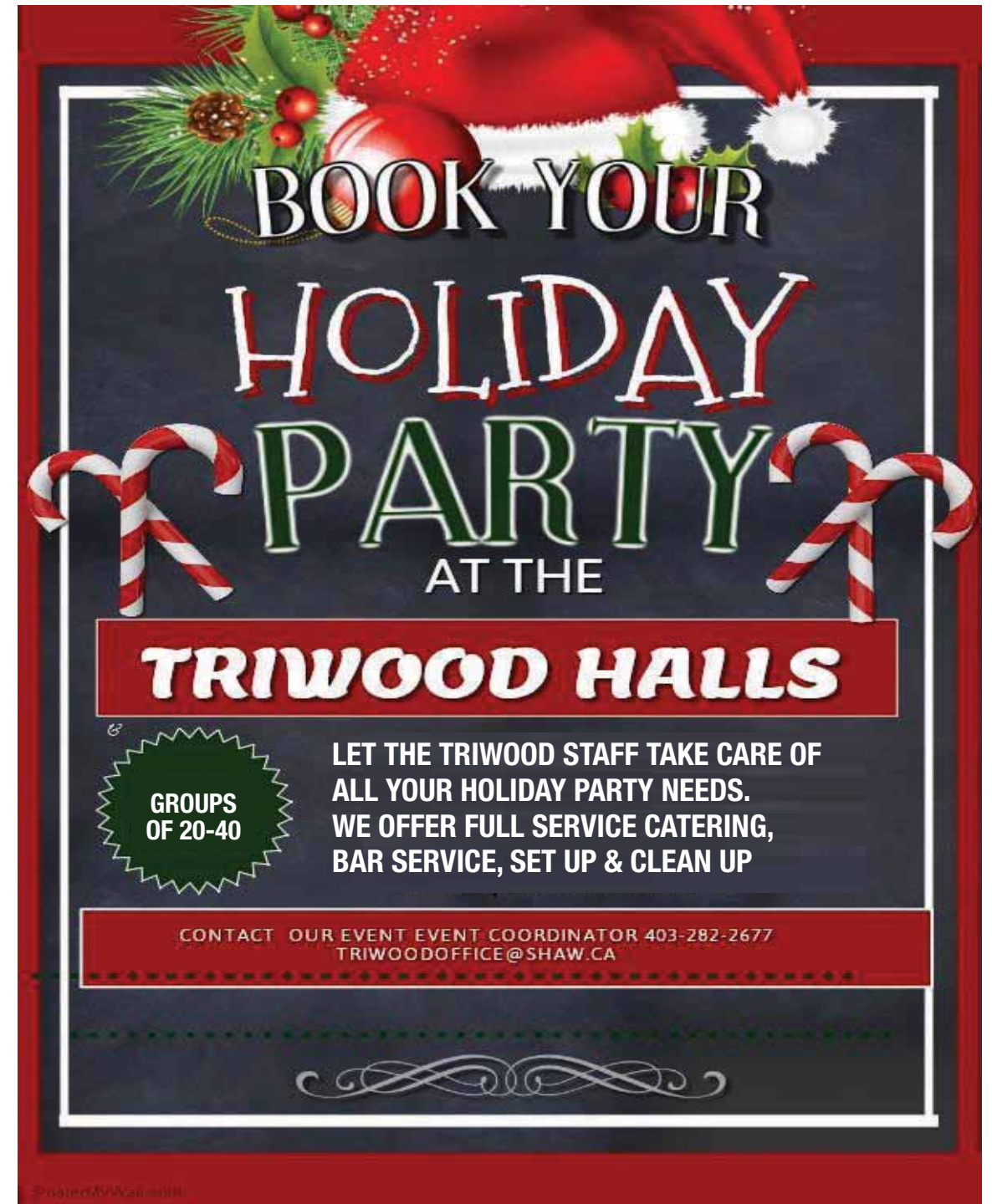
- Avoid talking on a cell phone, texting, or any other behaviour that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school, or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- When activating overhead crossing lights, pause and make eye contact with all drivers before stepping off the curb. This is to ensure that motorists in both directions have seen you and come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the “walk” sign and only when all vehicles have come to a complete stop;
- If you are with young children, or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



BOOK YOUR HOLIDAY PARTY AT THE TRIWOOD HALLS

GROUPS OF 20-40

LET THE TRIWOOD STAFF TAKE CARE OF ALL YOUR HOLIDAY PARTY NEEDS. WE OFFER FULL SERVICE CATERING, BAR SERVICE, SET UP & CLEAN UP

CONTACT OUR EVENT COORDINATOR 403-282-2677
TRIWOODOFFICE@SHAW.CA

News from the Friends of Nose Hill

by Anne Burke

The City needs help in identifying weeds in open space. The management plan involves methods to combat weed threats. These tools are biological, mechanical, chemical, and cultural controls. There are some concerns about spraying pesticides and herbicides, although the City posts signs and does have some pesticide-free parks in Calgary.

One of the controls is an organic vegetation management practice called targeted grazing, a land management strategy which is safe, chemical free, and environmentally friendly.

Beginning in June (and for three weeks this summer) a herd of 100 goats was monitored 24 hours a day by the shepherd, with herding dogs, volunteers, and horses in Confluence Park (West Nose Creek).

This is important wildlife habitat. Unlike Nose Hill, the site permits livestock grazing with an approved development permit application, although the practice is generally prohibited within City limits. As the animals fertilize the soil, their hooves help to till, aerate, and condition the ground. Their digestion is acidic, so that the seeds cannot grow as new weeds. The purpose was to

control invasive species such as Canada thistle, yellow clematis, nodding thistle, and other delicious broad leaf weeds they prefer. See: online at calgary.ca/goats.

The Urban Conservation Lead for City Parks said the public has been very supportive. We now know we can use goats in an active park, without disrupting enjoyment by park visitors, whether on foot, bicycle, or with dogs on leash. The goats did an excellent job targeting invasive weeds, such as Canada thistle, hound's tongue, and hawkwood.

The project budget was \$25,000. The City will assess and evaluate the data to decide about the project's effectiveness. The next step will be to evaluate its potential use in parks and open spaces. If successful, the initiative may expand to other natural areas in the city.

On the monthly BiodiverCity Committee agenda there were announcements, presentations on wildlife strategy, biodiversity implementation plan; updates from subcommittees, work plan, business unit survey, and list of potential 3rd party partners. Meetings are in downtown Calgary and open to the public. For details, contact steven.snell@calgary.ca.

Survivor Camp 2016



Thank you to all the kids that took part in our Survivor Summer camp!
We had four days of fun activities and our field trip on the last day was to Laser tag in Northland Mall.
Can't wait to see you all again next year!



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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.



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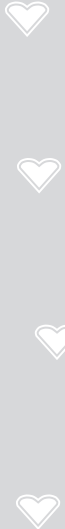
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IN & AROUND CALGARY

Nominate Your Neighbours for a 2016 Community Volunteer Award!

Do you know a hard-working and dedicated volunteer who goes above and beyond to make your community a great place to live? Someone who always steps up to help out without being asked, or who takes on big events and sparks excitement among others? If so, nominate them for one of the Federation of Calgary Communities four annual Community Volunteer Awards!

The four award categories are:

Step Up Award

This award winner is a community volunteer who shoulders the responsibility for things that regularly go unnoticed. This individual steps up to help out without hesitation or need for recognition.

Spark Award

This award winner is a community volunteer who engages people to be a part of their community in unique and exciting ways. Through their community work this individual sparks a sense of excitement among residents.

Be Part of It Group Award

This award honours a group of community volunteers whose community contribution improved neighbourhood life and created a sense of belonging.

Community Builder Award

This lifetime achievement award recognizes individuals, organizations or companies whose lifelong dedication to community has impacted and enhanced the quality of life in Calgary.

If you know someone who fits one of the above award descriptions, nominate them today!

Visit calgarycommunities.com for more information and the nomination form.

The nomination deadline is Friday, September 16, 2016.

Mandatory bylaw for building maintenance approved by City Council

What goes up shouldn't come down.

In the last few years, there have been several incidents of materials and debris falling off tall buildings, particularly in the downtown core. City of Calgary investigations into these events revealed that there's more to be done to prevent potentially hazardous situations and protect public safety. That's why the Building Maintenance Bylaw was developed.

It will require buildings that are five storeys or higher and 10 years and older to complete visual exterior assessments every five years.

The bylaw comes into force on Jan. 1, 2017. To learn more, visit calgary.ca/buildingmaintenancebylaw.



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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

Register online www.triwoodcommunity.com

IN & AROUND CALGARY

When your smoke detectors do go off, now what?

September greetings from your Calgary Fire Department!

GET OUT...STAY OUT...CALL 911!

Making and rehearsing a home escape plan is essential for your family's safety in the event that there is an emergency in your home

Draw a floor plan of your home making note of all windows and doors.

- Every room in your home requires two ways out. The first way out would likely be the door, the second way out could be a window... IF it can be done safely.
- Make sure all windows can be opened easily by the occupant.
- Windows in basement bedrooms NEED to be a minimum of 3.76 Square feet, AND any security bars that may be on the window need to allow opening without keys or special tools. When planning, consideration needs to be giving on how the occupant of that bedroom will get up to and safely out of the window
- If you live in a multi-level building, when alarms are going off and you are evacuating, use the stairs, never the elevator,
- It is important that you familiarize yourself with the fire safety plan for your building.
- Once you do get out, determine a meeting place such as a tree in a neighbour's yard. When the first arriving fire truck pulls up, you'll be able to tell firefighters that everyone is either out safely or still in the building. This is **important** information for the fire crews.
- Practice your home escape plan at least twice a year, perhaps once during the day, and once at night.
- Once you get out, **STAY OUT!**
- For further information visit Calgary.ca and watch this fire safety video with your family

SEPTEMBER MOON CALENDAR

LEARN to SQUARE DANCE

GREAT FUN and EXERCISE

FREE INTRODUCTION CLASS - SEPT 22, 2016

7:30 TO 9:30 PM, Dress Casual

At NORTH HAVEN COMMUNITY HALL

5003 NORTH HAVEN DRIVE NW

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BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 21

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



Trivia

EDIBLE SIX-PACK RING

The first fully edible beer can packaging has been made from by-products of the brewing process such as wheat and barley, their six-pack holders are fully biodegradable and completely digestible. Rather than ensnaring curious animals in a corset of litter, the company's six-pack rings could serve as a satisfying snack. And if nothing is biting, the rings quickly decompose.

-Discover magazine



Yoga for Kids

When: Starts Sept 17th
Every Saturday, 10am – 11am

Where: Foothills Hall, Triwood Community Association

Pricing: \$10.00 or the first child, additional kids \$8.00 or \$20.00 for adult & kid.

To register go to
www.triwoodcommunity.com

Benefits of Yoga for kids

Body: helps kids with coordination and balance.

Breathing: Promotes healthy breathing, helps calm themselves and feel happy.

Mind: helps promote calm, balanced energy, body awareness, relaxation and confidence.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

September 21 to October 2 - Calgary International Film Festival (CIFF): The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com

October 1 - A Little Light Music: This is a chamber music concert with a special focus on well-known Canadian composers. There will be a fun, playful line-up of music in this concert with everything from A Little Light Music to Viva Gershwin. www.scpa.ucalgary.ca/events/little-light-music

October 6 - An Evening With Bethany Hamilton, Soul Surfer: Bethany Hamilton has become a source of inspiration to millions through her story of determination, faith and hope. Hear Hamilton discuss her surfing career and her charitable contributions in this inspirational talk. www.ticketmaster.ca/event/110050A6A6225E87

October 7 to 8 - Disney In Concert: Tale As Old As Time: Start Thanksgiving weekend with some classic Disney tunes performed by the Calgary Philharmonic Orchestra. The popular Disney songs from these films are played alongside clips from the movies. www.calgaryphil.com

October 11 to 29 - Boom: Using images and video, the show explores the musicians, politicians and cultural icons around from 1945 to 1969 that shaped the baby boom generation. www.theatre Calgary.com

October 12 to 15 - Intensional Particle + Split Flow: Hiroaki Umeda is a Japanese multi-disciplinary artist. He's a dancer, a sound, image and lighting designer, and a choreography. He brings two new solo shows to Theatre Junction. www.theatrejunction.com

October 14 to 29 - Fluid Festival: This year marks the 11th Fluid Festival, and just like the inaugural event, this year's Fluid Festival will celebrate dance and physical performance. www.springboardperformance.com

October 15 - Calgary Stampeders PinkPower Game: This football game joins in the fight against women's cancers. Arrive early to the game to purchase limited edition PinkPower merchandise, then watch the Calgary Stampeders take on the Montréal Alouettes. www.stampeders.com

SEPTEMBER 8 TO OCTOBER 16 ILLUMINASIA LANTERN AND GARDEN FESTIVAL

Illuminasia returns to the Calgary Zoo for its second year. This year, the theme is the four seasons and the four noble plants of Chinese culture — one plant is used to represent each season. www.illuminasiacalgaryzoo.com



SEPTEMBER 30 TO OCTOBER 1 THE PRINT IT YOURSELF FESTIVAL

Learn about the various techniques behind printmaking at the sixth annual Print It Yourself Festival. Learn what goes into making a piece of print art, engage in the process and create a piece of artwork yourself. www.albertaprintmakers.com



IMAGE COURTESY OF ALBERTA PRINTMAKERS

OCTOBER 27 TO 29 DRACULA

The Alberta Ballet presents the classical ballet Dracula at the end of October. Special effects, impressive costumes (Dracula wears a 23-foot-long cape) and exquisite choreography bring this horror story to life. www.albertaballet50.com



OCTOBER



North of the River

Matt Grant

By mid-July, it had become clear that my humble gardening efforts had failed. If I hoped to enjoy Alberta-grown produce, farmers' markets were my best remaining option.

Three of my favourites are in communities stretched along the northern banks of the Bow River, in Bridgeland Riverside, Hillhurst-Sunnyside and Parkdale.

Bridgeland Riverside's Farmers' Market (917 Centre Avenue N.E.) runs every Thursday from 3:30 pm to 7:00 pm until October 6th. Now in its second year, a growing range of vendors display their wares beneath tents spread out across a lawn boasting one of the best views of downtown Calgary. And while you're in Bridgeland Riverside, may I suggest a walk along the increasingly interesting 1st Avenue N.E.? Whether you're into sushi, ramen, burgers, breakfast, pizza, cocktails, coffee or vinyl, Bridgeland Riverside has it all. I'm biased – I used to live there – but this community is great and getting greater.

The Hillhurst-Sunnyside Farmers' Market (1320 – 5 Avenue N.W.) is every Wednesday from 3:00 pm to 7:00 pm and every Saturday from 9:30 am to 1:30 pm. One of the coolest things about this market (and there are many) is that folks in need can stop by on Mondays for fresh produce. They believe "community members should have access to good food". I couldn't agree more.

The Parkdale Farmers' Market (3512 – 5 Avenue N.W.) runs every Wednesday from 2:00 pm to 6:30 pm, all year round. After you're loaded up with fresh food, why not bike west to Edworthy Park for a picnic. En route, check out Brian Tolle's public artwork *Outflow*, along the banks of the Bow at 34A Street N.W.

This harvest season, these three markets promise to be vibrant destinations for Calgarians looking to meet neighbours and support local vendors and producers.

Matt Grant lives north of the River – now in West Hillhurst after many years in Bridgeland Riverside.



**MLA CALGARY-KLEIN
CRAIG COOLAHAN**

#9, 2400 Centre St NE
Calgary, AB, Canada T2E 2T9
Phone: (403) 216-5430 • Fax: (403)216-5432
calgary.klein@assembly.ab.ca

Hello Calgary-Klein!

It's the middle of the summer, and time to look back at another successful Stampede season. There's been a lot of amazing events taking place, and one of those events was our 2nd Annual Calgary-Klein Stampede BBQ. On July 8th, 2500 Calgarians joined us at our 2400 Centre St N plaza for our office's BBQ in collaboration with Palmer Salmon Insurance and Registries Direct.

I really valued getting to meet so many constituents a second year in a row, and it was a great opportunity to hear directly from Calgary-Klein constituents on what they think about everything our government has accomplished this past year. I talked to people about our plan to end predatory lending, the Climate Leadership Plan, and what diversifying our economy looks like.

Our little contribution to the Calgary Stampede 2016 truly had a great atmosphere, and with such delicious burgers and classic country music why wouldn't it! I want to say a big thank you to all the incredible people, who put so much effort into the event. We are extremely grateful to all our volunteers, who helped us run the Stampede BBQ without a hitch.

Until next year Calgary,

Yahoo!!!



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The Canadian Armed Forces is one of Canada's largest employers and provides Canadians with hundreds of career options in every career field imaginable.

While many think of a career in the Forces as being a soldier, a pilot, or a sailor, the reality is that most in the Forces support these roles through jobs that resemble the careers we see every day in our communities. There are accountants, lawyers, cooks, dentists, psychologists, social workers, welders, and every job in between. There are also careers that do not require any post-secondary education because specialized training is provided by the Forces.

If you are looking for part-time jobs, they offer those too through the Reserves. The Reserves provide a unique way for Canadians to serve their country while maintaining a professional career in their community. This is also a great option for those who are also working on completing their education.

The Forces offer many advantages to its members including three years of guaranteed employment following initial training and on-going career development. Given the size of the organization and its variety of roles, there are endless opportunities for growing or changing your profession while staying in the Forces in the years ahead.

Their competitive salary and benefit packages are often better than those offered in the private sector. In addition to an attractive pension program, members are provided with 20 vacation days per year and this increases to 25 days after five years. Qualifying veterans are also entitled to significant additional programs and benefits.

Do you have questions? Not sure where to start? Visit www.forces.gc.ca to see the hundreds of career opportunities available today. You can speak directly to a recruiter by calling the Canadian Forces recruiting center at 403-974-2900 or emailing info.calgary@forces.gc.ca. A recruiter will walk you through the entire process and answer any questions you may have.

In closing, I would like to thank those who have chosen to serve their country through the Canadian Armed Forces at home and abroad. Your professionalism and dedication is appreciated and respected by all Canadians.

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With rising household costs, a growing number of families are struggling to afford shelter and other basic needs such as food, medication, and childcare. Household incomes in Calgary have not kept up to housing prices. Over the past decade, prices have increased 156% while incomes have increased 34%.

Over 4000 households are currently on the qualified waiting list for Calgary Housing Company, but the actual need is far greater. In Calgary, over 38,000 renter households need affordable housing. These Calgarians require some extra assistance to ensure they have access to safe and affordable places to call home. Those in need include students, seniors, young couples, people with disabilities, people who are unemployed, low-income workers and their families, and new Canadians.

What do we mean by affordable housing? For housing to be affordable, The Canada Mortgage and Housing Corporation states a household should not spend more than 30 percent of its gross income on rent. That target is especially difficult for lower income Calgarians to meet and they must often spend larger percentages of their incomes on basic shelter.

Although increasing the affordable housing supply is one of City Council's priorities, the City of Calgary has not added a single affordable housing unit in the past three years. This is one of the reasons that Council unanimously passed the new Affordable Housing Strategy in July.

The strategy calls for the City to secure funding from the provincial and federal governments, to work with partner agencies and the development industry, and to prioritize private projects that include some affordable and accessible units. The strategy also calls for the City to build new rental units through Calgary Housing Company and affordable homes for ownership through Attainable Homes Calgary.

Learning from the past, the City no longer concentrates affordable housing in one area, but instead encourages smaller projects that better integrate into all neighbourhoods. Most Ward 7 communities already host at least one affordable housing development.

Proposed affordable housing projects will include public engagement to ensure that they integrate well with the surrounding neighbourhood. Should your neighbourhood be selected to host affordable housing, please ask how it can best be accommodated and welcomed into the community. Your new neighbours will certainly appreciate it.



MLA CALGARY-VARSITY STEPHANIE MCLEAN

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Phone: (403) 216-5436 • Fax: (403) 216-5438
calgary.varsity@assembly.ab.ca

Friends,

August was a wonderful month to connect and talk with you about your lives - your summer holidays and back to school plans. The month kicked off with a light-hearted "Pokémon Hunt" at University Research Park, it was wonderful to see so many families outside enjoying the park with me. Thank you to the Triwood Farmer's Market for letting me put up a tent so we could get to know our Brentwood and Charleswood Constituents even better. Over the past month I spent my Friday mornings serving coffee to residents at the LRT Stations of Dalhousie and Brentwood; the mornings started to get a little chillier but the coffee was warm and so was the reception. Our office also really enjoyed the University Heights and Triwood Pub Nights, it was a great opportunity to sit down and have frank discussions with folks.

With September under way and everyone returning to school, I will be preparing for the upcoming legislative session. I look forward to hearing feedback from constituents at upcoming Community Association meetings, and other community events I will be attending. Keep an eye out for me in September as I serve coffee at the University and Banff Trail C-Train Stations.

You can get to know me, and your Varsity Constituency Office better. Please watch this clip on YouTube www.youtube.com/watch?v=EFQ-zrYwlvw. You can also follow our office on twitter @yycvarsity, or Facebook at Stephanie McLean.

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.

Plant Trivia

Quinine, one of the most important drugs known to man, is obtained from the dried bark of an evergreen tree native to South America.

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

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GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

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(403) 299-7374
kara.weber@rbc.com

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ON THE MARKET

3511 BENTON DRIVE NW (BRENTWOOD)

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1716 – 20 AVENUE NW (CAPITOL HILL)

Solid built bungalow. RC-2, (lot size 50 ft x 120 ft) 4 bedrooms. Upgraded kitchen cabinets, bathroom, shingles and more... Double detached garage + 2 RV parking. Asking \$521,900

473 HARVEST LAKE DRIVE NE (HARVEST HILLS)

4 level split home with over 1,900 sq.ft living area. Upgrades include ensuite with heated flooring, furnace, Air-conditioning. Asking \$419,900

202D, 5601 DALTON DRIVE NW (DALHOUSIE)

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202, 3103 BLAKISTON DRIVE (BRENTWOOD)

Excellent location, short walk to Brentwood LRT station. Lowrise apartment with 2 bedrooms, large balcony. One assigned parking stall. Asking \$249,999

511, 1540 – 29 STREET NW (ST ANDREW HEIGHTS)

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3316 BOULTON ROAD NW (BRENTWOOD)

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4928 BRISEBOIS DRIVE NW (CHARLESWOOD)

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4624 BROCKINGTON ROAD NW (BRENTWOOD)

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5674 BRENNER CRESCENT NW (BRENTWOOD)

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4211 BRISEBOIS DRIVE NW (BRENTWOOD)

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