

NOVEMBER 2017

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# TRIWOODtrumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER





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Available Weekends 11am-4pm

TOAST CHOICES: WHITE | WHEAT | MARBLE RYE

#### The Stone Double | \$10

2 Farm Fresh Eggs, 2 Sausage Links, 2 Bacon Slices, Hashbrowns And Toast

#### The Scrambler | \$15

Golden Hashbrowns Topped With Red Pepper, Mushrooms, Scrambled Eggs And Baked Jack-Cheddar Cheese. Finished With Sour Cream Dollop, Green Onions & Toast.

#### The Breakfast Club | \$9.50

Fried Egg, Melted Cheddar, Smoked Bacon, Tomato, Leaf Lettuce, Mayo. Served On A Golden Brioche Kaiser With Hashbrowns On The Side.

#### Benny & The Jets | \$12

Toasted English Muffins, Grilled Back Bacon, Poached Eggs & Rich Hollandaise Sauce. Hashbrowns On Side.

#### Veggie Omelette | \$10.50

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#### Hollandazed And Confused | \$13.50

1/2 Pound Beef Patty Topped With Back Bacon, Sunnyside Egg & Hollandaise Sauce On Golden Baked Brioche Kaiser. Hashbrowns On Side.

#### Steak & Eggs | \$14

6oz. "AAA" Top Sirloin Cooked To Taste With Eggs, Hashbrowns And Toast

#### Perogies & Eggs | \$12

Fried Perogies, Chorizo Sausage, Sauteed Onions, Bacon And Fresh Tomato With Choice Of Eggs, Toast And Sour Cream.

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**NOV 10 & 11**

CURIOUS GEORGE

**NOV 17 & 18**

DE SKAPPAK

**NOV 24 & 25**

ENVY

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# 2

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# 3

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Investment Advisor

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kara.cubbon@canaccord.com  
**canaccordgenuity.ca**

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## TRIWOOD COMMUNITY ASSOCIATION

2244 Chicoutimi Dr. NW, Calgary, AB, T2L 0W1

Phone: 403-282-2677 | Fax: 403-282-7031

triwoodoffice@shaw.ca

**www.triwoodcommunity.com**

Delivered monthly to 4,100 households and businesses for 10 years!

### Editorial Submissions

triwoodpc@shaw.ca

All editorial content must be submitted by the 15th of the month for the following month's publication.

### Advertising Opportunities

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

All advertisements must be submitted by the 1st of the month for the following month's publication.

### Published by Great News Publishing

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*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Triwood Community Association.*

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

*Great News Publishing and Triwood Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*

## IMPORTANT NUMBERS

### ALL EMERGENCY CALLS 911

Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414

### HOSPITALS / URGENT CARE

Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111

### OTHER

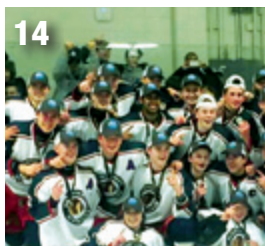
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	
Weather Information	511
Gamblers Anonymous	403-237-0654



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## TWC DIRECTORY

President	Toni Pilkey	
Vice President	Mark Whiteman	
Treasurer	Jim Pilling	
Community Relations	Sandra Rhead	
Members at Large	Jim Heck	
	David Fong	
	Mark Whiteman	
	Chris Cole	
Soccer Coordinator	Carrie Killiam	
Planning Committee	Gordon Alger	
Squirts Hockey Coordinator	Kerry Bission	
Westwood Hockey	Christine Lilge	
Ringette Coordinator	Lauri Scotvold	
Scouts Coordinators	David Fong & Mark Whiteman	
Cubs & Beavers Coordinator	Margaret Porter	
Executive Director	Rick Lundy	
Event Planner	Alex Kubik	
Program & Event Coordinator	Sarah Roper	
Accountant	Randy Dalglish	
Building Maintenance	Robert Catton	
Arena Manager	Dave Hurren	
Office Hours	Monday-Thursday	9:00am - 4:00pm
	Friday	9:00am - 3:00pm
	Saturday	Closed
Memberships	Complimentary for 2017	

## MESSAGE FROM THE EXECUTIVE DIRECTOR



We will be hosting a Grey Cup party for the whole family to enjoy. The Triwood team is in the process of ironing out the details. Once we do, and we will post them on our website and in the next trumpet. So, mark November 26th off on your calendar. Go Stamps Go!!!


The Christmas Market will be on December 3rd at Triwood. Last year we had over 50 vendors and we are expecting more vendors this year.

The Community Christmas Party will be Friday December 8th. This is a free Christmas dinner for Triwood residents and their families. Turkey with all the trimmings will be served followed up by a visit from old St. Nick who is a little more fat and jolly. It is free for Triwood residents except we ask you to bring a non-perishable food for the Veteran's Food Bank. Please sign up either in the office or on our website.

The Kid's Christmas Party is scheduled for December 10th. Again, please register for this event on the website – so we know how many gifts to purchase. There will be gifts for all ages and hot dogs and pop for the kids.

*Rick Lundy*






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# TRIWOOD HALL SCHEDULE 2017

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](http://www.triwoodcommunity.com)



TWC HALL SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHARLESWOOD HALL	Yoga for Moms 10:00AM-11:00AM	Zumba 9:30AM-10:30AM	Zumba 9:30AM-10:30AM		
	Barre Fitness 5:30PM-6:30PM	Pilates 7:15PM-8:15PM	Pilates 5:00PM-6:00PM		
			Zumba Fitness 6:45PM-7:45PM	Cardio Barre 7:15PM-8:15PM	
COLLINGWOOD HALL	Hatha Yoga 7:30PM-8:30PM	Cubs 6:00PM-8:30PM	Scouts 6:30PM-9:00PM	Mindful Yoga Flow 6:00PM-7:00PM	
ANNEX BOARD ROOM		Beavers 6:00PM-8:30PM			
FOOTHILLS	Tai Chi 10:00AM-11:00AM		Tai Chi 10:00AM-11:00AM		
	Karate 6:00PM-8:00PM	Foxy Kickboxing 6:00PM-8:30PM	Foxy Kickboxing 6:00PM-8:30PM	Foxy Kickboxing 6:00PM-8:30PM	Karate 6:00PM-8:00PM
JT'S LOUNGE	Trilighters 10:00AM-12PM	Triwoodsmen 1:00PM-4:00PM	Trilighters 10:00AM-12:00PM	Trilighters 1:00PM-4:00PM	
	Book Club 1:00PM-4:00PM			Pub Night 5:00PM-9:00PM	

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TWC HALL RENTERS			
Adventurers Day Care	Franklin Capada	<a href="mailto:triwood@adventures-sac.com">triwood@adventures-sac.com</a>	403-284-5457
Foxy Kickboxing	Jessica Sparrow	<a href="mailto:jessica@foxykickboxing.com">jessica@foxykickboxing.com</a>	1-800-974-3699
Karate	Ken Noda	<a href="mailto:masternoda@mac.com">masternoda@mac.com</a>	403-804-6789
Zumba	Michelle Neufeldt	<a href="mailto:fitforchange@shaw.ca">fitforchange@shaw.ca</a>	403-804-6951
Yoga/Pilates/Barre	Sarah Roper	<a href="mailto:triwoodpc@shaw.ca">triwoodpc@shaw.ca</a>	403-282-2677
Scouts	David Fong	<a href="http://www.fourthtriwood.com">www.fourthtriwood.com</a>	403-282-4565



# Triwood Community Center 2017 AGM President's Report

October 19, 2017

**VISION** - Triwood is the heart of the Community.

**MISSION** - Triwood is dedicated to representing the community interest, fostering participation, and embracing community spirit.

First, I'd like to say thanks to the Triwood Board of Directors and community volunteers, with special mention to Rick Lundy and staff for their dedication and hard work in making Triwood a welcoming and fun place for community members.

At the beginning of every board meeting we read the Vision and Mission Statement of Triwood Community Association. We then discuss what was achieved in the past month and what is coming up. This past year Triwood Community Members were offered the following events for a nominal fee or free of charge:

- Halloween Haunted House
- Family Christmas dinner
- Children's Christmas Party
- Valentines Dinner and Dance
- St Patrick's Day Dinner and Dance
- Easter Egg Hunt for Children
- Canada 150 Birthday celebration with dinner, dance and fireworks
- Stampede Pancake Breakfast

I don't know of another community center in Calgary that offers its members as much as Triwood does. The purpose of all these events is to let you know how important our members are and to give everyone the opportunity to get to know each other and meet new people.

The Hall is currently booked to maximum capacity for rentals with various slots available for community members to utilize the facilities for private functions. After consultation from members and area residents, the board has approved two capital projects. The first to be completed will be the fitness center in the Foothills Room downstairs. Renovations to add locker rooms with showers for men and women will be a large part of the project. The fitness center will be open to all residents but geared for senior fitness.

The second major project will be an addition to the hall. This will be in the green space currently between the Charleswood

and Collingwood Rooms. This addition will not only increase revenues but take us to the next level of rental capabilities with the increased capacity the hall will hold. The board and staff are very excited about this long-term project.

With a project of this size there will be lots of community involvement required. First and foremost, we need to establish a committee to generate community interest and plan engaging events to promote and expand the philanthropic spirit that made Triwood the outstanding community association that it is. Please consider volunteering on this committee, I know it will be a rewarding venture. Once the addition is completed you will always feel proud knowing that you were a very real part of making it happen.

Our goals for the next year will include:

- continuing to advocate on behalf of community residents to the various levels of government.
- Offering socializing opportunities for community members
- Provide quality programs for children
- Moving forward with development of hall addition
- Starting renovations for the fitness room downstairs
- Listening to community members for programs and services that they would like to see implemented
- Offering the Summer and Christmas Farmers Markets

*Toni Pilkey*

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Three stylized line drawings of roller skis, arranged horizontally. Each ski has a circular boot and two wheels. The middle ski is slightly larger and positioned in front of the other two.

TRIWOOD COMMUNITY

**PUBLIC SKATING**

MONDAYS & WEDNESDAYS | 3:00PM-4:45PM

2244 CHICOUTIMI DRIVE NW  
TWC

A silhouette of a cow standing, facing left.

**JT'S PUB NIGHT**

THURSDAY NOVEMBER 16, 2017

6PM - 8 PM

**NAME THE TUNE**

---

20 CENT WINGS  
\$7.50 STEAK SANWICHES  
\$4.50 DRINKS

A silhouette of a cow's head with horns, facing forward.

TWC PUB NIGHT



# TRIWOOD GREY CUP VIEWING PARTY

SUNDAY NOVEMBER 26TH, 2017



# *Triwood Christmas Market*

SUNDAY DECEMBER 3RD, 2017  
10AM - 3PM

2244 CHICOUTIMI DRIVE NW

# *Triwood Christmas Celebration*

FRIDAY DECEMBER 8, 2017 | 6PM



# TRIWOOD KID'S CHRISTMAS CELEBRATION

SUNDAY DECEMBER 10TH, 2017 | 12PM - 2PM  
VISIT WITH SANTA | GIFTS | DECORATE COOKIES

## MINI TRUMPET READERS



*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

TWC





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## Northwest Warriors 2017 City Finals

We had 2 champion teams, 1 city finalist and 1 city champion combined team. Go Warriors!

Midget 1 2017 City Champs Roster: Cayden Murray, Eijaz Kassam, Jack Moroney, George Moroney, Brendan Durant, Braden Wright, Brett Broten, Mason Freer, Jack Siemaszkiewicz, Josh Fernandez, Noah Laursen, Rory McCabe, Ryan Davis, Jett Leonard-Bedier, Ethan Woodward, Harry Osler, Jace Kent, Aliya Strong. Coaches Ted Osler, Barry Burrows, Shaun Laursen

Bryce Halverson TM: Laura Strong

PeeWee 3 City Champions Roster: Adam Reid, Alex King, Arjun Sarin, Brodie Brown, Brodie Gohmann, Carter Blumes, Cole Verweire, Ethan Conroy, Evelyn Lawrence, Jack Wiwchar, Kieran Ferguson, Jackson Romeril, Maxence Guay, Sasha Caron, Scott Radke, Shaan Shergill, Ty McKay, Tyler Ritchie. Coaches: Adam Verweire, Brian McKay, Dave Brown, Korey Conroy, Stovel Ferguson, Mark Ritchie Team Manager: Stephen Caron. Go Warriors!

NWW Warriors joined West Wolves Jr C team this year and won the City Champions. Roster: Shylo McConnell, Mitchell Pinsent, Lucas McLeod, Daniel Alaïre, Alexander Lane.

Northwest Warriors is a co-ed minor hockey league and partnership between West Hillhurst, Triwood, Brentwood Community Associations and Crowchild Hockey. Check us out on Facebook at Northwest Warriors Hockey Calgary.

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## TRIWOOD 2017 ENTERTAINMENT SERIES

Presenting our 100th dinner/concert performance and celebrating Canada 150

### Stratus Musical Comedy Act



Take two parts folk-rock, one-part jug band, a little country, a sing a long or two, a dash of vaudeville razzamatazz, a spot of pop, some nostalgia, toss in a couple of amplified guitars, some sophisticated electronic keyboards, three strong voices, smatterings of side splitting comedy, some unexpected surprises, and there you have it, the exciting and zesty sound of STRATUS!

Murray, Brock, and Merry Jo formed their musical comedy act in 1966; toured Canada coast to coast 12 times; worked 12 states in the USA; completed 5 tours of Great Britain, as well as Continental Europe, Australia and New Zealand. As well as being a superb concert act on their own, they have shared or opened the show for such stars as Neil Diamond, Rich Little, Catherine McKinnon, The Poppy Family, Roy Rogers, Leslie Gore, B.J. Thomas, and many more. Drawing from their repertoire of over 300 songs, which are constantly being updated, and their 50 years of experience entertaining together, Stratus designs each and every show to suit the situation and audience.

**Date:** Sunday November 12, 2017

**Refreshments:** 5:45 p.m.

**Dinner:** 6:30 p.m.

**Performance:** 8:00 p.m.

**Tickets:** \$50 - including dinner  
\$20 - show only

Available from Triwood (Mon.-Fri.  
8:30 a.m. to 3:00 p.m.; 282-2677),

Jim (289-0127), Dorothea  
(282-6201), Pat (284-1259),

**Location:** Triwood Community Hall - 2244  
Chicoutimi Drive N.W.

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## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for  
the next month's publication**

**Contact news@great-news.ca**

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

**LOVE TO QUILT. WANT TO LEARN?** Peace By Piece Quilters Guild is a group of women who share knowledge and skills in a supportive atmosphere. We meet the second Tuesday 7 pm of every month (September to June) at Hope Lutheran Church. Email [pxpquiltguild@gmail.com](mailto:pxpquiltguild@gmail.com).



Any number of social issues can leave children and youth unable to live at home. McMan Calgary & Area's Foster Care program works with community members to provide safe out-of-home placements for children and youth in need of care. The third week of October each year is dedicated to celebrating the commitment of these individuals and families during Foster Family Appreciation Week.

Forster parents Nancy and Mark, have cared for more than 65 children in their home over the past 15 years. Children in their care have stayed for a few days up to a few years, depending on the circumstances, with Nancy and Mark providing each child with the support they need until they are able to return home, are adopted, go live with family, or an alternative permanency plan is in place. They have even been fortunate enough to see a few youth graduate high school while in their care: a significant milestone they were proud to be a part of.

These experiences have proved rewarding not just for Nancy and Mark but for their whole family. Their daughter, now an adult herself, shared with Nancy that growing up alongside foster children has taught her to be more understanding, patient, as well as accepting. "Each of these children have become a member of our family," says Nancy. To this day they continue to have a number of their foster children come back to visit as adults.

Over the year's Nancy's philosophy and reasons for wanting to help have remained the same: "Mark and I believe it takes a village to raise a child and we just want to do our part." Time and again, Nancy has seen that the more individuals who support a child and contrib-

ute healthy experiences, the more these children have thrived, preparing them to make a positive impact on the next generation. Even though the youth and children in her care have come and gone, Nancy feels that the connections formed last a lifetime. "I have often said that when a child leaves, they leave a bit of themselves with us, and take a bit of us with them." Now that seems like a fair trade.

**To learn more about becoming a foster parent, please visit [www.McManCalgary.ca](http://www.McManCalgary.ca), or call Tenchoe Dorjee, at 403-815-1049.**



Name	Age	Contact	Course
Alissa	17	587-439-7592	Yes
Hanna	14	587-580-5733	Yes
Julia	14	587-999-5978	Yes
Juliette	18	587-999-0783	Yes
Kate	15	403-828-9868	Yes
Maia	22	403-804-7834	Yes
Michael	15	403-801-2848	No
Miriam	16	403-774-8880	No
Miya	15	403-276-1712	Yes
Naomi	20	403-903-6793	Yes
Rachel	15	403-919-1237	Yes
Ruby	19	403-289-3232	No

## Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

## Calling All PARENTS

Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).



# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

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**VOLUNTEERING**  
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**Len Webber, MP**  
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Following the Great War in 1919, the Parliament of Canada, like other countries of the British Empire, passed legislation to mark November 11th as Armistice Day.

The day was to celebrate the Allied victory in the First World War but quickly became a day of remembrance to those who had died in WWI and conflicts before.

Many Canadians are not aware of a campaign that started in 1928, by many veterans and their families, to change the date of Thanksgiving Day.

At the time, Thanksgiving was celebrated on the second Monday in November and this put the two occasions on the same date much of the time. Activities of remembrance often conflicted with the celebration of Thanksgiving.

In 1931, Parliament decreed that Armistice Day would become known as Remembrance Day and be marked on November 11th every year. It also changed the occasion from one celebrating the political and military successes that lead to victory in WWI to instead focus on the memory and sacrifices of those who served and died in defence of our nation.

At the same time, they decreed that Thanksgiving would be moved to the second Monday in October. In the United States, Thanksgiving is still celebrated in November and they conduct their remembrance activities during the Memorial Day weekend in May.

Early ceremonies were observed primarily within the military community but with the passage of time it has become an occasion for the general population to show appreciation and remembrance for those who made Canada what it is today.

This November 11th, Canadians will again pause to remember those who bravely volunteered at great risk to serve Canada, to go abroad to fight hate and oppression and to protect our peaceful nation. Let us not forget.



## 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.



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Friends,

In November, the trees have lost the last of their yellow leaves in preparation for the coming winter. The nights were chillier and migrating geese are a common sight in the sky. November is also the first full month of the fall Legislature session. My colleagues and I will be working hard on important legislation that benefits Albertans. Recently I announced how opening the process for Albertans to apply for governance positions on provincial agencies, boards and commissions has also made these boards more reflective of Alberta's diversity. We have worked to actively recruit qualified women. In March 2015, only 32 per cent of board members were women. Today, that number is nearly 48 per cent. Government is still inviting Albertans to join the 5,000 others who have applied for more than 700 positions during the last year at boards.alberta.ca.

Looking back at October, I hope everyone had an enjoyable Thanksgiving. I had the chance to tour the Wellspring Calgary facility, a charity here in Calgary-Varsity that provides non-medical supports for people with cancer. These services include mental wellness, nutrition, recreation, and more, and are available to those who request them. Halloween capped off the month and Triwood Community association hosted a scary and thrilling haunted house. I'd also like to congratulate everyone who participated in the Calgary municipal elections on October 16th for their hard work and commitment to local democracy.

Looking ahead to November there is the Taste of Home Gala on November 2nd, a fundraiser for the Ronald McDonald House here in Calgary-Varsity. Tickets can be purchased through their website and money raised helps provide temporary accommodation for families of children in hospital. We also mark Remembrance Day to honour the sacrifices made by Canadian soldiers in protecting our country.

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. To find out more drop in, call, email, or check out stephaniemclean.albertandpcaucus.ca



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