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# TUXEDO PARK

GAZETTE

THE OFFICIAL TUXEDO PARK COMMUNITY NEWSLETTER



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FITNESS AND  
AFTER SCHOOL  
PROGRAMS**

**PAGE 7**

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## EXECUTIVE BOARD

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Volunteer Coordinator	Chrystina Lusney	<a href="mailto:volunteer@tuxedoparkcommunity.ca">volunteer@tuxedoparkcommunity.ca</a>
Hall Manager	Shannon Bowen-Kelsick	<a href="mailto:hallrentals@tuxedoparkcommunity.ca">hallrentals@tuxedoparkcommunity.ca</a>

Tuxedo Park Community Association meetings are held on the second Thursday of every month, except July and August (no meetings). Meetings start at 7:00 pm. All community residents are welcome to express their concerns, meet some of your neighbours, or sit in and hear what's happening in and around your community.

Hall Rentals: [communications@tuxedoparkcommunity.ca](mailto:communications@tuxedoparkcommunity.ca)



## PRESIDENT'S MESSAGE

Back to school, sunflowers in bloom, the cold weather is coming. Always a bitter sweet time of year. Are we ready for the winter? Warming vehicles, making snowmen... I think I will just enjoy the fall!

Our first ever Community Cleanup happened on Sunday September 11 and it was a smashing success! With a steady stream of traffic at our hall, 10,000 kg of garbage and 4,000 kg of organics were collected and safely deposited. Did you take advantage of this great, free event to rid your home and property of unwanted waste? We would love your feedback as we decide if we would like to do it on the same or a larger scale in years to come. This is a free City of Calgary initiative that provides residents with a way to dispose of large garbage items.

At our September meeting, we had a Tuxedo resident who is very concerned about our skunk population. We are going to try to put together some information for residents and have it published in the newsletter. If you would like to involve yourself in finding ways to deal with the Tuxedo skunks, please email [volunteer@tuxedoparkcommunity.ca](mailto:volunteer@tuxedoparkcommunity.ca).

Are you subscribed to our e-news? Check out our site at [www.tuxedoparkcommunity.ca](http://www.tuxedoparkcommunity.ca). It's the best way to stay informed with things like the Green Line, events, etc.

I'd love to hear from you anytime. Come out to a meeting and have a coffee... every second Thursday of the month at 7:00pm. Or send me an email to [president@tuxedoparkcommunity.ca](mailto:president@tuxedoparkcommunity.ca).

Have a wonderful autumn,

Chrystina

## LETTER FROM THE EDITOR



The benefits of membership in your community association are many. For a small annual fee (\$10 per person/\$20 per family), you gain access to our great annual events and programming at Tuxedo Park Community Association Hall, support the work of our board, and have a voice in the direction of your community. In Tuxedo Park, our Community Association bylaws allow any member of the TPCA to vote on board motions. The topics we regularly discuss and vote on include the financial health of the TPCA, community development, working with the City of Calgary on traffic issues, building, and transit, and developing and maintaining programming that directly benefits our neighbours.

Purchase your membership to the Tuxedo Park Community Association online! Just visit <https://squareup.com/store/tuxedo-park-community-association>.

October is one of my favourite months of the year—Thanksgiving, autumn leaves, Halloween, what's not to love? Enjoy this beautiful season and we hope to see you at the Tuxedo Park Community Association soon.

## Make a difference in the life of a family...

Are you looking for a way to give back to your community?  
 Our Home-Start program is looking for volunteers!

### What does a Home-Start volunteer do?

- Visits a family's home once per week
- Provides support, friendship and encouragement
- Gets the family involved with the local community
- Shares their own experiences of parenting and family life

### Interested in getting involved?

For more info, or to learn about upcoming training sessions, contact Home-Start or visit [www.boysandgirlsclubsofcalgary.ca](http://www.boysandgirlsclubsofcalgary.ca)

North Calgary: 403-660-6809 South Calgary: 403-660-1136



## TUXEDO PARK EVENTS

**TPCA General Board Meeting:** Thursday, October 13, 7pm, November 10, 7pm

**Santa Breakfast:** December 3, 9am

## Women's English & Social Group

Meet your Neighbours & Practice English!

The New Friends and Neighbourhood Group program is a safe and fun environment for immigrant women to improve their English and meet new women in the community.

- Free registration, join anytime
- Once a week for two hours
- Learn about community resources
- Make new friends
- No minimum English requirements
- Free childcare provided (6 months – 6 years)
- Learn new things and have fun!

**Judith Umbach Library Group 6617 Centre Street N**

Mondays 10:00am-Noon

For more information or other locations throughout the city please contact:

**Debra Colley, Program Coordinator**

**New Friends and Neighbourhood Groups**

Calgary Immigrant Women's Association

Phone: 403-444-1752

Email: [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com)

Visit our website: [www.ciwa-online.com](http://www.ciwa-online.com)



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## Early Childhood Development Coalitions Seeking Participants

**From conception up-to six are some of the most vital years in a child's life.**

The Calgary NW ECD (Early Childhood Development) Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language and Thinking Skills, Physical Health and Well-being, and Communication Skills and General Knowledge. We do this through providing opportunities for parents and children to learn, grow, share, and participate in a variety of different programs, workshops, and events. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: [ncecmapp@weconnectyou.ca](mailto:ncecmapp@weconnectyou.ca).

BRAIN GAMES

SUDOKU

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FIND SOLUTION ON PAGE 13



# WALK WITH US TO END BLOOD CANCERS

Join us on Saturday, October 15 for an evening of inspiration and hope as we walk together to end blood cancers.

Sign up today  
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## IN & AROUND CALGARY

### Alberta Health Services: EMS

#### Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31<sup>st</sup> approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

#### Trick-or-Treaters

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

#### Costumes

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

#### Parents

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

# North of the River

"Back to school" for communities north of the Bow has a decidedly collegiate connotation. Over 30,000 students have enrolled at the University of Calgary this year, while SAIT boasts nearly 16,000 full-time students. These institutions host a range of free or affordable athletic, cultural and intellectual events and programs open to our communities.

Here are some of my favourites.

Nothing says autumn like Dinos football. At the time of writing, they've won their first two games – a positive start as the team hopes to repeat its 2013 Vanier Cup appearance.

Want to be active yourself? The U of C Health and Recreation Centre offers a huge range of activities (skating at the Olympic Oval is a particularly fun way to spend an afternoon), or pick up some gear at the Calgary Outdoor Centre for your next adventure by river or path.

For a little culture, did you know the University of Calgary Theatre hosts more than 175 events per year? Whether your family is into dance, music or drama, there's something for everyone.

There's plenty to do at SAIT as well. Last winter, my wife and I enjoyed taking an evening class at the Culinary Campus. You can hone kitchen skills or learn new recipes (French, South East Asian, Italian – you name it). On campus, in the John Ware Building, you can also purchase artisanal food products expertly prepared by students studying Butchery and Charcuterie Management and Baking and Pastry Arts.

Educators have long cited the axiom, "*Mens sana in corpore sano*" or a "healthy mind in a healthy body". The students, professors, researchers and support staff at the University of Calgary and SAIT help the residents of the communities north of the river achieve this worthy goal.

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

## PROGRAMS AT THE TUXEDO PARK HALL



### Yoga Mondays:

Monday nights 6:00pm-7:00pm (arrive early to sign waivers).

Currently FREE, (residents and non-residents can purchase memberships)

No Yoga on holiday Mondays

Babysitting available on Monday nights between 6pm and 7pm for Yoga class attendees, individuals requiring child care must contact Shannon hallrentals@tuxedoparkcommunity.ca at least one day before class to determine if space is available. \$5/child. (no on-the-spot drop off available, babysitting must be coordinated before class, very limited space available).

### Seniors Fitness:

Tuesdays, 10:30am-11:30am (arrive early to sign waivers).

FREE, all welcome

Space is Limited

For more info, call 403-276-8986

### Walk 15 Fitness with Nancy

Mondays starting September 26 2016

9am-10am, Upper Hall (arrive early to sign waivers)

Free, membership encouraged, all welcome

Whether in our 40s or our 70s, we can feel in our prime of life at any age, and staying active as we grow older is a key to maintaining mobility and independent living. Walk 15<sup>o</sup> is a low-impact, walking-based group fitness class that's easy to follow yet effective in results – it's an exercise program that virtually anyone can do. Our 15-minute mile is the foundation of the program, and we use the best features of low-impact, aerobic style group exercise in a format set to music that makes working out fun. It's new. It's different. It's exciting!

### Saturday Morning Zumba!

Saturdays 8:30 – 9:30am (arrive early to sign waivers)

Start the day off with some fun, fitness, and great music!

By donation, membership required (residents and non-residents can purchase memberships)

### Qi Gong with Saranga

Wednesdays 9am-10am

By donation, membership required (residents and non-residents can purchase memberships)

### After School Program (run by the City of Calgary)

Tuesdays and Thursdays from 4pm-6pm

Free, all welcome

Tuesday and Thursday

Time: 4:15 – 6:00 p.m.

Dates: Sept 20, 2016 - May 25, 2017

Ages: 6 – 12

The City of Calgary presents a FREE program for ages 6 - 12. Tuxedo Calgary After School Program focuses on developing friendships, supporting positive self-esteem, and increasing self confidence. The program is supervised by trained and qualified City of Calgary Recreation Leaders who build strong relationships with participants by providing fun and interactive activities. During program, participants will play games, learn how to make a variety of crafts and have fun!

~continued next page~

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## PROGRAMS CONT'D

For further information or to register, contact:  
Brooke Rommens, 403-476-7224  
Brooke.rommens@calgary.ca

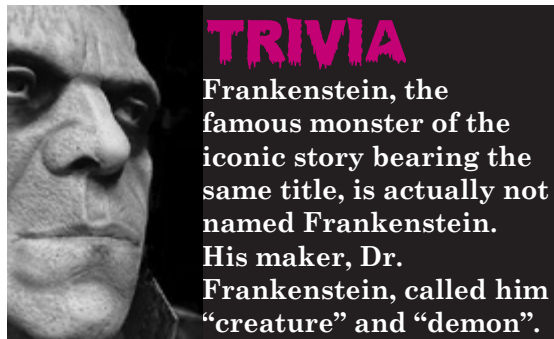
### Kids Drama Program

Only \$25 per child for full session  
Wednesdays starting Sept 14, 2016  
4-6 yr olds – 5:30pm  
6-9 yr olds – 6:00pm  
10 yr olds – 7:00pm

### Finances 101 with Jill (CPA)

Wednesdays 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  
January 18 2017 – Are You a Good Financial Role Model?  
February 15 2017 – Effective Tax Strategies  
March 15 2017 – How to Teach Your Kids About Money  
April 12 2017 – Identity Theft Protection  
May 24 2017 – Planning for Retirement  
June 7 2017 – Estate Planning  
To register or for more information contact us by email or 403-277-8689

Call Shannon at 403-277-8689 or email [hallrentals@tuxedoparkcommunity.ca](mailto:hallrentals@tuxedoparkcommunity.ca) for more information or to register for any of these great, free programs at the Tuxedo Park Community Hall.



### TRIVIA

Frankenstein, the famous monster of the iconic story bearing the same title, is actually not named Frankenstein. His maker, Dr. Frankenstein, called him "creature" and "demon".

## IN & AROUND CALGARY

### 952 'WestJet' Royal Canadian Air Cadets

Are you between the ages 12 to 18 and interested in flying or the air element of the Armed Forces?

Are you looking for a challenge to bring out the best in yourself and your abilities?

Then look no further - Air Cadets is the program for you!

You'll make lifelong friends, learn valuable skills and increase your self-esteem.

Staff, cadets and parents will be available to provide information for parents and children who are interested in joining Air Cadets.

We will also enroll new Cadets who want to sign up - just bring along a copy of the cadet's Health Care card and proof of birthdate (Birth Certificate or Passport).

For more information on Air Cadets and the 952 Squadron, check out [www.facebook.com/WestJetRCACS](http://www.facebook.com/WestJetRCACS) or contact us at [westjetrcacs@gmail.com](mailto:westjetrcacs@gmail.com).

### Fraud Awareness

A message from the Federation of Calgary Communities

Join us and Cst. Andrew Critchley from the Crime Prevention Unit at the Calgary Police service for a presentation that will focus on fraud awareness, common scams and best practices to avoid being a victim. Learn what resources are available to communities and how the Calgary Police Service responds to these issues.

**Date:** Wednesday, October 19, 2016  
**Location:** Capitol Hill Community Association (1531 - 21 Avenue NW)  
**Time:** 7:00pm – 9:00pm

For more information and to register for this FREE event, visit [calgarycommunities.com/workshops-events/](http://calgarycommunities.com/workshops-events/)



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# Clothesline

Not sure what to do with your clutter? The Clothesline program in Calgary collects gently used clothing, electronics and small household items-where proceeds support the Canadian Diabetes Association. To donate and schedule your free pick-up, call 1-800-505-5525 or visit [www.diabetes.ca/clothesline](http://www.diabetes.ca/clothesline).



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# Trivia

Jack-o'-lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.




Calgary Humane Society  
Connecting Lives

## Halloween hazards! Keeping your Pet Safe

Happy October!

It's hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy the occasional mini chocolate bar!

While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. Just as families must take safety precautions to ensure a safe and happy Halloween for children, pet owners should be mindful of safety during the festivities. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

1. Keep candy out of reach of pets! Chocolate, artificial sweeteners and certain types of nuts are toxic to animals.
2. Set up a safe space! Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
3. Leave Fido at home. Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.
4. Put a sign on the door asking trick or treaters to knock, especially if your pet reacts to the doorbell!
5. Be cautious with your costume, especially if your pet is easily frightened. Consider setting your pet up in a safe space before getting changed into your festive duds.
6. If your pet is dressing up, choose a costume that does not restrict your pet's airway or movement. Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.

7. Do not allow your cats to roam. A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.
8. Looking for more tools to help a stressed out pet at Halloween? Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!



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**BRAIN GAMES** **SUDOKU**

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## News from the Friends of Nose Hill

by Anne Burke

This year is North Haven's 50th anniversary. One of the seniors interviewed for a video said he led the committee of surrounding communities that lobbied the city for park status. As a result, we were asked for any information about Nose Hill, when it became a park.

Nose Hill Park is a natural environment park that lies in the northwest part of Calgary and is surrounded by 12 residential communities. We are often asked about its history and documents are posted on our website at [www.fonhs.org](http://www.fonhs.org). Here is an excerpt:

In 1858, Captain Palliser noted that the Blackfoot referred to Nose Hill as their wintering hills because it was a winter grazing area for the buffalo herds, since the frequent winter Chinooks kept the grass clear of snow. The area around the hill was mostly used for dairy farms, while the pla-

teau was grazed. The land has been subject to speculation since before World War I. "The Great Prairie Fire of 1944" put an end to habitation on Nose Hill. Its rich supply of gravel began to be exploited in 1961, when Calgary began to grow.

The Calgary Municipal Airport was constructed in the northeast corner of the city in the late 1950's. The runways were oriented north-south and east-west. Nose Hill was on the flight path of the latter, so it was necessary for the Federal Department of Transport to impose a development ban on the area. This forced some farmers on the hill to relocate. In the late 1950's, much of the suburban sprawl occurred in the area to the east and south-east of Nose Hill. Purchasers of homes in these developments were told that they would always have the open space of Nose Hill adjacent to their communities. In 1960-61, the Calgary Winter Club proposed that they be allowed to develop a golf course on the top of the Nose Hill but this idea was rejected by the Calgary Planning Commission, because of the caveat imposed by the Department of Transport. Communities that developed later in the 1960's to the south of Nose Hill were unaware of this caveat, which was dropped when the jet replaced the propeller airplanes. Indeed, some residents nurtured the ambition to own a house on top of Nose Hill because of the fantastic view that it afforded of the city, the foothills, and the mountains.

# calgary reads

## Writings about Reading

Nourishing a child's mind, body and spirit so they can learn!

Look for the Nourish van in your community! We may be coming to a neighbourhood near you soon. This colourful van will be 'stopping by' and 'popping up' at schools, parks and community events starting—now!

The Nourish van's lively team leads free, fun activities and games – and shares snacks, information, books and more with families and young children. The aim is to help nourish elementary-school-aged children—mind, body and spirit, so they can learn!

Calgary Reads is involved in Nourish, together with Brown Bagging for Calgary Kids, Humanity in Practice (HIP Kids), Kids Up Front and 'NSTEP. Each of the partners already provides a range of services and resources to help Calgary children thrive. Now, through the Nourish collaborative – we will bring fun activities, resources, nutrition, activities, event tickets, volunteering opportunities and books to families and children who might not otherwise have access to these.

We are grateful to community funders who have made the Nourish van possible, including Rotary Club of Calgary, KAYAK Foundation, Calgary Foundation, and Marlborough Ford.

Donations of new and gently-used books for children aged 0 to 8 are always welcome through the Calgary Reads Book Bank and they will be shared through the Nourish van with children who have few or no books of their own at home. Or, if you would like to help the Nourish collaborative in another way, please be in touch to: [info@nourishyyc.org](mailto:info@nourishyyc.org)

*For resources to help your child develop critical literacy skills and the joy of reading, visit [calgaryreads.com](http://calgaryreads.com).*

## IN & AROUND CALGARY

### October Fire Prevention Week. October 9-15<sup>th</sup>

Your Calgary Fire Department wants you to make time to ensure that your family is safe from fires.

Don't wait, check the date!

If a fire occurs in your home, we, as firefighters know firsthand that only a WORKING smoke alarm can alert you. Smoke alarms that are older than 10 years old may not work when you need them most, so check the date on the unit, if it is older than 10 years old, replace it!

If there is no date, and it appears to be older than 10 years old, replace it.(even if it is hard wired)

Other simple reminders:

- check every detector monthly by pushing the test button
- change the battery annually (some now have ten year batteries)
- you need to be able to hear the beep when you sleep
- you should have a smoke alarm on every level of your home
- many smoke alarms will "chirp" when the battery is low or when the alarm has reached its lifespan

If the alarm does go off, your family can initiate your home escape plan. For additional information on escape plans, visit [Calgary.ca/CSPS/Fire](http://Calgary.ca/CSPS/Fire)

Please watch and share our new fire safety video with your family:



Fire Safety Tips with Flint  
<https://youtu.be/CbE3ICBzeY0>



**DID YOU KNOW:** that the first arriving Captain at a building fire may have to make up to 200 decisions in the first 5 minutes? The decisions start even before the fire engine leaves the fire hall!

*Calgary Fire Department. Yours for life.*





## COUNCILLOR, WARD 9 GIAN-CARLO CARRA

c/o Office of the Councillors  
PO Box 2100, Stn 'M', Mail Code #8001A  
Calgary, AB T2P 2M5

Hello Neighbours!

If you are a gardener like me, you've worked hard over the summer and now fall is a time to reap the benefits of the harvest. It is also a time to celebrate with family and friends by giving thanks for all that we have as Calgarians, Albertans and Canadians.

I know that many of us have personally been affected, or have had a loved-one affected, by the changes to our economy. Uncertain times like these remind me how important it is that we have strong social connections through our families, friends, faith centres, social institutions and communities. Getting involved in your community is an incredible way to give back to our city and those who may be experiencing hardship.

To those who are already involved in active volunteerism, I would like to extend my heartfelt thanks to all of you for your incredible work.

This month I wanted to report on some exciting news around our public transportation infrastructure. In September, the federal government, in concert with the province and the City of Calgary, announced that they will be funding the construction of a dedicated transitway across Deerfoot Trail and the Bow River from our beloved International Avenue (17<sup>th</sup> Avenue). This will also include new pathway systems for pedestrians and cyclists. This new dedicated transitway is a huge win for our neighbours in Dover and all across Ward 9. Not only will it significantly improve the transit connection for people living east of Deerfoot Trail, it will greatly enhance access to one of Calgary's best kept secrets - the exhilarating, vibrant and burgeoning main street known as International Ave.

We are also making huge improvements to the way we access our river systems. In June, my office and the Ward 12 office drafted a Notice of Motion for Administration to prepare a report on the implementation plan for a river access strategy, which would include input from users. I am happy to report that over the fall Administration will be engaging with stakeholders. For more information please go to [www.calgary.ca/riveraccessstrategy](http://www.calgary.ca/riveraccessstrategy).

Finally, as fall is now in full swing, I wanted to remind everyone that The City is offering its Leaf & Pumpkin Composting Program, again. This is a chance for all of us to divert waste from our landfills and reduce greenhouse gasses by composting yard waste. More information can be found at [www.calgary.ca](http://www.calgary.ca).



## MP, CALGARY CONFEDERATION LEN WEBBER

2020 10 St NW, T2M3M2  
403-220-0888  
[len.webber@parl.gc.ca](mailto:len.webber@parl.gc.ca)

### Put Your Stamp on the Process

Times have changed since the first letter was sent in Canada in 1693. The postal service provided by Canada Post is no longer as dominant in our daily lives as it used to be. With cell phones, email, texting, paperless billing, e-transfers and courier services, Canada Post has seen its role in our daily lives diminishing annually since 2006. At the same time, an average of 169,000 new addresses are added each year to the existing 15.8 million existing addresses.

With more places to deliver mail each year and less mail being sent, this has had a dramatic effect on revenues and costs. Canadians need to take a good look at our postal system and figure out a way to make it both sustainable and affordable. It is a vicious circle - stamp costs increase to cover growing operating costs which, in turn, results in less mail being sent and revenue dropping even further.

However, we still have a critical need for a national postal system as many Canadians and businesses rely on it for many reasons. Last year alone, Canada Post delivered almost nine billion items to every corner of Canada.

The time has come for Canadians to look at the future of our postal system to ensure it is both sustainable and affordable for everyone. A review of Canada Post is now underway and you can participate.

Canadians are being asked to contribute their comments, concerns and, most importantly, their ideas on how we can achieve these goals. For example, the most common idea I have heard so far is the suggestion to make mail delivery every second business day. This would save money and the impact on the environment. Canadians are known for being a resourceful and creative bunch and I am sure there are many more ideas to come.

An independent Task Force is currently gathering facts and developing options for consideration. Next, a Parliamentary Committee will consult Canadians on the options and make recommendations to the Government on the future of Canada Post.

To share your input, please send your ideas to [TPSGC.ExamendeSPC-CPCReview.PWGSC@pwgsc-tpsgc.gc.ca](mailto:TPSGC.ExamendeSPC-CPCReview.PWGSC@pwgsc-tpsgc.gc.ca), fax 1-844-836-8138, or even better, MAIL your comments to Canada Post Review, CP2200, Matane, QC, G4W 0K8. As your Member of Parliament, I am interested in knowing your views, and would appreciate being copied on your submission.

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### Candy NAIL & SPA INC.

2231 Centre Street NW T2E 2T4  
403-277-6886 **20% off**  
Under new management since June 2016

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## TRIVIA

The stately, sandstone Lougheed House, located in Calgary's beltline, is said to be one of the most haunted places in our city. <http://www.lougheedhouse.com/>

# COMMUNITY ANNOUNCEMENTS

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

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

**NORTHMINSTER UNITED CHURCH:** Scrapbooking Weekend. Friday Oct. 21 – Sat Oct. 22. Everyone Welcome! RVSP Required. 403-277-0322 [office@northminster.ca](mailto:office@northminster.ca)

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**VOLUNTEERING**  
*is good for the soul*

# 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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# TUXEDO PARK MEMBERSHIP

Please check one:  New Member  Renewal  
 Type of Membership:  Family \$20.00 (max. 2 adults with children)  Individual \$10.00

Family Name: \_\_\_\_\_

Adult 1: \_\_\_\_\_ Email: \_\_\_\_\_

Adult 2: \_\_\_\_\_ Email: \_\_\_\_\_

I DO want to receive emails from TPCA regarding programs, events, and community information.

#of Children / Youth (under 18 yrs. old)

	1 <sup>st</sup> Child / Youth Age	2 <sup>nd</sup> Child / Youth Age	3 <sup>rd</sup> Child / Youth Age	4 <sup>th</sup> Child / Youth Age	5 <sup>th</sup> Child / Youth Age

Telephone: \_\_\_\_\_ Address: \_\_\_\_\_

Payment Method:  CASH  ONLINE  CHEQUE Received / Date: \_\_\_\_\_ Entered: \_\_\_\_\_

Personal information collected by TPCA will be kept confidential and will not be used or disclosed to third parties.



## Community Babysitting Providers:

- Lynn R. 403-229-1691**  
Has Red Cross Babysitters and CPR.
- Josie 587-228-4608**  
Daughter has Babysitters Course.
- Marilyn 403-295-0304**  
Mature woman would enjoy babysitting babies up to 2 years of age.
- Sam R. 403-988-7507**  
Daughter has taken Babysitters Course.

- Susan G. 403-542-1213**  
Son has taken Babysitters course.
- Chrystina L 403-244-2418**  
son and daughter have babysitting course.
- Kristina. 403-690-2572**  
Adult woman, provides childcare evenings and weekends. Enjoys doing crafts with kids.  
*Parents: If your child, or children, have babysitting experience and would like to be in our babysitting registry, please contact Chrystina at 403-244-2418 or [volunteer@tuxedoparkcommunity.ca](mailto:volunteer@tuxedoparkcommunity.ca).*



**Bob Dawe**  
**& ASSOCIATES**  
403-276-SOLD



## FREE REPORT ON TUXEDO HOUSE PRICES

If you are curious about what your **Tuxedo Area** home may be worth, here's an easy way to find out what homes like yours are selling for in today's market.

**Plus:** Get a free report with up-to-the-minute statistics based on all the homes for sale and sold in the **Tuxedo Area** over the past six months in all price ranges.

To get your free report on **Tuxedo Area** house prices, just call **403-276-SOLD**, or go to **[WhatsMyTuxedoHomesWorth.com](http://WhatsMyTuxedoHomesWorth.com)**

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