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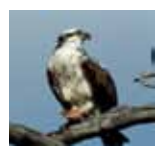
Bald Eagle

Wings spread wide, I soar, I glide; I watch with eager eyes. Fish or game, I've yet to name which food will be my prize. My head and tail-feathers are as white as winter snow; My beak and feet are yellow, like a sunbeam's golden glow.




Cooper's Hawk

My voice is carried on the wind, a sharp and haunting cry. Without a foe to fear, I'm free to glide across the sky. A great and mighty predator, I keenly watch for food, Soaring through the heavens in majestic solitude.



Osprey



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I'm a Bald Eagle!

Compliments of the Friends of the Boumont Natural Environment Park Area



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TAKE ON WELLNESS



Back to School Health Checklist

It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most of the year ahead—taking care of your child's health. As the most important head-start you can give your child, beginning the year with good health is also simple with this back-to-school health check-list:

- **Immunization:** Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her important grade 5 and/or grade 9 immunizations.
- **Vision screening:** Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.
- **Hearing/speech screening:** If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.

- **Dental checkup:** Regular dental checkups start early! If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health. Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.
- **Emergency contacts:** Make sure the school has up-to-date emergency numbers for each of your children, including contact information for parents, physicians, etc.
- **Health conditions:** Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.
- **Backpack basics:** Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture. For more information visit: <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abk0958>
- **Nutrition plan:** Ensure your child has a healthy breakfast before heading to school in the mornings, and help him or her pack a nutritious lunch. Planning meals ahead of time and involving children in planning and preparation can make this task more manageable and fun. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>.



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ELECTED OFFICIALS



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IMPORTANT NUMBERS

ALL EMERGENCY CALLS 911

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

HOSPITALS / URGENT CARE

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

OTHER

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



ACADIA REAL ESTATE UPDATE

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Last 12 Months Acadia MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2017	\$494,900	\$455,000
June 2017	\$449,000	\$440,000
May 2017	\$460,000	\$450,000
April 2017	\$482,450	\$469,500
March 2017	\$439,900	\$423,400
February 2017	\$484,450	\$475,250
January 2017	\$424,900	\$413,000
December 2016	\$441,950	\$427,750
November 2016	\$439,800	\$430,000
October 2016	\$494,200	\$490,000
September 2016	\$489,900	\$477,500
August 2016	\$449,900	\$432,000

Last 12 Months Acadia MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2017	8	11
June 2017	17	9
May 2017	13	13
April 2017	10	6
March 2017	11	6
February 2017	7	6
January 2017	5	5
December 2016	1	2
November 2016	9	9
October 2016	8	6
September 2016	6	5
August 2016	4	6

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

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HALLOWEENS – CALAWAY PARK

SEPT. 9 – OCT. 9

Enjoy Calaway in full spooky splendour with the Boo Crew, and don't miss: face painting, Thriller dance lessons, scavenger hunts, special guests, family photos and more! There will even be a costume contest on Sept. 16. More info: calawaypark.com.



ZACHARY LUCKY – GALLERY HOUSE CONCERT SOCIETY, OCT. 2

Check out this unapologetically old-school country performer. Armed with his husky, baritone voice, he has received comparisons to Gordon Lightfoot and Kris Kristofferson. He sings of Canadian places and people, and puts on a sultry and intimate performance. More info: galleryhouseconcerts.com.



CANADA SOCCER'S TOYOTA NATIONAL CHAMPIONSHIP U-15 CUP - CALGARY SOCCER CENTRE, OCT. 5 – 9

These championships are the definite amateur soccer event of the year, crowning the country's best community soccer clubs. Over 3,000 participants and spectators from across Canada are estimated to be part of the 2017 U-15 Cup in Calgary this year. More info: canadasoccer.com.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Autumn Pumpkin Festival – Calgary Corn Maze & Fun Farm, Weekends in October

Celebrate Autumn each weekend in October at the corn maze, the fun farm and the petting zoo. Endless activities to keep the wee ones occupied and then pick a pumpkin to take home on your way home. Not all activities included in admission price. More info: calgarycornmaze.com.

The Great Grilled Cheese Cook-off – Jerome's Appliance Gallery, Oct. 1

Amateur and professional chefs will prepare their very own gourmet grilled cheese recipes in support of Brown Bagging for Calgary's Kids. Your mission is to taste 10 samples and then judge them along with a distinguished panel of judges, with a hand-crafted soda to wash it all down.

Piaf! The Show – Arts Commons, Oct. 4

A powerful and moving celebration of the life and music of the legendary French chanteuse, Edith Piaf. Starring Anne Carrere who has been hailed as "Edith Piaf's legitimate musical heiress," Piaf! The Show has received rave reviews around the globe. More info: artscommons.ca.

Wordfest – various venues, Oct. 10 – 15

Wordfest is a not-for-profit organization that hosts year-round literary events featuring the world's best writers at around 70 events in our city. More info: wordfest.com.

Reconciliation Journey: Walking a Path Together – Carriage House Inn, Oct. 12

This is the second conference planned this year by the Indigenous Advisory Committee through the Enough For All Catalyst Fund. Expect discussions of the organization's work on Reconciliation as they relate to the 94 Calls to Action, as well as special guests, keynote speakers and panel discussions about the exciting work happening across Calgary. More info: vibrantcalgary.com.

Ghoul's Night Out – Heritage Park, Oct. 26 – 27

Heritage Park will be transformed into a spooky extravaganza for families with children three to nine. Ghostly encounters, crafts, treats, festive festooning and so much more! Look for more info to come: heritagepark.ca.

FOR ART'S SAKE



Volunteering in the Arts

By Alex Bonyun

Want to be involved in the arts, but don't know where to start? A great way to dip your toe in without spending money is to volunteer. It may seem like a daunting proposition if you've never volunteered before, but non-profit cultural organizations are always looking for helpful volunteers, whether it's for ushering at a theatre performance, helping out at a festival booth, or lending a hand with administrative work at the office. The rewards of volunteering go beyond gaining access to tickets or other perks. It allows you to gain experience in a particular field or with a particular organization which can later lead to other opportunities such as serving as a Board Member for an organization that aligns with your values or joining committees in your community to boost the presence of arts in a particular discipline.

This year, Canada 150 is challenging everyone to lend a hand and give 150 hours of time volunteering before the end of 2017. The gift of your volunteer hours goes above and beyond the organization you benefit with your time. It can create a lasting impact throughout your community. You can register for the challenge and learn more at <https://volunteer150for150.ca>. It's not too late to complete the challenge as many organizations start their seasons full force in the fall, and are always in need of volunteers.

In our community approximately 50,000 Albertans volunteer for not-for-profit arts organizations every year, creating opportunities for community engagement, service, and belonging. Additionally, volunteers can help an organization build capacity, which can result in more economic stability and growth.

For a comprehensive list of all of Calgary's non-profit organizations in need of volunteers, please visit <http://public.propellus.org/NonProfitMemberList.aspx>.

This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues.

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Bow Valley Ranch House est. 1896 – Fish Creek Park

The Bow Valley Ranch House and property serve as an excellent reminder of the wealth generated by Calgary's leading pioneer ranchers. The villa-like brick house was erected in 1896 by William Roper Hull, one of Calgary's most prominent citizens. It replaced an earlier log structure which has been built in the 1870s by homesteader John Glenn and which was the first permanent farm in the Bow Valley area. In 1902, Patrick Burns purchased the 4,000-acre ranch, by 1937 other family members operated the ranch and did so until the early 1970s. The house and 1,400 acres of the ranch now form part of the Fish Creek Provincial Park.

The house is a very good example of Queen Anne style. The symmetry of the facade around the central

entranceway creates a strong sense of formality. The highly-articulated hipped roof, with half timbering in its many gables, helps to relieve any bulkiness of the massing. The protruding verandah on the main facade has been enclosed to create two sunrooms. Bay windows protrude on the east and west sides. Architects Rule, Wynn and Rule took great pains to match a 1957 addition with the main building. The interior of the 1896 structure features 11-foot ceilings and original plank floors. The ranch house exhibits very good detail and stylistic features, and is notable for the early use of brick.

The Foreman's House was restored and rehabilitated as "Annie's Cafe" in 1998. The main house was restored and rehabilitated to accommodate a restaurant in 1998-99, including an addition with a kitchen and office.

Heritage Significance

The site was originally settled in 1873 by John Glenn, a trapper and former gold prospector. Glenn was the first settler in the Calgary area. He built a log house and barns and lived here until 1879. The property was subsequently purchased by the government as an instructional farm for aboriginal peoples. In 1892, William Roper Hull, a successful rancher and businessman, purchased the property. When the original log ranch house burned down, he built the brick, two-storey house, now known as Bow Valley Ranch, at a cost of 12,000 dollars. The structure was finely detailed, with elegant furnishings chosen by Mrs. Hull. In 1902, Patrick Burns, a leading Calgary rancher and meat packer, purchased the property, complete with Mrs. Hull's furnishings. Few modifications were made to the house. Pat Burns was one of the major forces behind the growth of ranching in Alberta. This was an active ranch until 1973.

Article and photo provided by Discover Historic Calgary via calgary.ca.



**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 Ward 9 Neighbours,

This October you and your fellow Calgarians will have the chance to participate in one of the most important and meaningful experiences we share as Canadians – voting. October 16, 2017 is your opportunity to have your say in the future of your neighbourhood, your community, and your city, as you head to the polls to elect a Mayor, your City Councillor, and your School Board Trustee.

Often, there can be cynicism about the political process of electing representatives who may not share or understand your personal views, priorities, or sense of direction for Calgary. When faced with that cynicism, remember that the thread that links these candidates is their love of community and belief that they can make things better for all of us. That diversity of vision, when tested against your questions and engagement, reveal the best person for the task in moving us forward.

Unlike other orders of government, we interact with our municipal government everyday – from the moment we wake up, to the moment we head to sleep, and even in between. From providing safe drinking water and electricity to our homes, to paving, maintaining and clearing roads during the winter months, providing transit, deploying our police and fire service, to providing recreational programming and affordable housing to Calgarians, local government impacts our lives immeasurably.

This year, there will be significant changes in Ward 9 as the ward boundaries have changed. The communities of Tuxedo Park, Winston Heights-Mountview, Rideau-Roxboro, Park Hill, Erlton, Acadia and Riverbend will move to Wards 7, 8, 11 and 12, respectively.

During the next few months you will have candidates knocking at your door, calling your homes and reaching out to you in a number of ways to ask for your support and for your vote. Be prepared to challenge them with your questions about everything from street sweeping, to transportation, to their long-term vision for Calgary. Sign up for updates. Attend your neighbourhood candidate debate. Speak with your family, friends and neighbours, and most importantly, vote.

To make the process of voting easier for Calgarians, The City has created a website specifically geared to this October's election. To sign up for updates, find out when and where to vote, and to confirm voter ID requirements, please visit www.calgary.ca/election.

All the best to you as you make your voting decisions!

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Interested in learning more or booking an appointment contact the clinic at **403-255-8161**. Follow Dr. Johnston on facebook or check out the website at www.chinookchiro.com



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 ✉ calgary.acadia@assembly.ab.ca

Hello friends!

I hope that you had a fun and relaxing summer and had the opportunity to take in some of the many community activities and festivals in and around our beautiful city.

I enjoyed the opportunity to meet with many of you over the summer, whether at my constituency office, or at a community event such as the Riverbend Community Association Stampede breakfast, the Acadia Community Garden Art in the Park event, my annual Pancake Breakfast with the WillowRidge Community Association, the Emergency Services Appreciation BBQ at the ARC, or FLC Seniors' Annual Registration day at Trico Centre. It's been great to meet you, hear your suggestions, and talk about your compliments or concerns. If we haven't had a chance to meet yet, please do be in touch with my office – contact details below.

It's also been a summer of great announcements from our new Government. Like many residents in Calgary-Acadia, I was thrilled to hear that we will be building a new Calgary Cancer Centre at the Foothills Hospital Campus. The Centre will include additional inpatient beds, outpatient services, radiation therapy, and systemic therapy such as chemotherapy. This facility will be a vital part of our health services in Alberta, and provides much needed treatment for Albertans who are battling cancer.

This summer, I also attended committee and caucus meetings to prepare for the fall Session of the Legislative Assembly. As we move in to the fall season, the Special Committee on Ethics and Accountability will be seeking feedback on the Elections Act, the Elections Financing Act, the Whistleblowers Protection Act and the Conflicts of Interest Act to ensure they best serve Alberta's public interest. As Deputy Chair of the Committee, I look forward to hearing from you about these issues.

The Committee on Families and Communities will be reviewing the Mental Health Amendment Act - 2007.

This Amendment Act deals primarily with Certification (involuntary confinement), Notification upon Release, Community Treatment Orders, and the role of the Mental Health Patient Advocate. This review is in addition to the review of services provided under the Mental Health act that is being undertaken by a different committee. If you have any questions or concerns about this Act, or the Mental Health Services review, please be in touch.

As your MLA, I represent all residents of Calgary-Acadia. If you have any questions, compliments or concerns about the steps our government is taking, I want to hear from you. You can count on me to listen and bring your perspectives to the government and the Legislature. Likewise, if you are having some difficulty dealing with the provincial government or accessing provincial services, please contact me – you can count on me to assist you to the best of my ability.

You can contact our office by email at Calgary.Acadia@assembly.ab.ca, or by phone at 403-640-1363. You can also visit our office at #10, 8318 Fairmount Dr SE, Monday-Thursday, 10 am to 4 pm, and Fridays 10 am to 3 pm.

Acadia mybabysitterlist

Name	Age	Contact	Course
Collen	28	403-276-4663	Yes
Georgia	24	403-660-3831	Yes
Glenda Rose	35	587-433-0130	No
Grace	37	403-680-9153	No
Jenn	27	587-899-3095	Yes
Kristn	19	403-993-7206	No
Rosalind	27	587-889-8087	Yes
Sabrina	20	587-578-3815	Yes
Shyla	19	403-990-1707	No
Tammi	18	403-605-6898	No

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Calling All PARENTS
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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.



Deer Park WINTER CLOTHING EVENT

Need winter clothes for you and your family? The Annual FREE Clothing Give-A-Way is happening again this year, for one day only! Clothing is donated and is gently used.

When: Saturday, Sept. 23 from 10am-1pm

Where: Deer Park United Church, 77 Deerpoint Road SE

Who: Anyone!

Do you have WINTER clothing to give away? We will be accepting clean, gently used winter clothing on the following days only:

Day Time Drop-offs:

Sept. 18th, Sept. 19th, Sept. 20th, and Sept. 21st from 9 a.m. -noon and 1 p.m. -4p.m.

Evening Drop-off:

Wednesday, Sept. 20th from 6 p.m.-8 p.m.

Winter Clothing can be dropped off at Deer Park United Church (77 Deerpoint Road SE). If you have any questions or would like to volunteer, please call Deer Park United Church at 403-278-8263. We are always looking for volunteers to help organize and sort clothing for the event!

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UPCOMING WORKSHOPS

Italic Calligraphy	Wed's. in Sept (6:30-8:30 pm)	4 for \$100
Pouring Medium	Sat, Sept 23 (1-4pm)	\$175
Intro to Drawing Manga	Sat, Sept 23 (1-4pm)	\$65
Italic Bootcamp	Sun, Sept 24 (10am-4pm)	\$75

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September in Fish Creek!

A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser

Friday, September 15, 2017 6:30-9:30pm
Meadow Muse Pavilion, Bow Valley Ranch, Fish Creek Provincial Park

Celebrate the Friends' 25th Anniversary and Raise a Glass to 25 Years of Bringing the Park and Community Together! Featuring Keynote Speaker Kevin Van Tighem, author of *Our Place/Changing the Nature of Alberta*. Sample beer and wine from local producers Chinook Honey, Tool Shed and Six Corners, and bid on amazing silent auction items donated by local organizations. A Taste of Autumn tickets are only \$60 and you will receive a tax receipt for \$30! Sponsorship opportunities are available!

WestJet Gift of Flight Raffle tickets are only \$20 each.

Win one return trip for two people on WestJet! Draw at A Taste of Autumn on September 15, 2017. Only 500 tickets were printed and it is not essential to attend A Taste of Autumn to win! For tickets or more info please contact the Friends of Fish Creek or visit friendsoffishcreek.org/event/autumn17

Membership

As we celebrate our 25th Anniversary, we invite you to renew your commitment to Fish Creek for the 2017 – '18 year. Membership fees provide essential funding for us to develop programs, courses, events and activities to engage community members and members receive admission to educational talks, a discount on the popular birding courses, and much more! We invite you to renew your commitment online at www.friendsoffishcreek.org/membership

Fish Creek Speaker Series: Planned Giving for Healthy Families

Wednesday, September 27, 7:00 pm – 8:00 pm
Presented by Aaron Bickman, Trust and Estate Practitioner in the Wills & Estates group of McLeod Law
Your estate plan should reflect what is most important to you and your loved ones. Creating a solid and comprehensive estate plan will minimize the tax your family pays, ensure harmony within your family, preserve wealth and protect your family's future. Learn why proper estate planning is important, what documents you need to have in place, and the basics of planned giving with a focus on charities that you value the most. To register visit friendsoffishcreek.org/event/plan

Forest Bathing: Discovering the Medicine of the Forest

Tuesday, September 12, 6:30 pm - 8:30 pm
Shinrin Yoku is used in the Japanese healthcare system. Doctors prescribe time in nature to reduce stress and overwhelm and to increase creativity and overall wellness. This gentle model is ideal for all types of people and abilities. Join instructor Ronna Schneberger for this two-hour workshop and learn about the concept and practice of this healing modality. friendsoffishcreek.org/event/forest

ReWilding Through Restoration with Drew McKibben

Sunday, September 17, 1:00 – 3:00 pm
Join Drew McKibben to learn about ReWilding Through Restoration and how the Friends work to minimize the overall decline in ecosystem health in Fish Creek. friendsoffishcreek.org/event/rewilding-walking-tour

Wellness in Fish Creek!

Experience Yoga and a Full Moon Guided Meditation outdoors in beautiful Fish Creek Provincial Park. Engage your senses in the outdoors and allow the beauty of the park's natural surroundings to nurture and support physical, mental, and spiritual health and creativity. For more information visit www.friendsoffishcreek.org/programs/wellness-clinics

Good Grief! Nature Walking Through Grief and Loss

Our 8-week program starts September 11 and offers those experiencing grief and loss, just that; a gentle, accessible, guided walk through nature, to observe, to chat, to enjoy fresh air and the natural world.

Only \$25. friendsoffishcreek.org/event/good-grief2

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

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Deadline – 1st 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

HOLY SPIRIT CWL CRAFT SALE: Saturday, November 18th, 10 a.m. to 3 p.m. 10827 – 24th Street S.W. Over 40 tables of handcrafted gifts. Contact hscwlcraftsale@gmail.com.

CURLERS WANTED: Day Ladies League – individuals and teams are welcome. For more information and registration dates email www.ALDCurling@gmail.com or phone the ARC at 403-255-1252.

NEED LEGAL HELP? FREE LEGAL CLINIC: Wednesday October 18 9:30 am to 3:30 pm. Calgary Public Library, 616 Macleod Trail SE. Book an appointment: call 403-541-4804 between 8 am and 5 pm, Sept 27 to Oct 11. Space is limited.

CHILD SCIENTISTS WANTED! Ch.I.L.D. Research Group at the University of Calgary requires kids under 14 years to participate in fun game-like projects to help us understand how children develop language and social understanding. If interested call 403-220-4955, email child@ucalgary.ca, or visit <https://psyc.ucalgary.ca/child/>

NATIONAL PHILATELIC STAMP SHOW: Exhibits, Dealer Tables, Seminars, Club Tables, and Auction. Free admission. Sept 1-3, 2017. At the Calgary Hyatt Regency, 700 Centre St SE. 1-888-591-1234. More details at online.

LOVE TO SING? A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a central location. Repertoire includes jazz, gospel, African, Canadian, Renaissance, pop, original contemporary. Vocal Latitudes puts on a winter and spring concert and participates in special events. For more information, see www.vocalatitudes.org.

PRACTICE ENGLISH: Make friends and have fun at a New Friends and Neighbourhood Group! Free, no immigration requirements and no minimum English. Free childcare. Visit www.ciwa-online.com or contact Debra Colley at debrac@ciwa-online.com, 403-444-1752.

FLC SENIORS CLUB 55+ -Tai Chi- call Juliette 403-225-1593 or email taichi@flcseniors.ca. -Line Dancing - call Ann 403-254-9181 or email linedancing@flcseniors.ca. For more activities, visit www.flcseniors.ca. Join us for a very affordable, healthy, and active lifestyle.



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- ✓ **Support** Calgary's entrepreneurial spirit and invest in a future that continues to make this city the best place to live while respecting our economic realities.

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