

NOVEMBER 2016

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

	WHAT	HOW	WHEN
01 GROW	Grow a Mo, save a Bro	The moustache is our ribbon for men's health	For the 30 days in the month formerly known as 'November'
02 MOVE	Get active for men's health	Raise funds for men's health while you do something good for your own health	Anytime, anywhere, during the month of Movember
03 HOST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men's health	Anytime, anywhere, during the month of Movember



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 www.bigrockgrill.com

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 info@bigrockgrill.com

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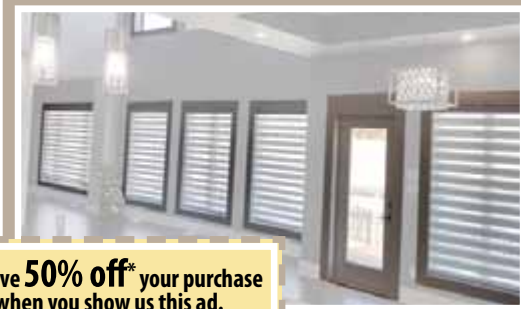

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Auburn Bay Community Assoc.
c/o Auburn House, 200 Auburn Bay Blvd. S.E.
Calgary, AB T3M 0A4
Phone (403) 390-2554
auburnbayca@gmail.com



Marquis De Lorne Community Assoc.
6 Copperstone Way SE
Calgary, AB T2Z 0E7
Phone:(403) 532-8864
Fax:(403) 532-8874
info@mdlca.ca | www.mdlca.ca

Elected Officials



Councillor Shane Keating
Ward 12 Office
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2478
Fax: 403-268-8091
Email: ward12@calgary.ca
Web: www.calgary.ca/ward12



MLA Rick Fraser
Calgary-South East
Unit 202, 5126 - 126 Avenue SE
Calgary, AB Canada T2Z 0H2
Phone: (403) 215-8930
Fax: (403) 215-8932
Email: calgary.southeast@assembly.ab.ca

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AUBURN HOUSE RENTAL RATES

Room Size	Room Capacity	Hourly Rate Prime Time	Hourly Rate Non-Prime Time	Weekend Day Rate 9am to 1am	Weekday Day Rate 9am to 4pm	Security Deposit
UPPER LEVEL BANQUET ROOMS						
Grande Hall A & B (1,628 sq ft)	85 - Dinner 100 - Theatre	\$50.00	\$45.00	\$425.00	<i>Not available</i>	\$500.00
A (1,162 sq ft)	60 - Dinner 70 - Theatre	\$40.00	\$35.00	\$325.00	<i>Not available</i>	\$500.00
B (466 sq ft)	25 - Dinner 30 - Theatre	\$30.00	\$25.00	\$225.00	\$150.00	\$500.00
LOWER LEVEL MULTI-PURPOSE ROOMS						
Multipurpose A & B (591 sq ft)	35 - Dinner 45 - Theatre	\$30.00	\$25.00	<i>Full day bookings not available due to registered and drop in programs.</i>		\$500.00
A (276 sq ft)	15 - Dinner 20 - Theatre	\$20.00	\$15.00		\$500.00	
B (315 sq ft)	20 - Dinner 25 - Theatre	\$25.00	\$20.00		\$500.00	
GYMNASIUM						
Full Gymnasium (5,345 sq ft)	200 - Standing	\$55.00	\$50.00	<i>Full day bookings not available due to registered and drop in programs.</i>		\$500.00
1/2 Gymnasium (2,673 sq ft)	100 - Standing	\$35.00	\$30.00		\$500.00	
PICNIC SHELTER						
4 Available	Up to 25 Non Resident Guests	\$15.00	\$15.00	<i>Maximum 3 hour rental on all picnic shelters.</i>		

Looking for a great venue to host your next event? Auburn House is a 13,390 square foot contemporary lodge featuring a grande hall, a multi-purpose room, a gymnasium as well as picnic shelters available for rental. Auburn House offers ample room for everything from community events to weddings and birthdays.

For more information contact a Bookings Coordinator at 403-537-2670 Monday to Friday 9am to 4:30 pm or email admin@auburnbay.org to book your function.



AUBURN BAY RESIDENTS ASSOCIATION

CONTACT INFO

Auburn Bay Residents Association

c/o Auburn House

200 Auburn Bay Boulevard SE, Calgary, AB T3M 0A4

Office Tel: (403) 537-2601, Office Fax: (403) 537-2670

E-mail: **Administration**

Marilyn Alcock admin@auburnbay.org

Program & Events Manager

Jennifer Tait programs@auburnbay.org

General Manager

Chrissie Rozak gm@auburnbay.org

Hours of Operation

Auburn House Lake & Park Hours

Monday – Sunday 9:00 am – 10:00 pm

Auburn House Regular Office Hours

Monday – Friday 9:00 am – 5:00 pm

Closed for lunch 12:30 pm – 1:00 pm



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Calling All Neighbours!

To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to ABM@great-news.ca

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The Sundance Clinic

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South Calgary Health Centre Building
31 Sunpark Plaza SE Calgary T2X 3W5



AUBURN BAY RESIDENTS ASSOCIATION

Auburn House Fall Programs

Cottage Country Fall Fun at Auburn House! Don't miss out this season on a variety of fantastic adult and youth programs all here at Auburn House to keep you and your entire family fit and having fun. It's not too late to enroll – Registration is still open! – Check out all the programs available in the Fall Program Guide & Events Calendar on AuburnBay-connect.com and register today!

- Canvases & Creations
- Yoga
- Tween Yoga
- Cross Training
- Strong Mama's
- Step Boot Camp
- 30minFIX
- Youth Basketball
- Multi Sport
- Bricks 4 Kidz
- Youth Zumba programs
- Plus Many More!



Fall program registration is open and is ongoing – register 24/7 at AuburnBay-connect.com.

Call 403.537.2606 / 403.537.2605.

View the full Program Guide & Events Calendar online at AuburnBay-connect.com.

Auburn House Christmas Craft & Marketplace

Great gifts just in time for the holidays!

Saturday, November 19, 2016

10am – 4pm

It's almost that time again...the Christmas Craft & Marketplace is back! This is a great opportunity to support your community and purchase great gifts just in time for the holidays.

Admission to the public is free; however, we are kindly requesting food donations, which will be collected on behalf of the Calgary Food Bank.

Please bring cash and cheques for purchases as exhibitors may not have credit/debit machines.

Interested in being an exhibitor? Visit AuburnBay-connect.com

com for the Exhibitor Application Form and event details. Potential exhibitors will be contacted once approved.

Auburn House Winter Programs

Experience Winter Fun at Auburn House!

Winter is just around the corner, but don't let that keep you from continuing your fitness routine – or starting a new one!

Registration for our Winter season opens online November 9.

Walk-in, phone and non-resident registration will be available beginning November 15.

Check out just some of the great classes being offered this winter season...Don't miss out! Register early!

- Kung Fu
- Youth Dance Programs
- Zumbini
- Strong Girls
- Multi Sport
- Youth Basketball
- Learn to Skate (all ages)
- Hockey Skills
- Tennis
- Yoga
- Zumba
- Total Body Workout
- Holiday Fixx
- December Fitness Blitz classes!
- Plus many more!



Register online 24/7 at AuburnBay-connect.com.

Walk-in and phone registration available beginning November 15 – call 403.537.2605.

Auburn House Drop-In Program Passes

Get yours today and add some flexibility to your fitness schedule. Drop-in passes are available for select adult programs at Auburn House!

Did you know? Auburn House is now on Instagram! Find us at 'Auburn House' and follow us today!



Auburn Bay Community Association
c/o Auburn House, 200 Auburn Bay Blvd. S.E. | Calgary, AB T3M 0A4
Phone (403) 390-2554 | auburnbayca@gmail.com

Last 12 Months Auburn Bay MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$479,900.00	\$465,883.00
September 2016	\$475,400.00	\$462,500.00
August 2016	\$494,900.00	\$482,500.00
July 2016	\$484,450.00	\$468,725.00
June 2016	\$484,900.00	\$465,000.00
May 2016	\$502,450.00	\$491,000.00
April 2016	\$548,000.00	\$531,000.00
March 2016	\$549,900.00	\$536,000.00
February 2016	\$529,900.00	\$516,000.00
January 2016	\$422,400.00	\$419,500.00
December 2015	\$584,450.00	\$570,750.00
November 2015	\$529,900.00	\$512,500.00

Last 12 Months Auburn Bay MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2016	37	27
September 2016	30	26
August 2016	40	15
July 2016	27	32
June 2016	32	29
May 2016	30	30
April 2016	30	27
March 2016	36	23
February 2016	31	25
January 2016	42	16
December 2015	14	8
November 2015	17	20

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To view the specific SOLD Listings that comprise the above MLS averages please visit auburn_bay.great-news.ca



Camp Fire Fridays

Camp Fire Fridays will continue throughout the fall and winter (weather permitting), so bring your family down to Auburn House and don't forget your bag of marshmallows! The fire will be lit from 6pm to 8pm every Friday night.

587-955-9399
SETON DENTAL WELLNESS
SDW
Setondental@telus.net, setondentalwellness.ca
Suite 510-19489 Seton Cres SE, Calgary AB, T3M 1T4
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Tuesday and Wednesday 7:00am to 8:00pm,
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Friday 7:00am to 2:00pm,
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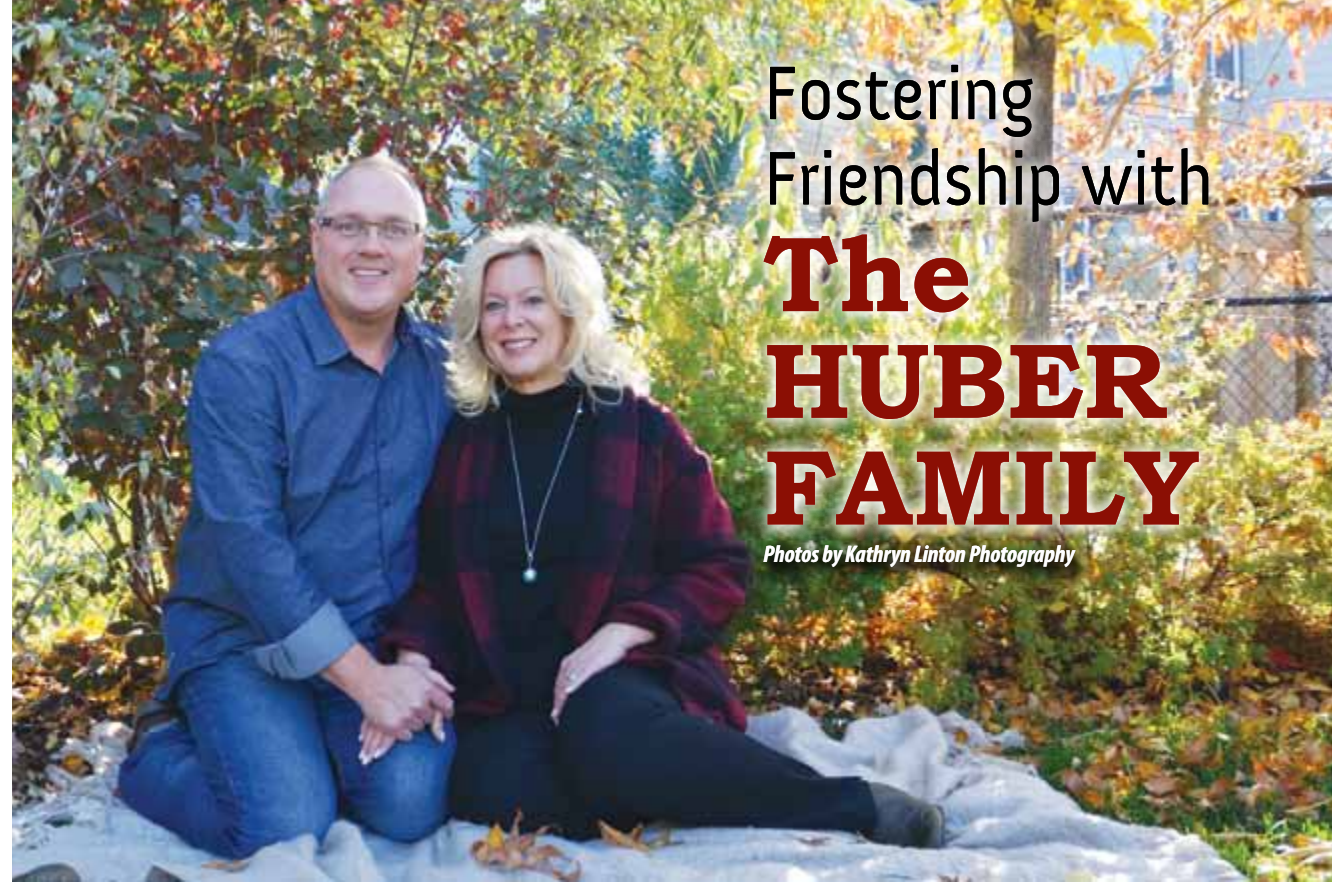
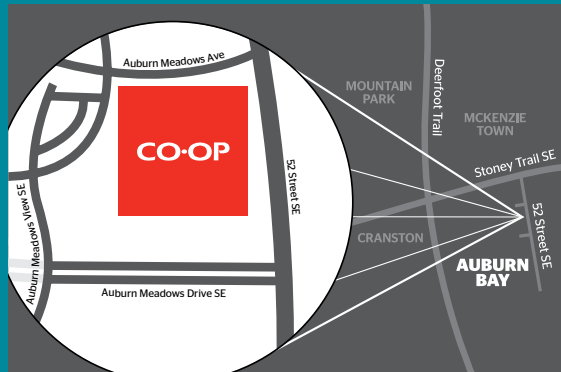
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Fostering Friendship with **The HUBER FAMILY**

Photos by Kathryn Linton Photography

The Huber family has lived in Auburn Bay for the last 5 years and they knew right away that this was home. The family consists of dad, Jim; mum, Brenda; Hayden (21); Madison (20); and Brita (19). The Hubers love their community and see the potential that it has for families and future growth.

Jim and Brenda are both from Saskatchewan; Brenda from Regina and Jim on a farm near Balgonie, which is just outside of Regina. They met when they were both 19, when Jim went to the University of Regina to study civil engineering. Soon after graduation, Jim and Brenda got married and moved to Edmonton to start their careers as well as start their lives together. This past August, Jim and Brenda celebrated their 25th anniversary!

In 1992, a job opportunity for Jim came up in the US, which he took, and the couple moved to Duluth, Minnesota. This opportunity quickly escalated Jim's career in the pipeline industry, proving that the move

was meant-to-be for the couple. Over the next couple of years, Jim and Brenda Huber bought a house, got a dog, and did a bit of travelling. Some of their trips included different destinations in Europe and the US.

In 1994, the couple began expanding their little family with the addition of Hayden. Soon after, Madison followed the year after that. Travelling across Europe and the US soon turned into travelling to Wal-Mart to buy diapers and formula. Each of the kids was born in Duluth, and so, have dual citizenship from Canada and the US.

Having kids didn't stop Jim and Brenda from travelling and they feel fortunate to have travelled to many places across North America with their kids on many family vacations. But now that the kids are grown and starting their own lives, those big family vacations might be coming to an end. This means that Jim and Brenda can start travelling together again, alternating between Hawaii and Europe each year; their favourite



destinations in Europe include the Netherlands and Germany.

In 2000, the Hubers returned to Canada and moved back to Edmonton; by 2011 the family had decided to move to Calgary and immediately chose Auburn Bay. Being new to Calgary, they checked out most of the new neighbourhoods in the city to see which community suited them most. This is when they started meeting their new neighbours (before they even moved to Auburn Bay!) and knew that great friendships were going to evolve.

When they decided to move Jim and Brenda chose to build their home. They have a habit of moving into a new house every five years or so, and so knew exactly what they wanted when designing their home with Albi Homes. Their custom-built dream home is their last planned move.

The Huber kids are all starting their adult lives after graduating from high school in Calgary. Hayden recently graduated from SAIT with a diploma in Automotive Service Technology and is embarking on his career in the automotive industry. Madison completed her SAIT Dental Assistant program and is currently practicing in Quarry Park. Brita is still trying to figure out what she wants to do, but she is close to deciding.

Over the past 10 years, Brenda has developed a successful career in the luxury-retail industry. This year, Brenda and the Huber family's neighbours and friends, Tammy MacDonald and Kurt Schramm, will be opening up a store that is a new franchise to Calgary: the Bone and Biscuit. The Bone and Biscuit is a pet supply retailer focused on maintaining the highest standards in quality, natural pet food, supplies, accessories, and supplements to keep your furry family members healthy. Just like we take vitamins to stay healthy, our pets can derive similar benefits through specialized pet supplements. The Bone and Biscuit franchise started in Kelowna, B.C., and is making its way throughout Canada. The group's The Bone and Biscuit franchise will be opening very soon in Mahogany Plaza and will also include a pet grooming spa. The trio is very excited to open their new store and they encourage pet owners to check it out as soon as it is ready.

The Hubers are animal lovers and currently have a dog named Andie and a cat named Maggie. Andie is a mixed-breed rescue dog and will be five years old in





December. Andie loves hiking in the mountains with Madison and walking along the Bow River with Jim. Brita always ensures that Andie is sufficiently pampered. Hayden recently brought the newest addition to their family, a kitten name Maggie. So far, Andie and Maggie tolerate each other but hopefully they will be the best of friends.

Even though they are all grown up, Brenda still likes to take care of her kids. Aside from taking care of her kids and working on her new business, she enjoys cooking, swimming, and staying active and healthy. When he isn't working or

spending time with the family, Jim will try to sneak away and cast a fly into the Bow River.

The Hubers have loved Auburn Bay for the past 5 years and plan on staying as long as they can. With its network of paths and access to the lake, they believe that Auburn Bay is very conducive to building relationships between neighbours and creating friendships. They have developed a great number of close friends along their lake-access path and look forward to many more years of making friends.

To have your family profiled (story and professional pictures) in the next edition of this community newsletter, please send us an email to ABM@great-news.ca



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Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Wellness Access Program

• Trico Centre offers **fee assistance** for memberships and 10-Visit passes. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport, and the City of Calgary.) See www.tricocentre.ca for details.

Adults

• Adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEPI3Y.
• More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.

• November Wellness Workshops include Fat Burning Workshop, and Straighten Up (free info session followed by a 4-week workshop – for youth and adults.)

Older Adults

• Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in November.
• Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children & Youth

All children's programs – from tots to teens – start in November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options. Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.

Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, youth shinny, and stick & puck.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

Join now and let **Keep Collective** pay for **Christmas**

\$169 Sign-up fee contains over \$500 worth of products plus trainings and website

Katrina Jackle INDEPENDENT DESIGNER

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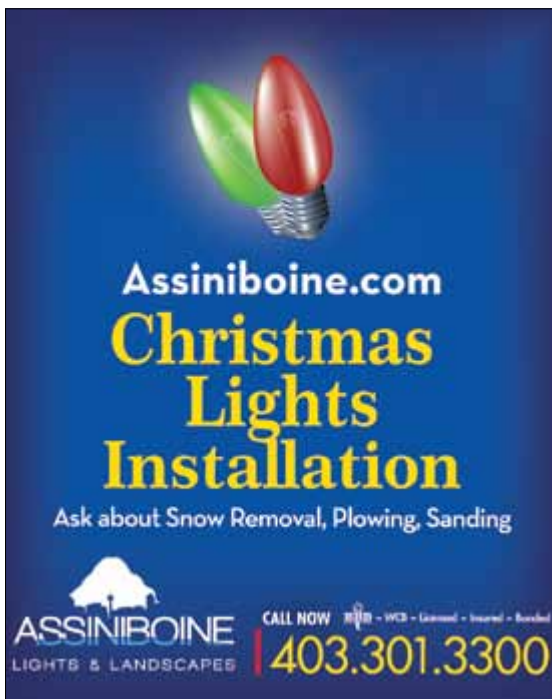
Accountant
Stanley Doherty, CPA, CMA

#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd

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IN & AROUND SCHOOLS

Sundance Elementary School

November will be another busy month! We will take time to remember and learn about those who have served our country on Remembrance Day. Please watch your email for ceremony details and feel free to join us.

Our gymnastics unit takes place during the month on November. Please ensure that your child is dressed appropriately to climb, balance and tumble. The monthly newsletter will contain advice for how students should dress to reduce the chance of injury.

Parking reminder! Morning and afternoon drop-offs and pick-ups are a busy time around Sundance School. We want to ensure that everyone gets to and from school safely. Please do not park in the zone designated for the buses. Also the staff parking lot is for staff only. This is not a place to load or unload children. This is a safety issue for everyone. Please park in front of the lake where there are ample spaces.

Have you subscribed to receive messages from the Calgary Board of Education and our school? To do so please go to www.cbe.ab.ca/subscribe to enter your email address and click Subscribe.

Important Dates to remember:

- Nov 11 & 25 Non-Instructional Days
- Nov 2 Sundog Lunch
- Nov 3 Picture Retakes
- Nov 24-25 Parent Teacher Interviews
- Nov 29 Gr 2 FI to Glenbow Museum
- Nov 29 School Council Meeting at 7pm

Thank you,

Jocelyn Zoller



MEAL DEAL

Most wasabi consumed is not real wasabi, but coloured horseradish.

Auburn Bay mybabysitterlist

Name	Age	Contact	Course
Kelly	14	403-617-1141	Yes
Tiana	14	587-432-7282	Yes
Quinn	14	403-990-2570	Yes
Lynda	15	587-229-9118	No
Crystal	16	403-903-8938	No
Ema	16	403-466-5171	Yes
Kennedy	16	403-463-9800	No
Deseray	17	587-437-0833	Yes
Abby	19	587-439-7017	Yes
Louise	20	587-439-1255	Yes
Mehgan	21	587-434-3798	No
Sujitra	32	587-284-1984	No
Rosemarie	36	403-708-5759	No
Annie	37	587-968-6504	Yes

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS Visit 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.



Lest We Forget

Members of the Canadian military have seen combat in both World Wars, the Korean War, the South African War, the Arab-Israeli Conflict in 1974, and in Afghanistan, among other battles.

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It's time to recycle more than this newsletter

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



✓ paper and cardboard



✓ metal



✓ untreated wood



✓ glass ✓ plastic film and containers

2016-2358



Ainsley Vieira, B.A., J.D.
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Questions about a Family Law issue? Ainsley has comprehensive experience in all areas of Family Law.

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The Red Crossbill

By J.G. Turner
 Photo by Andy Reago
 & Chrissy McClarren

The Red Crossbill is a stocky finch with a heavy head and a short, notched tail. Males are reddish-scarlet or reddish-yellow except for their dark wings and tail while females are olive-grey to greenish yellow with plain dark wings. This songbird is common in the mountain and foothills regions of Alberta year round and it is considered a global species. The Red Crossbill's range is hard to define and its population is hard to monitor because their movements are irregular and based on food availability.

Fun Facts:

- The tips of its large bill are crossed; an adaptation for removing seeds from tight closed cones.
- The Red Crossbill's biting muscles are stronger than the muscles to open the bill so it places the tips of its slightly open bill under a cone scale and then bites down.
- You can spot this songbird by their undulating (wave-like) flight, which is even noticeable when they are flying at great heights
- Red Crossbills are considered irregular breeders because they can breed whenever and wherever they can find a large crop of cones, even during the winter
- Because of this irregular breeding, the timeframes for the Red Crossbill's lifecycle varies more than most North American songbirds. For example, juveniles hatched during the summer molt only once (between late summer and late autumn) whereas juveniles hatched from late winter to early spring molt twice (about three and a half months after hatching and again during the main summer molt period).
- Because of their dependence on food supply, Red Crossbills may occupy an area in huge numbers and then disappear for long periods of time (this behaviour can sometimes be called 'irruptive')
- These birds can often be heard but rarely do they make

- themselves visible
- Red Crossbills will come to feeders to eat niger and small seeds but the best way to tempt this elusive bird is to allow them to take sunflower seeds directly from the sunflower heads.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions and advice, or visit our website at www.calgarywildlife.org for more information.

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South Health Campus (SHC) Wellness Centre

Let us help you build better health this fall!

November already? Beat the winter blues by focusing on wellness – we have something for everyone! Here are a few of our FREE programs this month. See additional programs, details and registration information in our Fall Program Guide at www.ahs.ca/shcwellness or call 403-956-3939.

EMOTIONAL WELL BEING
Mindfulness Session

November 4 12:00-1:00pm
 November 17 6:30-7:30pm
 November 18 12:00-1:00pm

NEW! Heartmath for Parents
 2-part series November 9 and 23 10:00-11:30am

NEW! The Art of Resilience for an Unexpected Life
 November 10 6:30-7:30pm

NEW! Managing the Holidays with Grief
 November 28 6:00-8:00pm

Meditation Drop-in
 Every Tuesday 5:00-5:45pm

Drumming Up Wellness
 Every Friday 1:30-2:30pm

EMPLOYMENT, COMPUTER AND SOCIAL MEDIA SKILLS
Resume Writing
 2-part series begins November 5 9:00am-4:00pm

Introduction to the Internet Part I
 November 17 1:00-3:00pm

HEALTH MANAGEMENT
Chronic Pain Management Workshop

November 8 6:30-8:30pm
Arthritis 101
 November 15 6:30-8:30pm

Is Your Period a Problem?
 November 22 5:30-7:00pm

LIFESTYLE MANAGEMENT

Growing Older with Wisdom and Intention
 November 3 6:00-8:00pm

QUIT SMOKING
Quitcore

6 week program begins November 7 6:30-8:30pm

CAREGIVER SUPPORT

Home Safety: How to remain Safe at Home
 November 23 7:00-8:00pm

PARENTS

Healthy Eating for Pregnancy
 November 7 6:30-8:30pm

Fuelled to Move
 4-week series (14-17 year olds)
 Begins November 9 6:30-8:00pm

Parenting Anxious Children and Teens
 November 16 6:30-8:00pm

Feeding Your Baby
 November 24 1:00-3:00pm

Story Time and Play Date
 November 18 and 25 10:30am-12:00pm

Childhood Obesity
 November 24 6:00-7:30pm

FOOD, NUTRITION AND COOKING
Eating Well for Good Health
 2-week program begins November 7 5:30-7:30pm

Dietitians in the Kitchen Demo- Slow Cooker
Entertaining with Diabetes
 November 17 12:00-12:30pm

Most programs require registration. Please see our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939.

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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.

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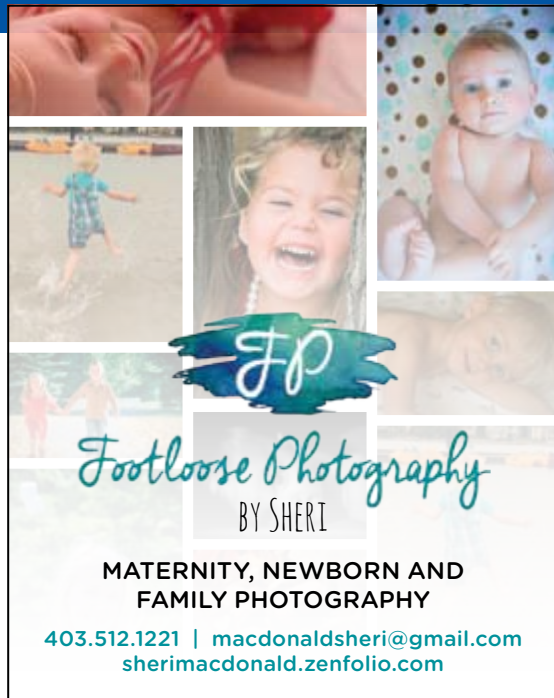
PRECANPOWER: Wed. Nights at Scott Seaman Arena 6:30-7:00 pm
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2016 has been a huge year for Ward 12. Over the last number of years I have heard from many of you that southeast Calgary seems to be lagging behind when it comes to recreation centres, transportation options and many other amenities that help build more complete communities. Over the last few years we have done some remarkable work to secure funding to get much needed investments in our communities. In 2016 we have seen the products of some of this hard work with the opening of a number of new recreation facilities and more significant progress on the Green Line. It is certainly an exciting time to live in southeast Calgary!

Green Line Rolls Along

At the beginning of October, Council approved the centre city alignment for the Green Line. The overwhelming recommendation from a public stakeholder and technical standpoint was the tunnel option under the downtown. The tunnel will begin at the edge of the Beltline and extend north of 16th Ave N. With an estimated price tag of \$1.95B, the tunnel option is the most expensive option to get through the inner city.

Most expensive option does not always mean best option, especially when it comes to public projects. But in the case of the centre city Green Line alignment, I believe the tunnel is far and away the best option. By tunneling through the downtown, we will avoid traffic disruptions and negative impacts to much of the existing infrastructure and businesses along the alignment. The Green Line is an ambitious forward looking project, and I believe this decision is not just right for Calgary today, but for generations to come.

You can keep up to date on Green Line progress at Calgary.ca/GreenLine

Coffee With the Councillor

This year my office has hosted a number of coffee meetings to discuss the municipal issues that matter to our communities. We have one more event in 2016, and this time we'll be in Cranston.

When: Thursday, November 29 – 7:00pm-8:30pm
Where: Cranston Century Hall, 11 Cranarch Road SE

I'm looking to hear from you!

IMPORTANT NUMBERS

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Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
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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
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Sheldon M. Chumir Health Centre	403.955.6200
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OTHER	
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Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
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Alberta One-Call Corporation	1.800.242.3447
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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

Autumnal Offerings

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



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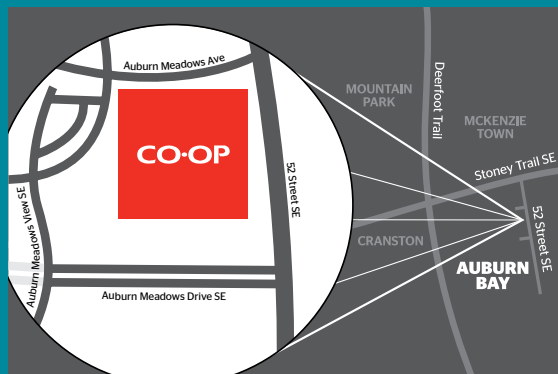
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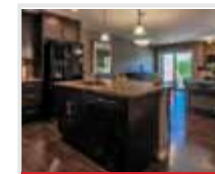
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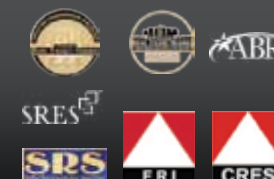


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