OCTOBER 2016 DELIVERED MONTHLY TO 5,800 HOUSEHOLDS

your AUBURN BAY

BRINGING AUBURN BAY & SETON RESIDENTS TOGETHER

Great News Publishing | Call 403-263-3044 for advertising opportunities | www.great-news.ca

Woodridge
FORD • LINCOLN

SERVING YOUR COMMUNITY
WITH EXCEPTIONAL PRODUCTS
AND SERVICES SINCE 1983

11580 - 24 Street Southeast
Calgary, AB T2Z 3K1

www.woodridgeford.com

Dean Jackle
403.640.6375
djackle@woodridgeford.com

Mark Walker
403.640.7472
mwalker@woodridgeford.com

ALBERTA COUNSELLING CENTRE
Psychoeducational Assessments and Counselling

JOYCE ACHTNIG
PROV. PSYCHOLOGIST
BEd, MC, CCC
587.352.3222
albertacounselling.ca

Assessments Provide:
- Current Academic Achievement.
- Level of Intelligence (IQ).
- Learning Profile.
- Recommendations.
- Diagnosis of Learning Disorders, Intellectual Disability, ADHD, Giftedness, Autism, Anxiety, Depression, and other mental health issues.

Free 30 min. assessment consultation in-office or via Skype or phone

cocktails for critters

October 1st, 2016
The Westin Hotel
320 4th Avenue SW

Featuring:
- Rescues on the Runway
- Signature Cocktails
- Incredible culinary sampling
- Meet & greet with animals

Purchase your tickets online at:
calgaryhumane.ca

Our Presenting Sponsor
preventous COLLABORATIVE HEALTH

SG CHARTERED PROFESSIONAL ACCOUNTANTS

SG LLP
Dynamic Accounting Services
Timely. Thoughtful. Thorough.

PROFESSIONAL ACCOUNTING SERVICES
FOR INDIVIDUALS AND BUSINESSES

Professional, up-to-date, accounting knowledge and advice working for you at reasonable rates and flexible hours!

admin@sgaccountants.ca
www.sgaccountants.ca

Sara Jimenez CPA, CA: 403.689.4116
Gustavo Jimenez CPA, CGA: 403.461.1556

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, CanadaT2P 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

NEWSLETTER AD SALES

GREAT NEWS PUBLISHING 27 YEARS

Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca | www.great-news.ca

CONTENTS

Auburn House Programs	6
Real Estate Update	9
Calgary Humane Society	10
My Babysitter List	15
At a Glance	18
SHC Wellness Centre	24

GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING THE COMMUNITY FOR 10 YEARS!

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	*Not available*	$500.00
A (1,162 sq ft)	60 - Dinner 70 - Theatre	$40.00	$35.00	$325.00	*Not available*	$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	*Full day bookings not available due to registered and drop in programs.*		$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	*Full day bookings not available due to registered and drop in programs.*		$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	*Maximum 3 hour rental on all picnic shelters.*		

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

AUBURN HOUSE FOLLOW US ON FACEBOOK!
Facebook.com/AuburnHouse

AUBURN HOUSE FOLLOW US ON PINTEREST!
Pinterest.com/AuburnHouse

AUBURN HOUSE FOLLOW US ON TWITTER!
Twitter.com/AuburnBayRA

AUBURN HOUSE FOLLOW US ON INSTAGRAM!
AuburnHouse

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!

- Fly Fishing 101
- Yoga
- Tween Yoga
- Zumbini
- Cross Training
- Crunch & Pump
- Strong Mama's
- Step Boot Camp
- 30minFIX
- Kung Fu
- Youth Ball Hockey
- Youth Basketball
- Multi Sport
- Bricks 4 Kidz
- Tennis
- 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 Halloween Haunted House

Boo! Our spooky and scary Halloween Haunted House is back! Come check it out and be sure to be wearing your most ghoulish and scariest costumes! It'll be a real thriller!
Feature Night
Monday, October 31, 2016
6:00pm to 8:30pm
Check out more details available soon on our Facebook page and on AuburnBay-connect.com.
Suitable for most ages.

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

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!

This Blood Cancer Awareness Month

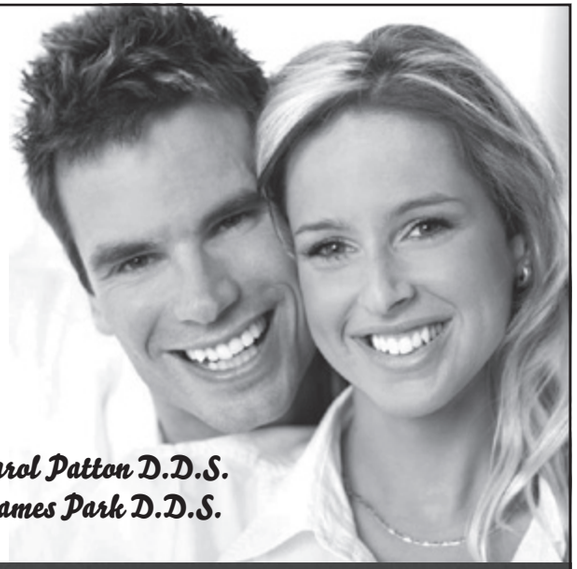
Shine a Light
on Blood Cancers

Add a light at **LightTheNight4BloodCancer.ca**
Donations up to $100,000 will be matched.

LEUKEMIA & LYMPHOMA SOCIETY OF CANADA®
fighting blood cancers

someday is today®

LightTheNight4BloodCancer.ca



MCKENZIE DENTAL ASSOCIATES

New Patients Welcome
Cosmetic and Family Dentistry
Sedation Dentistry Available

Dr. Carol Patton D.D.S.
Dr. James Park D.D.S.

McKenzie Towne Centre (Opposite to Brewsters)
440 - 11 McKenzie Towne Ave SE

(403) 720-2788
www.mckenziedental.com

Ainsley Vieira, B.A., J.D.
Family Law Consultations

Masuch Albert LLP
BARRISTERS AND SOLICITORS

Questions about a Family Law issue? Ainsley has comprehensive experience in all areas of Family Law.

Call Sheena at **403-767-5951** or Ainsley at **403-767-5955** today to book your consultation.

Masuch Albert LLP: Your Lawyers in South East Calgary
Douglas Glen Business Centre #209, 10836 – 24 Street SE

DIVORCE/SEPARATION	CUSTODY/PARENTING	PROPERTY DIVISION	PRE-NUPTIALS
CHILD SUPPORT	GRANDPARENT RIGHTS	MEDIATION	AGREEMENTS
SPOUSAL SUPPORT	GUARDIANSHIP	PATERNITY	ADOPTIONS

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
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
October 2015	$482,450.00	$475,000.00

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

	No. New Properties	No. Properties Sold
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
October 2015	24	14

Community Newsletter Ad Sales

GREAT NEWS PUBLISHING 27 YEARS

Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca
www.great-news.ca

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

The Massage Room

KEEP CALM AND BOOK A MASSAGE

403-724-7880
themassageroomyyc@gmail.com
Located in Auburn Bay

Pre/post Natal • Swedish
Relaxation/medium
Therapeutic • Deep Tissue
Sports Massage • Myofascial
Release • Trigger Point
Hot Stone • Cupping
Aromatherapy

FEMALE CLIENTS ONLY

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!

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 31st 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.

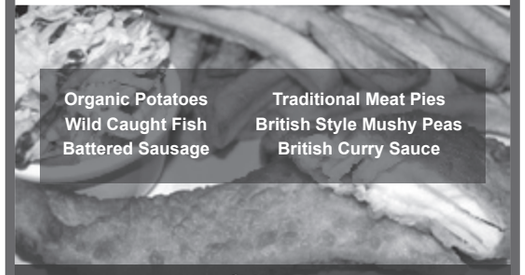
Costumes

- 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.

THE BRITISH CHIPPY LTD
Serving Traditional Fish and Chips



Lunch Discounts
Wed & Thur - Seniors (60+) 10%
Fri 10% - Fire, Police, Nurses, EMS, Teachers, Military

TWO LOCATIONS - OPEN WED- SUN
- Bridlewood 2335, 162 Ave SW, Calgary 403.256.1156
- Okotoks 94 Elizabeth Street Okotoks 587.757.9995

100% Personalised Modern Charm Jewellery & Accessories:

Necklaces | Key Fobs | Time Pieces
Bracelets | Pet Collars | Medic Alert Tags
Earrings | Tote Bags | Engravables

Like KEEP? Place an order!
Love KEEP? Host a party!
Gotta have it? Become a designer!

Katrina Jackle
INDEPENDENT DESIGNER
403-826-4086
keepcollective.com/with/katrinajackle

big Rock Grill

Looking for In-Home Catering Services?

Our chefs are well trained with numerous years of experience working in renowned Hotels and Restaurants in Canada and all over the world.

Whether it is formal gourmet dining to impress your friends, family or associates or a casual backyard gathering in your home, we will satisfy your needs.

Our full service restaurant at the Big Rock Brewery is **Open Daily for Lunch Monday to Friday from 11am to 2.30pm**. Closed on Weekends and Holidays. We do however cater in the evenings for closed functions.

Whether it's a fundraiser, reunion, wedding reception, office party or milestone event, **Big Rock Grill has you covered.**

403-216-1606 | 5555 76 Ave SE
www.bigrockgrill.com | info@bigrockgrill.com

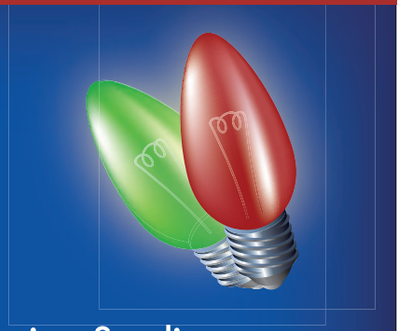
We are dedicated to people who love good food.

EARLY SEASON DISCOUNTS AVAILABLE

Assiniboine.com

Christmas Lights Installation

Ask about Snow Removal, Plowing, Sanding



ASSINIBOINE LIGHTS & LANDSCAPES

CALL NOW BBB ~ WCB ~ Licensed ~ Insured ~ Bonded

403.301.3300

IN & AROUND CALGARY

October Fire Prevention Week. October 9-15th

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

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

Fire Safety Tips with Flint
https://youtu.be/QbE3tCBzeY0

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.

Chaparral Medical Clinic

Now Accepting Walk-ins and New Patients • Monday to Friday

Also scheduling vasectomies

403-201-3003 • 216 - 10 Chaparral Drive SE

www.calgaryvasectomy.com

the Gutter Doctor

Home Exteriors
Install/Repair/Clean

EAVESTROUGHS | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING

15,000 happy customers since 2003!

403-714-0711 gutterdoctor.ca

YARD Busters

SNOW REMOVAL
CHRISTMAS LIGHTS
LANDSCAPING
DECKS & FENCES

403.265.4769
YardBustersLandscaping.com

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

dohertysb@shaw.ca

accountingservicescalgary.net

Personal and Corporate Taxes

Financial Statements • GST • Payroll • Reviews
Audits • Consulting • Business Startup Assistance

English 403-257-1582 • Español 403-457-4829

Protect Yourself, Immunize Your Pet

In some provinces and states, vaccination of household pets for rabies is mandatory or required by the law. This is not the case in Alberta. There have been eight recent positive rabies cases in bats turned in to Alberta Agriculture and Food to be tested; six in August alone. Locations include Edmonton, Red Deer, Medicine Hat, Airdrie, Canmore/Kananaskis, Ponoka, Camrose and Waterton. In a few of the cases, pets were involved and are now undergoing 45 day and 3 month quarantine periods, and Alberta Health Services deals with the human involvement. In April, 2010, a neutered unvaccinated pet cat died of unknown neurological disease in a veterinary clinic in Cremona. The veterinarian submitted the animal for testing and eight people subsequently received post-exposure treatment for rabies. This cat spent more time indoors with his family than outdoors. In 2007, a man bitten by a bat in Alberta died of rabies.

Cat bylaws in cities that require people to keep cats confined have caused complacency in the general public. Owners who fail to vaccinate, and the increase in carriers such as raccoons, skunks, foxes, coyotes, and bats in urban areas heighten the risk of rabies in cats. I have had bats turned in to my clinic after owners found them in their house, likely having flown through an open patio door. A bat positive for rabies was discovered in Calgary's downtown area a few years ago…. bats fly, they can reach apartments. There are over 55,000 human deaths attributed to rabies each year, mainly in Africa and Asia.

Rabies is a contagious and fatal viral disease attacking the central nervous system. It can be passed to all warm-blooded animals through the saliva, primarily through bites, but a scratch is sufficient. Symptoms of rabies can be variable ranging from the "dumb" form where the animal appears depressed and isolates itself and the "furious" form associated with aggressive behaviour. Any abnormal behaviour should be considered suspicious. An animal's voice will frequently change as the vocal cords become paralyzed and seizures may occur. Rabies can only be diagnosed with certainty by testing an animal's brain tissue. Cats and dogs usually die within ten days of symptoms appearing. Symptoms may not begin, however, for days or months depending on the severity and location of the wound.

Rabies is a reportable disease; it is the law to inform authorities of suspected cases. People bitten by wildlife or any animal with an unknown vaccine status should report the bite by calling Health Link. If there is potential human exposure to the animal suspect, euthanasia may be recommended so the brain tissue can be tested. There is no treatment available to pets that contract rabies.

Consider vaccination of a pet as an investment into your health as well as your pet's. The decision to vaccinate your pet is yours to make in Alberta, but I do not know a health professional who would discourage the choice to vaccinate your pet against rabies.

Jennifer L. Scott, D.V.M.

Auburn Bay mybabysitterlist

Name	Age	Contact	Course
Abby	19	587-439-7017	Yes
Annie	37	587-968-6504	Yes
Crystal	16	403-903-8938	No
Deseray	17	587-437-0833	Yes
Ema	16	403-466-5171	Yes
Kelly	14	403-617-1141	Yes
Kennedy	16	403-463-9800	No
Louise	20	587-439-1255	Yes
Lynda	15	587-229-9118	No
Mehgan	21	587-434-3798	No
Quinn	14	403-990-2570	Yes
Rosemarie	36	403-708-5759	No
Sujitra	32	587-284-1984	No
Tiana	14	587-432-7282	Yes
Trina's Dayhome	44	587-432-2527	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.*

Mayfair Taxi
Download our APP TODAY!
@ www.mayfairtaxi.com
403 255-6555 / 403 221-8294

587-955-9399
SETON DENTAL WELLNESS
SDW
Setondental@telus.net, setondentalwellness.ca
Suite 510-19489 Seton Cres SE, Calgary AB, T3M 1T4
Office Hours;
Monday 8:00am to 3:00pm,
Tuesday and Wednesday 7:00am to 8:00pm,
Thursday 7:00am to 8:00pm,
Friday 7:00am to 2:00pm,
and Saturday 8:00am to 3:00pm.

STEP INTO FALL

UNIVERSITY OF CALGARY

Are you thinking of becoming more active?
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:
-18 years of age or older
-Exercising less than 3 days per week
-Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:
-A pedometer ($25 value)
-$10 gift card
-Prize draw entry for $1000 gift card

To participate contact:
Research Coordinator
403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

Neil Lauzon

www.neillauzon.com | homes@neillauzon.com | 403.640.7711

JUST LISTED in Your Neighbourhood!

86 AUBURN MEADOWS CO SE $630,000

2,281 sqft, 3 Bedrooms, 2.5 Bathrooms
SOLD for 98% of List Price!
SOLD within 11 Hours!

543 AUBURN BAY DRIVE SE $524,900

- 2,092 sqft, 3 Bedrooms, 2.5 Bathrooms
- Granite in Kitchen & Bathrooms
- Upper Bonus Room & Balcony
- Beautifully Landscaped Yard with Spacious Deck for Large Patio Set & BBQ!

135 EVEROAK CLOSE SW $548,000

- 2,310 sqft, 4 Bedrooms, 3.5 Bathrooms
- Freshly Painted Throughout
- Gas Stove & Granite Counters
- Stunning 6 pc En Suite with Steam Shower, Granite Counters, Soaker Tub, Large Walk in Closet!

7 MARQUIS CRESCENT SE $597,000

2,206 sqft, 3 Bedrooms, 2.5 Bathrooms
SOLD for 98% of List Price!
SOLD with Multiple Offers!

Wondering when it's a good time to sell OR buy?
Call us today to find out!

Neil Lauzon
403.640.7711

Top 1% for Remax in Canada!

Call Today For Your Free Market Evaluation!

Not intended to solicit buyers or sellers currently under contract with a broker.

RE/MAX House of Real Estate Ltd.

NOVEMBER NOVEMBER

NOVEMBER 5
ROTHNEY ASTROPHYSICAL OBSERVATORY

Dark Night Star Light Open House: A discussion on light pollution and a tour of the many telescopes at the RAO. 8 – 11PM, $20 per car or $10 per person. www.ucalgary.ca/rao

NOVEMBER 22 - DECEMBER 31
SLIPPER

A Distinctly Calgarian Cinderella Story: Rebecca Northan brings Calgary a new, family-friendly show for the holidays. It involves time travel, a male fairy godmother and a modern-day, Calgarian Cinderella. www.atplive.com

NOVEMBER 26
COL. CHRIS HADFIELD

Enjoy an evening hosted by Canadian astronaut Chris Hadfield, who stunned the earth with his rendition of David Bowie's, Space Oddity, during his five month stay on the International Space Station. This event is part of Mount Royal University Conservatory's Northern Lights Series. www.mtroyal.ca

YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...

October 2016 - January 2017, Glenbow Museum presents: 1920s Modernism in Montreal: The Beaver Hall Group painted many portraits that convey the quest for modernism; these works rank among the most remarkable in the history of Canadian art. www.glenbow.org

November 5, Calgary Hitmen vs. Swift Current Broncos: The puck drops at 7:00PM at the Scotiabank Saddledome. www.hitmenhockey.com

November 16, Moscow Ballet's Great Russian Nutcracker: For one night only, the Moscow Ballet performs this seasonal classic. Get into the Christmas spirit and watch the story of Klara and the Nutcracker Prince come to life on the stage. www.artscommons.ca

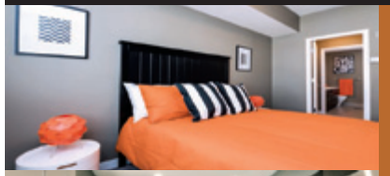
November 17 – 20, Art Market Art and Craft Show: Get a head start on your Christmas shopping at one of Calgary's biggest Christmas arts and crafts markets. Over four days, more than 200 Canadian artisans and makers showcase and sell their work. www.artmarketcraftsale.com

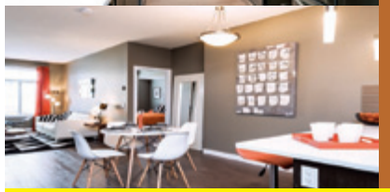
November 22, 6th Annual Why Whisper Fundraising Gala: Proceeds support the YWCA, and to date, this fundraising event has raised more than $2 million. This year, the keynote speaker at the YWCA's fundraising event is Monica Lewinsky. www.ywcaofcalgary.com

November 25, Calgary Philharmonic presents, Neil Cockburn, Organ Masterpieces: Made of 6040 impressive pipes, the Carthy Organ is the grand and imposing centerpiece of the Jack Singer Concert Hall. Calgary-based Cockburn's talents will make the organ sing during this one night only performance. www.calgaryphil.com

November 25 – December 23, Disney's Beauty and the Beast: The Story Book Theatre brings this beloved fairytale, adapted from the animated Disney film, to the stage in all its splendour to delight Calgarian audiences. Featuring all the beloved songs from the movie and beautiful costumes, this one's not to be missed. www.storybooktheatre.org

FINAL INVENTORY CLEAROUT





Auburn Bay

STARTING FROM
$279,900

IMMEDIATE POSSESSION

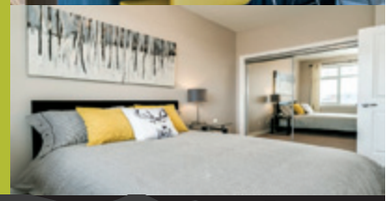
SALES CENTRE:
107, 22 Auburn Bay Link SE
403.452.4059

$2,000 REFERRAL BONUS* • TELUS CABLE & INTERNET PKG + FREE TV*
*ASK SALES REP FOR DETAILS

UNITS INCLUDE UPGRADES

Copperfield

STARTING FROM
$189,900



CALL CHERYL FOR MORE INFORMATION
403.616.2242

STONECROFT

VISIT US ONLINE AT **STONECROFT.AB.CA**

LOVE WHERE YOU LIVE...

Shine 88.9 FM
Safe & Fun for the Whole Family!

KIDS COLOURING CORNER

CALGARY WILDLIFE

The Brown Creeper

By J.G. Turner

Photo credit: David Mitchell

This tree-climbing bird has a tiny, slim body that is well camouflaged with brown streaks on its back, white under parts, a yellowish bar across the wing and a buff stripe over the eye. The Brown Creeper--also known as the Tree-Creeper--is a permanent Alberta resident found in parkland, mountain and boreal forests at many elevations. These creepers are found in mixed woods but seem to prefer coniferous areas for their breeding grounds; however, in the winter, they move to more varied environments and are easier to find in deciduous woodlands.

Fun Facts:

- The Brown Creeper got its name because it climbs (or creeps) in an upward spiral from the bottom of a tree while it forages for food. The short legs and long curved claws allow this creeper to hook into the bark.
- The Tree-Creeper uses its unique bill to probe into crevices in the bark to eat small insects and spiders.
- The male finds the materials for a nest but the female is the one that builds the nest. The male sings to the female (a high thin trill) from nearby while the female works.
- Although the Brown Creeper may pass a Nuthatch working its way from the top of a tree to the bottom, there is no competition between these birds as the Brown Creeper can reach into spots and find food where the Nuthatch cannot reach.
- Due to their tiny size and weak call, Brown Creepers are very inconspicuous birds, so it is thought that estimates of the birds' dispersal and numbers are conservative.
- You can attract this inconspicuous little bird to a feeder by offering suet (especially if it is smeared right onto a tree trunk), peanuts and bread crusts. During the winter, they will also eat seeds.

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 look at the website at www.calgarywildlife.org for more information.

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.

TRICO CENTRE
FOR FAMILY WELLNESS
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.

October at Trico Centre

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.)

Price Freeze

Recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase from September 2015 to April 2017.

Adults

- Register now for 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.
- October Wellness Workshops include: Foam Roller Workshop, Mindful Relaxation Intro Workshop, and Straighten Up (free info session followed by a 4-eweek 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.
- Li'l Spooks Halloween Party, Sunday, October 30 from 4:30 to 7:30pm. Join us for games, activities, and wave pool fun. Members $15 per family, Non-Members $20 per family.
- **NEW: Get Certified: October certification classes include CPRC/AED original and recert, First Aid/CPR Full original and recert.**
- 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.

Pumpkins aren't just an orange vegetable; they also come in white, blue and green. Great for unique Halloween carvings!

South Health Campus (SHC) Wellness Centre

Let us help you build better health this fall!
October is BUSY in the Wellness Centre - there is 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
October 7 12:00-1:00pm
October 27 6:30-7:30pm
HeartMath
October 21 1:00-3:30pm
October 24 6:00-8:30pm
NEW! Understanding the Experience of Grief
October 3 6:00-8:00pm
Happiness Basics
4 week series Begins October 5 4:30-6:30pm
NEW! Conflict Resolution
October 6 6:30-8:30pm
Meditation Drop-in
Every Tuesday 5:00-5:45pm
Drumming Up Wellness
Every Friday 1:30-2:30pm
Employment, Computer & Social Media Skills
NEW! Introduction to Web-Based Email
October 21 10:00am-12:00pm
Interview Skills
2-part series begins October 8 9:00am-4:00pm
Health Management
NEW! Getting Ahead of Your Headaches
October 11 7:00-8:00pm
October 27 1:00-2:00pm
Eating Well with Fatty Liver Disease
October 12 5:30-8:00pm
Living Well on Prednisone: Nutrition & Side Effects
October 13 2:00-4:00pm
Art Therapy with Heart: Creative Drawing & Scratchboard
October 26 10:00am-12:00pm
Caregiver Support
Let's talk about Driving
October 20 7:00-8:00pm
Parents
Fuelled to Move
4-week series (14-17 year olds)
Begins October 1
12:00-1:30pm
Nutrition for New Moms
October 6 1:00-3:00pm
NEW! Sleep Solutions
October 6 6:00-7:30pm
Mealtime Struggles to Mealtime Success
October 13 6:00-8:00pm
Story Time & Play Date
October 14 or 28 10:30am-12:00pm
Food, Nutrition & Cooking
I know I Should Eat Healthy But How?
October 1 9:00-11:30am
Healthy Cooking Basics & Techniques
October 4 10:30am-12:30pm
The Truth About What Works in Weight Management
October 1 1:00-3:30pm
Fermented Food- Sauerkraut
October 19 6:30-7:30pm
Dietitians in the Kitchen: Fall Favorites!
October 20 12:00-12:30pm
Top 5 Tips to Reduce Calories
October 26 6:00-8:30pm

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.

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".

Sundance School Newsletter

The Sundance School staff wishes to welcome back to our school, returning families and welcome the new families who joined our learning community. Parents and students have had the opportunity to meet the teachers, participate in our Welcome Back Breakfast and our annual Terry Fox Assembly and Run. We have also had our first school council meeting.

As the year progresses, we look forward to many exciting events. Please look to this newsletter, the school newsletter and the website schools.cbe.ab.ca/b267/ to keep up to date on all the wonderful things happening at Sundance this year!

Sundance Parents Association (or SPA) will be participating in a Casino fundraiser on Thursday, October 13 and Friday, October 14, 2016 at the Deerfoot Inn and Casino. Our last casino event in 2014 raised $70,000 that enriched the academic program at Sundance School. We look forward to seeing our amazing parent volunteers, whose help will make this year's Casino event another great success.

There will be a school council meeting on October 19 at 7 pm in our school's library/learning commons. All are invited to attend to learn more about Sundance School and what goes on behind the scenes to make this school so great! One group of teachers will be presenting and celebrating their work with students to the parents who attend.

October 6 will be our first special student lunch date, called Sundog Lunch. Watch for more information communicated through the monthly newsletter and/or by email.

Our annual Family Halloween Dance will be on Friday October 28 from 6:30-8:30 pm. This parent run event is very popular and is always sold out. Dress up and join us for a terrific evening filled with fun games, crafts, music, dancing and snacks. Start planning your pumpkin to enter the Jack-o'-Lantern Contest and bake your cake for the Cake Walk!

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**

South Calgary PAP Clinic
PAP tests - BREAST exams - Early Prenatal Care

When was your last PAP test?

- **STI testing, contraception, HPV counselling.**
- Patients may also self-refer for early prenatal care.
- Our women's clinic provides a safe informative environment for sexual and reproductive health exams. Female physicians only.
- Evening and Saturday appointments available.

Call **(403) 254-2030** to book an appointment.
Visit our website at **www.thesundanceclinic.com**

The Sundance Clinic
FAMILY PRACTICE – SPECIALTY CLINICS – BABY CLINIC – SOUTH CALGARY PAP CLINIC
South Calgary Health Centre Building
31 Sunpark Plaza SE Calgary T2X 3W5

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Auburn Bay and Seton. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

CLEANING SERVICES: Excellent references. Insured and WCB coverage. Weekly, bi-weekly at reasonable prices. For free estimates call Mary at 403-606-6977.

ALL TYPES OF DRYWALL: Boarding, taping, and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty-free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

CODERAD ELECTRICAL LTD: Over 13 years' experience. Quality service and installation for a fair price. Certified Master Electrician. Fully insured and WCB compliant. Call Cody for your free estimate today, 403-333-6344 or email at info@coderadelectrical.com. Is your Electrical up to code? www.coderadelectrical.com.

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.

L.I.F.T. LEARNING: 1 hour one-on-one session with a specialized coach to meet your child's learning needs. Addressing emotional and academic challenges for children/teens ages 6-16 (Gr.1 - Gr.9) who struggle in any way. Emphasis on building relationships, regular communication with parents, affordable sessions and flexible schedules. Sign up today! Call Lindsay 403-919-7427 or www.liftlearning.ca.

YARD BUSTERS LANDSCAPING: Snow removal $129.95. Christmas light installation $175. Fall clean up $129.95. Gutter clean $99.95. Landscape construction and yard renovation. Some conditions. Licensed. Insured. Seniors' discount. Phone: 403-265-4769.

PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

EMMA PAINTING'S MISSION: Is to provide the best quality, clean and on time service. A team with more than 25 years of painting experience, with over 2,000 homes painted. We do all kinds of interior painting, staining, refinishing kitchen cabinets, ceiling painting, and other kinds of spraying. Please call Eric at 403-870-0326. Thank you.

THE GUTTER DOCTOR! We install, repair and clean eavestroughs and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.

LADIES WHO LIKE WINE...LET'S DESIGN! Cheers to creating your story or someone's you know through a modern, 100% personalised charm system. KEEP allows meaningful memories to be brought back to life, captures milestones and reminds you of "your happy" through your unique designs. Call Kate at 403-826-4086 or keepcollective.com/with/katrinajackle.

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.

MCGRATH ELECTRICAL SERVICES BASED OUT OF AUBURN BAY: is proud to provide electrical services to fellow SE residents! Master Electrician specializing residential wiring. Fully licensed and insured, with the ability to pull permits with the City. Honest, friendly and reliable service! Call 403-921-3829 or email mcgrathelectrical@hotmail.com for a free estimate.

OPERA ON THE LAKE: Music in your heart? Our studio offers voice, piano, and theory classes led by professional, worldly instructors with unique performing and teaching experience. All ages and levels welcome. Royal Conservatory exam preparation. Call 403-726-8790 or email operaonthelake@gmail.com to sign up for your free first class today.

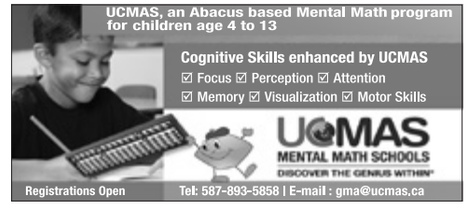
MATURE AND EXPERIENCED EUROPEAN CLEANING LADY: Available for New Brighton and area. References available on request. Please call Irena at 587-717-2127. Thank you.

PIANO/THEORY LESSONS – REBEC STUDIOS: Experience the joy of piano and learn to express yourself through music! Over 16 years of teaching experience. We focus on reading, technical/interpretive skills, and practice technique. Accepting new students for in-home studio located in Mahogany (Suzuki Pedagogy & A.R.C.T). Call Janine at 403-818-9176 or email rebecstudios@gmail.com.

READING AND SPELLING IMPROVEMENT: As a reading specialist and educator, expertise at developing essential foundational skills is well established; seek help early to minimize frustration and improve self-esteem. Parents say my effective instruction is life-changing. Invest in teaching - versus tutoring - and let's get your child reading! www.tesserateaching.com; 587-323-0654.

THE FINISHER: Wives, I'm here to finish what your husband started and husbands, I'm here to start and finish those projects that need to be done. From complete bathroom renos, basements developed and upgraded, to fences, decks, and sidewalks. Your SnapPower© distributor. References available. Wendell at 403-613-6807.

ESSENTIAL OILS FOR WELLNESS: Essential oils are more than nice scents; these powerful plant extracts are your path to the natural radiance we are committed to helping you discover. For more information about Young Living Essential Oils call or text Cindy DeJager 403-512-7847.



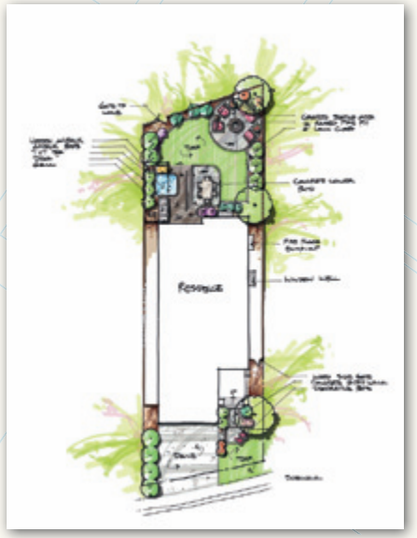
ZANELLA AUTO REPAIR: Dominic and sons Vincent and Charlie - in business since 1986. 258082 16 St. West DeWinton. Family owned and operated. Most makes/models worked on. MC, Visa, American Express, and Debit. Licensed Out of Province Inspection Facility. A member of AMVIC, BBB. Do business where you live. Call 403-938-7937 for an appointment. www.ZanellaAutoRepair.com.

DEANNE'S PET & HOUSE SITTING SERVICES: Offering the highest quality of care – to protect and care for your pets and home as if they were my own. Services include dog walking, in-home or stop-by pet-sitting and basic home security/maintenance. Visit my website for a quote! www.deebrio.wix.com/deanne-pet-home deanne.pet.home@gmail.com.

JACKSON & JACKSON
LANDSCAPING
CUSTOMER SATISFACTION GUARANTEED

We specialize in all forms of landscape and Construction
- *Custom Decks*
- *Fences*
- *Retaining Walls*
- *Irrigation*
- *Stamped and Exposed Concrete*
- *Affordable Custom Landscape Plans*
- *Bulk Topsoil Deliveries*
- *Through Tip Top Soil*

GOT A PLAN?
AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282
www.jacksonandjacksonlandscaping.ca

COUNCILLOR, WARD 12
SHANE KEATING

Phone: 403-268-1698 • Email: Ward12@calgary.ca
Twitter: @CouncillorKeats Facebook: http://www.facebook.com/CouncillorKeating
Web: http://shanekeating.blogspot.com/

No easing into the fall session for Council as September was an incredibly busy month. Council received updates on a number of projects that are important to Ward 12, specifically the Deerfoot Trail Study and the Green Line LRT. You can keep up to date on these projects at calgary.ca/deerfoot and calgary.ca/greenline. I look forward to sharing more updates on these important projects in the months to follow.

Ward 12 Welcomes New Schools

One big change you may have noticed in your community in September is the opening of a number of new schools throughout Ward 12. These schools are important additions to our communities.

In my previous career I was a school principal here in Calgary. The safety of my students was one of my biggest priorities then and it remains a high priority for me today. My office has been working diligently with the Roads Department to make sure the appropriate pedestrian infrastructure is in place at all of these new school sites.

These schools are going to be busy and exciting places, so let's collectively work together to keep everyone safe!

2016 Civic Census

Over the summer The City of Calgary released the results from the 2016 Civic Census. The census confirmed something most of us already knew: despite the economic difficulties facing many Albertans, Ward 12 continues to grow at a rapid rate. Here are a few of the highlights from the census:

- Calgary's population grew by 4,256 from 2016. Calgary's population is 1,235,171.
- The fastest growing community in Calgary is Mahogany which grew by 2,040 residents from 2015.
  - Two other communities in Ward 12 were in the top 6 fastest growing – Auburn Bay in 4th place grew by 1,368 residents and Copperfield in 6th place grew by 1,137 residents.
- Ward 12 is now home to 109,384 Calgarians, an increase of 6.13% from 2015.
  - Ward 12 has the highest total population increase and rate increase in the entire city.

You can view the full results at calgary.ca/census.

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

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

COMMUNITY ANNOUNCEMENTS

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

FLC SENIORS CLUB – TAI CHI 55+ Study of the 105 Movement Yang Style. Our Fall Session starts September 8, with Thursday morning classes held at the Trico Centre. For further information: please call Juliette at 403-225-1593 or Christel at 403-271-1289, or email taichi@flcseniors.ca. www.flcseniors.ca.

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 or contact us at westjetrcacs@gmail.com.

WIC
WEST ISLAND COLLEGE
Grades 7 to 12

Be Bold.
Be Brave.
Be Ready.

Join us for WIC's annual
Open House
Oct. 27, 2016
7 p.m.

To RSVP, register online at
www.westislandcollege.ab.ca/openhouse

West Island College Calgary
@WICYYC
West Island College Calgary

westislandcollege.ab.ca
403.255.5300
7410 Blackfoot Trail S.E.
admissions@mywic.ca
CAIS

RBC Dominion Securities Inc.

Looking to Build & Retain a Productive, Motivated Workforce?

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.

RBC Wealth Management
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ®Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 15_90701_RHD_011

FP
Footloose Photography
BY SHERI

MATERNITY, NEWBORN AND FAMILY PHOTOGRAPHY

403.512.1221 | macdonaldsheri@gmail.com
sherimacdonald.zenfolio.com

Experience Modern Living
at Auburn Landing

Close to South Health Campus, Auburn Landing is a brand new four-storey building in a contemporary style apartment community. When you live at Auburn Landing, you will take advantage of different amenities and features that include:

- Six appliances with in-suite laundry
- Laminate flooring
- Air conditioner in every suite
- Community membership including lake access
- Heated underground parking
- Fitness facility
- Cats & dogs are welcome*

*Certain dog breeds are not permitted.

Make Auburn Landing your next home.

BOARDWALK
RENTAL COMMUNITIES
Bringing You Home

1-888-920-5148
www.bwalk.com

Lundgren & Young
INSURANCE

TERRY BURTON
Home - Mortgage Insurance - Business Property
Life - Group - Travel

403.539.0269
403.860.3615
terry.burton@landy.ca

DARCY BURTON
Home - Auto
Commercial Auto

403.539.9518
403.860.3617
darcy.burton@landy.ca