

NOVEMBER 2016

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CRANVERSATIONS



CRANSTON
COMMUNITY ASSOCIATION

THE OFFICIAL CRANSTON COMMUNITY NEWSLETTER



STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN’S HEALTH. WWW.MOVEMBER.COM

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 November
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 November





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Cranston Community Association

11 Cranarch Rd SE

Calgary, AB T3M 0S8

cranstonca@gmail.com | www.cranstonca.com

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Because you value your Community, be sure to purchase your Cranston Community Association Annual Membership!

Benefit from sports, activities and partner discounts. Gain preferred access to youth and community events and programs. Secure a vote at public meetings, or make a difference by joining the Board, and more.

Memberships are \$20.00 per family for Cranston residents and \$30 per family for non-residents.
Memberships are valid for 1 year from date of purchase.

Name: _____ **Spouse Name:** _____
Address: _____ **Postal Code:** _____
Contact Phone: _____ **Email:** _____
Number of children: _____ **Age(s) of children:** _____

☐ **Yes, please contact me about volunteering**

Please fill out the above, enclose your cheque or money order, payable to the Cranston Community Association and mail to the following address:

Cranston Memberships
11 Cranarch Road SE
Calgary AB T3M 0S8

Cranston Community Memberships can also be purchased at the front desk at Trico Leisure Centre, 11150 Bonaventure Drive SE.





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CRANSTON RESIDENTS ASSOCIATION

CENTURY HALL RENTAL RATES

rentals@cranstonresidents.ca

	Dimensions	Capacity	Hourly Rates	
			Resident	Non-Resident
Heritage Hall ABC 2652 sq feet	34 ft by 78 ft	135 dinner	\$80.00	\$104.00
Heritage A 1037 sq feet	34 ft by 30.5 ft	50 dinner	\$50.00	\$65.00
Heritage B 850 sq feet	34 ft by 25 ft	40 dinner	\$40.00	\$52.00
Heritage C 765 sq feet	34 ft by 22.5 ft	35 dinner	\$40.00	\$52.00
Heritage A & B 1887 sq feet	34 ft by 55.5 ft	90 dinner	\$60.00	\$78.00
Heritage B & C 1615 sq feet	34 ft by 47.5 ft	80 dinner	\$55.00	\$71.50
Vista 639 sq feet	18 ft by 35.5 ft	30 dinner	\$45.00	\$58.50
Legacy 369 sq feet	18 ft by 20.5 ft	15 dinner	\$25.00	\$32.50
Seasons 180 sq feet	12 ft by 15 ft	10 seated	\$20.00	\$26.00
Riverside 534 sq feet	17.5 ft by 30.5 ft	25 dinner	\$45.00	\$58.50
Gym 5159 sq feet	57 ft by 90.5 ft	200	Party Package Only	Party Package Only

Weekday rentals between 9:00am and 4:00pm (excluding holidays) receive 10% discount
Minimum two hour rental for Heritage Room(s)

Additional Charges

After Hours Security fee applies for rentals ending between 10pm and 1:00am.
After Hours Teardown fee applies for rentals ending between 9:30pm and 1:00am.
SOCAN and Re:Sound fees apply for bookings with music and/or dancing.
\$500.00 damage deposit cheque and proof of insurance is required for all rentals.

Revised April 2016 - prices subject to change



CRANSTON RESIDENTS ASSOCIATION

CONTACT INFORMATION

Telephone: 403.781.6614
Fax: 403.781.6655
Email: info@cranstonresidents.ca
11 Cranarch Road, S.E.
Calgary, AB T3M 0S8

CenturyHallCranston
 Centuryhall
 Cranstoncenturyhall

Century Hall Administrative Office Hours

Monday to Friday
9 am to 5 pm

Century Hall Park Hours

Monday to Sunday
9 am to 10 pm

Administrative Manager

Marcie O'Rourke
admin@cranstonresidents.ca

Recreation Manager

Amber Sessford
programs@cranstonresidents.ca

Facilities Manager

Al Proctor
aproctor@cranstonresidents.ca

General Manager

Lannie Anderson
gm@cranstonresidents.ca

Cranston Residents: Do you have your membership cards for Century Hall? All residents over the age of 12 are now required to have a membership card for entry to the new Cranston Century Hall Park and facility. Membership cards will also allow you to register for programs offered by the Cranston Residents Association (CRA). Pre-enter your membership card request form available at www.cranston-connect.com and then drop by Century Hall to pick up your card. ****IMPORTANT**** Please use the front entrance only to gain access to the facility.

Adult card and social afternoon:

Wednesdays: 1:00PM – 3:00PM

Fee: \$2.00/visit

Are you at home during the day and looking for a way to meet new people in the community? If so, join us at Century Hall every Wednesday to enjoy coffee, tea, snacks, games and great company! We look forward to seeing you soon.

Fall Programs at Century Hall

Along with our favourite programs this fall we are introducing some great new programs. Session 2 ongoing.

- Strong Girls *New*
- Young Yogis *New*
- Music Kids *New*
- Spanish
- Kids Computer Programming
- Yoga
- Hip Hop
- Children's Art Classes
- Badminton
- Tennis
- Ball Hockey
- Cize Live
- And many more.



Check out our website for the full program guide www.cranston-connect.com

Family Movie Nights at Century Hall

Enjoy a family movie night, at Century Hall every third Friday of the month from 7-9pm, for the low cost of \$5/family! This price includes admission, drinks, and popcorn for your entire family! You can't beat that price for a family night out! Movie selections will be advertised every month on our website: www.cranston-connect.com. Everyone is welcome. We hope to see you here!

November Movie Night: November 25, 2016, 7pm - 9pm

Big Thank You to Cedarglen Homes for their ongoing support of this monthly event!

Drop-In Story Time & Book Truck (0-5 yrs):

Hosted in partnership with Calgary Public Library you are invited to come and spend time with other parents and children while participating in a 30 minute story time. You can also use this opportunity to sign our and exchange books from the library.

~continued next page~

The Book Truck will be available from 10:00AM – 12:00PM with story time at 10:30AM.

Thursdays: November 10 and 24

Drop-In to Century Hall

Come spend the day with us! With a great selection of activities, bring your family for a day of play. Whether you're outside on the tennis courts or inside in the gym, we've got something for everyone! View all schedules by heading to our website www.cranston-connect.com

New Drop In Rates (effective April 1)
Non-Resident Drop-Fee: \$6.00 single visit
5X Pass: \$27.50
10X Pass: \$50.00

The Winter Program Guide

will be released by November 21. Registration for Residents will begin November 28 and Non-Residents on December 1.

Cranston Annual Christmas Bazaar

Saturday, November 19, 2016 - 10:00AM - 3:00PM
What better way to find that unique gift for that special someone than by visiting Cranston's 4th Annual Christmas Bazaar? This event will feature a variety of vendors from homemade crafts, local artists, home based businesses, and so much more! Interested vendors may apply for a booth at our event by downloading a copy of the application from our website, www.cranston-connect.com. Successful vendors will be contacted with further information and



to process payment for a table. Cost to host a table is \$50 for 1 table, or \$70, should you require 2 tables and \$10 for access to power. Whether you are a vendor or a shopper, we hope to see you there!

Annual Skate with Santa

Sunday, December 11, 2016 - 1:00PM - 3:00PM
Lace up your skates and join us in celebrating the holiday season by skating on an outdoor rink with Santa! Century Hall will be hosting an afternoon family skate to get your family into the Christmas spirit! Sip on a cup of hot chocolate while enjoying the special sights and sounds of Christmas in Cranston!

Please RSVP on the event page of www.cranston-connect.com.



North Pole Express Mail

November 21 - December 18, 2016

Did you know that Century Hall has a special "North Pole Express?" that will deliver your children's Christmas letters to Santa? We do! You are invited to drop off your letters to Santa in the specially marked mailbox located in Century Hall, and within days, you'll be able to watch your child's eyes light up when they receive a personalized response from Santa! Please ensure you include your return address so Santa can send a response back. **DONATIONS WILL BE ACCEPTED FOR THE CALGARY FOOD BANK AT THIS TIME AS WELL.**



Seeking Social Media Manager

Are you a local Cranston resident who has their finger on the pulse of the community?

The Cranston Community Association is in need of a local volunteer social media person to help facilitate and co-manage their Facebook page, website, and Cranversations newsletter postings.

Preference will be given to someone with previous experience with social media, and familiar with the WordPress blogging platform. Time obligation is minimal; requiring attendance at the Cranston monthly Board meetings, creating and responding to Facebook and website posts.

Interested individuals are encouraged to submit a sample of their writing to be featured on our website and in the Cranversations newsletter. The Cranston Board would like to see you write about why Cranston is a great community to live in.

Deadline: November 30, 2016

All submissions should be emailed to: cranstonca@gmail.com

EDMONTON - SATURDAY, NOVEMBER 19

A free educational session on liver health and liver disease

Visit liver.ca/edmontonhealthforum today!



CALGARY - FRIDAY, DECEMBER 9

3rd Annual LIVERight Gala in support of liver research

Visit liver.ca/CalgaryGala today!



Canadian Liver Foundation
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Bringing liver research to life
Donner vie à la recherche sur le foie

CRANSTON Festival of Lights Competition

The Cranston Community Association is hosting its second annual Festival of Lights competition. If you aspire to decorations reminiscent of the National Lampoons Christmas Vacation's Clark W. Griswold then this competition is for you.

Register your house with the Cranston Community Association for your chance to win cool prizes, and of course, the ultimate bragging rights!

Details, registration and full rules for the competition are available on the Cranston Community Associations website at www.cranstonca.com, or email cranstonca@gmail.com.



CRANSTON SAFETY CONNECTIONS (CSC)

Melinda Triebwasser, CRSP

Cranston is a dynamic and vibrant community full of activity - activity related to construction, school openings, retail and traffic aspects. While our community transitions through it's continuing growing pains, it's important to recognize where our residents may be exposed to temporary, unusual or unidentified hazards.

Cranston Safety Connections (CSC) has been created with this in mind. CSC was formed by a group of parents, who previously worked with a local school in addressing challenges surrounding children's commutes to and from school. Through their work with other parents, combined with injury incidents within the community involving children, it was realized that the hazards and unsafe conditions our children and the families experienced were not specific to the school itself, nor the students. The issues were at a community level. The safety issues involve every resident and in order for them to be addressed effectively, they need to be approached from the community level.

Cranston Safety Connections wishes to work with the community to identify the hazards facing our community, prioritize them based on perception and risk, then to address potential solutions.

This group is for all residents of the community. We believe that each of you have a unique perspective on the challenges our community faces and we want to hear from you! What do you think about traffic in Cranston? What safety issues do you see in our community? What changes would you like to see? Let us know!

Join the CRANSTON SAFETY CONNECTIONS Facebook page, or email CranstonSafetyConnections@gmail.com with any comments, concerns or questions you may have. Change can only happen when we know the issues, so please...let us know!

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Katrina Jackle INDEPENDENT DESIGNER

403-826-4086 keepcollective.com/with/katrinajackle Keep with Kate

On behalf of Community Standards & Waste and Recycling Services

Thank you Cranston

Congratulations on a successful **Community Cleanup** on September 3, 2016.

The weights collected for this year:

Garbage: 3,970 kg

Organics: 365 kg

Total: 4,335 kg

Truck Loads Hauled: 3

Thank you to the Community Association and residents for your commitment to help create healthy, safe and vibrant communities



Ainsley Vieira, B.A., J.D.
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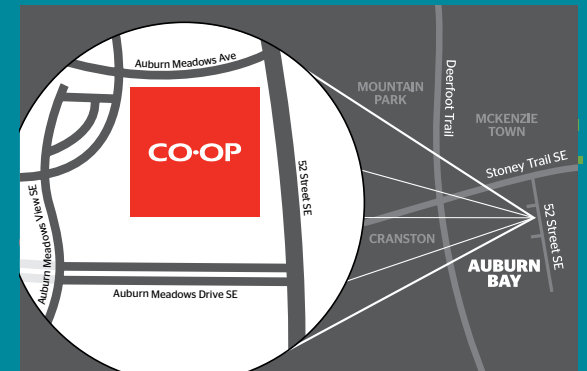
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South Health Campus (SHC) Wellness Centre

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.



Cranston Real Estate Update

Last 12 Months Cranston
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$469,500.00	\$461,500.00
August 2016	\$459,900.00	\$445,000.00
July 2016	\$439,900.00	\$431,500.00
June 2016	\$439,800.00	\$429,000.00
May 2016	\$439,000.00	\$427,500.00
April 2016	\$510,000.00	\$500,000.00
March 2016	\$429,900.00	\$426,000.00
February 2016	\$482,450.00	\$468,000.00
January 2016	\$429,950.00	\$426,250.00
December 2015	\$435,000.00	\$440,000.00
November 2015	\$479,900.00	\$470,000.00
October 2015	\$499,900.00	\$490,000.00

Last 12 Months Cranston
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2016	46	24
August 2016	36	23
July 2016	27	34
June 2016	39	29
May 2016	38	29
April 2016	34	29
March 2016	36	23
February 2016	40	14
January 2016	28	12
December 2015	12	15
November 2015	12	13
October 2015	28	25

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

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
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Cranston Community

Melanson Homes & Construction Inc. focuses on designing and building high quality home construction projects. Our service offerings include:

- Custom Homes
- Basement Developments
- Home Renovations
- Home Additions
- Detached Garages
- Decks & Fences

Our experience includes all aspects of the home, we have the knowledge and expertise to turn your home construction ideas into a reality. We look forward to working with our clients to design and build the perfect project that fits your needs and budget.

At Melanson Homes & Construction, it is our goal to provide you with a trustworthy contractor. We pride ourselves on being available to our clients seven days a week. Our main goal is to provide you with a final construction product that exceeds your expectations, and is of the highest quality.

In an industry that is ever-changing, we work continuously to keep up with the latest trends, standards and safety codes. This is not just another house to us, this is your home.

Why are we different?

We understand that this industry is mainly built on recommendations from one client to another. We are unable to build a successful business based on a poor recommendation. Our reputation is important to us, we want you to feel that you are working with a reliable company, that you can trust to provide the best customer service and final projects to you and your family.

Our number one goal is to ensure that our clients are satisfied with our work. At MHC we pride ourselves on providing high quality finishing. We understand that everyone wants the best value for their money, especially in a tough economic market, therefore we strive to provide high quality for a reasonable price. We want to help you add equity to your home, as well as beautiful construction projects that you and your family can enjoy for years to come.

Customer Service and Quality

Customer Service and high quality is of the utmost importance to us. At MHC, we will not start a project until you are completely comfortable with our team, design, budget and schedule. Home improvement projects should be an exciting time, and we are here to provide a wonderful experience for you.

We ensure that every project we complete, no matter the size, is completed at the highest standards possible. We care about the finishing on all projects. We use only high quality materials and trades, ensuring that the final product is something that you will love and enjoy.

Because our team has proficient knowledge of everything inside and outside of your home, we know that we can provide a value to you and your family that cannot be surpassed.

Pricing

At MHC we will give you an exact quote, not an estimate. Before your project begins we will discuss the design, details and finishing of your project. Through these detailed discussions we can then quote and build your project based on your pre-existing expectations. We want to ensure that our client satisfaction is 100%.



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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.

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.

BRAIN GAMES

SUDOKU

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				1		9		8

FIND SOLUTION ON PAGE 31

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

Poppy Facts

The poppy came to prominence after Canadian Artillery doctor John McCrae wrote the poem *In Flanders Fields* in 1915.

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DECEMBER 10 SLUMBER PARTY AT THE GLENBOW MUSEUM

Celebrating their 50th anniversary, The Glenbow is inviting kids aged 7 – 12 for a rare sleepover and behind the scenes tour of the museum's artefacts. More info www.glenbow.org/programs



NOVEMBER 25 – DECEMBER 24 THE POLAR EXPRESS TRAIN RIDE

Aspen Crossing: Journey to the North Pole on the Polar Express, complete with hot chocolate and cookies served onboard the train. More info www.aspencrossing.showare.com/eventperformances



DECEMBER 23 CHRISTMAS SKATE, NOON – 5 PM. OLYMPIC OVAL

A fun-filled afternoon at the Olympic oval is sure to cheer any Grinch. Complete with holiday music, you and yours can enjoy a skate together for \$2 and a food donation to The Calgary Food Bank.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Nov. 28 – Dec. 21 It's A Wonderful Life: A Radio Play – Lunch-box Theatre: It's A Wonderful Life is the classic tale of George Bailey, conceived as a live 1940's radio broadcast, a cast of 5 actors will bring this classic holiday story of love and redemption to life on stage! Everyday but Sundays, noon – 1 pm at Lunch-box Theatre. More info www.lunchboxtheatre.com

Dec. 2 – 4 The International Christmas Market at Spruce Meadows: Enjoy the warm atmosphere of this much-celebrated market which boasts 250 vendors with world-imported items, hand-crafted gifts and much more. Fire pits and lively entertainment are sure to keep you in the spirit – just in time for the holidays. For info www.sprucemeadows.com/christmas_market

Nov. 19 – Dec. 18 Once Upon A Christmas – Heritage Park: Take a step back into true holiday enchantment this Christmas with wagon rides, singing carols and even jolly old St. Nick himself. Experience the magic of Christmas past and activities like: gingerbread decorating, Santa's petting zoo, children's crafts and a vintage photo parlour. More info www.heritagepark.ca

Dec. 15, 8 pm A Rockin' Little Christmas – Jack Singer Concert Hall: This upbeat concert will include a range of cheery, seasonal hits including Santa Baby, Jingle Bell Rock, White Christmas and many other favourites. Joining the Calgary Philharmonic Orchestra for this concert is the Jeans 'N' Classics band and four vocalists. More info www.calgaryphil.com

Nov. 26 – Jan. 8 Lion's Festival of Lights: The Festival of Lights is the largest free drive-by Christmas Lights showcase in Calgary. It's comprised of over 300,000 lights along 14th St NW. Designed by James Alafritz, Creative Intelligence Agency. More info www.lionsfestivaloflights.ca

Dec. 2 - 4, 9 - 11, 16 – 18 Market Collective Cheer: Enjoy a market that's perhaps a bit more eclectic this year at Market Collective's Cheer event. With fare like, clothing, chocolate and jewellery on offer, and more unusual vendors with woodworking, paper products and leather work for sale, there is surely something for everyone at this event. Located at The Chinese Cultural Centre. More info www.marketcollective.ca



Nurturing a sense of belonging on National Child Day Nov. 20

National Child Day is celebrated annually to mark two historic events: the 1959 signing by Canada of the United Nations Conventions on the Rights of the Child (UNCRC) and the adoption of the convention.

This year's theme is **a young person's right to belong.**

Identity and belonging is about young people developing a positive sense of who they are, and feeling that they are valued and respected as part of a family and community. Positive messages about their families, backgrounds, cultures, beliefs, and languages help children learn, develop skills and a healthy sense of identity and belonging; this helps them later to better deal with bullying and discrimination.

One way your family can celebrate National Child Day is to share a book or story about belonging.

The book **How Far Do You Love Me?** by Lulu Delacre celebrates love and belonging. It gives parents and teachers an opportunity to share a story that features people from different corners of the world using their geographical locations as references for how great their love is.

More books about belonging (Calgary Public Library may have these to lend):

Corduroy by Don Freeman

I Like Myself! by Karen Beaumont

The Blossoming Universe of Violet Diamond by Brenda Woods

The Invisible Boy by Trudy Ludwig

Gaston by Kelly DiPucchio

Rump: The True Story of Rumpelstiltskin by Liesl Shurtliff

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com

IN & AROUND CALGARY

Calgary Southeast Events

Canadian Pacific Remembrance Day Service

More than 33,000 CP employees served in the world wars last century and Canadian Pacific continues to pay tribute in its annual Remembrance Day ceremony. This year the ceremony takes place at CP's Memorial. All members of the public are welcome to attend this ceremony. The service begins at 10:30 am. 7550 Ogden Dale Rd. SE.

Stuff A Bus Nov. 5, 2016. 9am – 4pm. Calgary Co-op and Calgary Transit team up for the 24th Annual Stuff A Bus, in support of the Calgary Food Bank! Transit buses and volunteers will be at all 21 Calgary Co-op locations accepting donations. Stuff A Bus with food to help Calgarians in need at this busy time of year.

Free Skate at Ernie Starr Arena Friday, November 11, 2016, arena is open for free public skating from 1 to 2:30 pm. Address: 4808 14 Ave. SE.

Free Swim at Bob Bahan Aquatic and Fitness Centre Friday, November 11, 2016, 1–4:30 p.m. Swim Times: 1 – 2:30 p.m. and 3 – 4:30 p.m. The half hour break will be waived if capacity permits. Address: 4812 14 Ave SE.

Christmas in Inglewood - Nov 18, Nov 20

Horse-drawn sleigh rides, the Great Christmas Tree Quest draw, live music and a Children's Choir (Lantern Church). Great shopping discounts and specials at establishments throughout Inglewood. Begins Thursday, Nov 18th, merchants will be open late, up to 9 pm, with tons of specials. 9 Ave. SE.



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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



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.



Daylight Saving Time

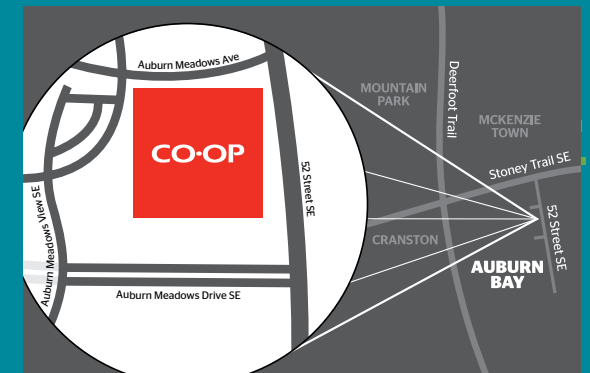
Ends Sunday, November 6.

Set your clocks back 1 hour and enjoy the extra sunshine.



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How To Get Mom To Agree To A Pet Lizard!

I always wanted a pet reptile as a child, but like the myriad of other exotic pets I campaigned for, I was never successful in acquiring a snake or lizard. Now as a veterinarian and Mom of two boys I get to vicariously have all kinds of wonderful pets. “The boys wanted it”; this is the story my husband gets and I’m sticking to it. Fortunately with a little research and the help of a fellow lizard lover we became the proud owners of a Leopard Gecko called “Gecky”.

Gecky, the Leopard Gecko, is a perfect pet in my eyes. He eats mealworms and crickets that are dipped in a calcium powder. He has a little container of a vitamin-mineral mixture he snacks on and a small water bowl. Room light is sufficient with a small heated pad stuck to the tank bottom providing additional heat he can move away or towards as he needs. Leopard Geckos can’t even get out of the tank if the lid is left off by small children. Gecky did have a heat lamp (unnecessary) but that was eliminated when my six-year old tried to burn the house down. This sweet little creature will happily sit on your shirt through an evening of television. A dampened tissue is placed in the corner of the tank Gecky chose to use as his bathroom so cage cleaning is a breeze. This is a fabulous low-maintenance pet for young children with minimal supervision during handling periods. It is really gross when the tail falls off and twitches around for a while but they grow back.

Why did I say fortunately we picked a Gecko earlier? A neighbor asked us to babysit their Bearded Dragon, Steve. I have treated these wonderful attractive lizards but never kept one. Theory is easier than practice!

Steve arrived in his massive aquarium equipped with under tank heater, heat lamp, and two lights on a twelve hour cycle providing full spectrum lighting. There are multiple electronic thermometers to ensure the proper temperature gradients between 85 to 100 degrees F. Not the most attractive setup. Bearded Dragons are omnivores. So in the morning I cut Steve’s veggies and fruit into pieces “smaller than the distance between his eyes”. Then there was his daily quota of mealworms and crickets. Did I mention the cricket tank with over a hundred large live SINGING crickets?

Steve poops. He poops once a day and it needs to be removed immediately. I have treated thousands of animals of many, many species and I have worked in a pathology laboratory with animals in various stages of decomposition. I have to say the stench of Bearded Dragon poops elevate their owners to martyrs. Even after disposal it lingers in your nostrils and sinuses for hours. So Steve, I did like you, especially when you charged around your cage with your tail arched over your back gobbling up crickets. I liked to cuddle you Steve, but I was glad to see you go home.

If you are considering getting an exotic pet don’t limit your research to learning about the care and needs of these creatures from books. Talk to people who actually own the exotic pet you’re considering. Try to get a look at the set-up and even babysit as we did. Join TARAS, the Alberta Reptile and Amphibian Society. We won’t be getting a Bearded Dragon but I hope the boys consider a cockatiel one day, I have always wanted one...

Jennifer L. Scott, D.V.M.



CALGARY PUBLIC LIBRARY

Winter Word Fair

Kickoff the holiday season with Calgary Public Library’s Winter Word Fair—your one-stop bookish Christmas shop featuring unique vendors, entertainment, and refreshments. Take advantage of the Library’s in-house expertise to buy great reads during the most popular book-giving period of the year. Get there early! The first 50 people get an opportunity with a personal shopper, who will match you to the perfect reads for everyone on your list, and your very own gift bag to fill with incredible bookish gifts.

Central Library

Thursday, December 1 | 5:00 pm–8:00 pm
Everyone welcome!

Calgary Public Library Foundation Tours

The Library has 18 community libraries across the city—how many have you visited? Join the Calgary Public Library Foundation for a series of free one-hour tours that provide a special behind-the-scenes look at many of the features, programs, and benefits at each unique location. You’ll hear about a patron’s personal experience, learn about what’s planned for the future, and be taken on a tour led by Library staff. You’ll leave with a new perspective on your local library! To register, visit LibraryFoundation.eventbrite.com or call 403.260.2631.

Library Updates

The Library will be closed Friday, November 11, for Remembrance Day. The Children’s Library at Village Square Library has been completed and is open for play and reading! Your kids will love the brand-new vibrant and interactive Early Learning Centre! Renovations to the Nose Hill Library have been completed. Make sure to drop by and see the revitalized space! The November/December *Library Connect* is now available. Pick up your guide to the Library’s free programs and events at any community library, or download a copy at calgarylibrary.ca.



STEP INTO FALL

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

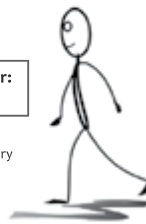
You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

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:
perryr@ucalgary.ca

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



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PRECANPOWER: Wed. Nights at Scott Seaman Arena 6:30-7:00 pm
CANSKATE: Tue 5:30-6:15 pm, Fri 12:45-1:30 pm, Saturday 10-10:45 am and 11:15-12pm and Weds. at Scott Seaman Arena 7:00-7:45pm
PRECANSKATE: Wed. Night at Scott Seaman Arena 6:30-7:00 pm
*NEW - Teen & Adult Skate Wednesday evening at Scott Seaman Arena

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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.



SUDOKU

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Should you 'exchange' your shorts for a snowsuit next winter?

Suzanne Smith-Demers - Consultant

For snowbirds who've found a way to enjoy life while avoiding Canada's frosty winters, this coming winter may turn out to be less (financially) relaxing than most.

Around April is the time when many snowbirds make the decision about where they'll be living when they head south. They make their decisions, sign their rental agreements and pay their deposits - in other words, they are locked in. That's exactly what you did last April and then the exchange rate continued to drop. Now, that rental deal that looked quite economical in April will look a lot less attractive this fall and winter.

So, what do you do when April 2017 rolls around? Do you roll the dice and secure a condo rental for winter 2017?

With uncertainty on whether the exchange rate will improve any time soon, you may be inclined to forego your southern sojourn next winter - but you have other options.

- Explore the exchange rates offered by boutique currency exchange companies. The Canadian Snowbirds Association provides a currency exchange program that offers very competitive rates.
- Buy U.S. dollars over the year whenever the loonie goes up.
- Open a U.S. dollar account at a bank that offers no-cost transfers from a Canadian U.S. dollar account to a U.S. dollar account in the United States.
- If you're flying, consider doing so from a U.S. border airport where fares may be cheaper.
- Check out more affordable destinations away from the usual southern hotspots; the exchange rate and cost of living may be more favourable in Mexico, Costa Rica, Panama and other non-traditional southern locations.

It's an unavoidable fact: No one can predict the future with 100% accuracy. The key is to be prepared for whatever comes, planning is key.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas - 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police - Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX - Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions - Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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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 Cai's Tai Chi, based on the Traditional Yang Style. Our Winter Session starts January 5th, with Thursday classes at the Trico Centre and the Lake Bonavista Community Association. Please call Juliette at 403-225-1593 or Christel at 403-271-1289. www.flcseniors.ca.

Editorial Content Deadline 15th of each month for the next month's issue

mlmacken@ucalgary.ca

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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!



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