

AUGUST 2016

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# FAIRVIEW in Focus

THE OFFICIAL FAIRVIEW COMMUNITY NEWSLETTER



**FAIRVIEW FAMILY  
FESTIVAL & FILM NIGHT  
COMING SEPTEMBER 9<sup>th</sup>!**



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## IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

PLEASE JOIN US FOR AN EXCLUSIVE  
AND INFORMATIVE EVENT

## TAX-SMART INVESTMENT AND ESTATE STRATEGIES

### GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA  
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP  
Vice-President, Estate Planning Specialist



**DATE:** Tuesday, August 30, 2016  
3:00 pm - 5:00 pm

**LOCATION:** Canada's Sports Hall of Fame  
169 Canada Olympic Road S.W.  
Canada Olympic Park  
Calgary, AB T3B 6B7

**RSVP:** Kara Weber  
(403) 299-7374  
kara.weber@rbc.com

All guests must be registered  
to attend. (Space is limited.)

Refreshments will be provided  
Complimentary parking on site  
Includes access to interactive sports,  
Hall of Fame Gallery & Museum Tour

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## Fairview Community Association

Box 78053, 383 Heritage Dr. S.E.  
Calgary, AB T2H 2Y1  
Phone: 403.252.5424  
www.fairviewcommunity.ca  
office@fairviewcommunity.ca

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## FAIRVIEW INFORMATION

### OUR VISION

To promote and enhance a healthy, safe and productive environment for the residents of Fairview by providing access to programs, services and information, all while establishing a sense of community identity and belonging.

### BOARD OF DIRECTORS

President	VACANT
1st Vice	Dave Eisenbart 403-454-8327 vp1@fairviewcommunity.ca
2nd VP	Vanessa Hanel 403-808-6878 vp2@fairviewcommunity.ca
Treasurer	Bonnie Briand 403-998-8933 treasurer@fairviewcommunity.ca
Secretary	Carah Scherwitz 403-301-5223 secretary@fairviewcommunity.ca

### DIRECTORS AT LARGE

Pat Hirsche	403-259-4341
Melody Eisenbart	403-454-8327
Robert Isaac	403-355-5335
Elizabeth Duerkop	403-245-9346
Kara Fredrickson	403-999-5572
Stacey McDougall	403-474-1305
Joanne Norton	403-474-1326
Regan Klyn	403-698-1566

### COMMUNITY SERVICES CONTACTS

- Police Non-Emergency Services (Dist 6) 403-567-6600
- Community Liaison Officer: Cst. Henry Robinson #4196  
403-567-6600, pol4196@calgarypolice.ca
- Community & Neighbourhood Services, South Area: 311  
www.welcomewagon.ca, 1-844-299-2466
- www.calgaryyouthjustice.com, 403-261-9861
- Fairview Arena 403-452-3082 www.fairviewarena.com
- In-Definite Arts 403-253-3174 www.indefinitearts.com

### GOVERNMENT REPRESENTATIVES

#### Councillor, Ward 9

Gian-Carlo Carra  
ward09@calgary.ca • www.carra4ward9.ca • 403-268-2430

#### MLA, Calgary-Acadia

Brandy Payne, NDP  
Calgary.acadia@assembly.ab.ca • 403-640-1363

### MP, Calgary-Midnapore

Honourable Jason Kenney  
kennej@parl.gc.ca, www.jasonkenney.ca • 403-225-3480

### FAIRVIEW IN FOCUS

Fairview in Focus is published monthly by Great News Publishing and delivered by Canada Post to all Fairview homes.

The opinions expressed within any published article, report or submission reflects those of the author, and should not be considered to reflect those of the Fairview Community Association. The information contained in this newsletter is believed to be accurate, but is not warranted to be so. The Community Association does not endorse any person or persons advertising in this newsletter, and publication of these ads should not be considered an endorsement of any goods or services.

**Submission Deadline:** 10th of the month for the next month's news.

Comments, questions and submissions are always welcome.

**Editor Email:** news@fairviewcommunity.ca  
**Mail:** Fairview Community Association  
Box 78053, 383 Heritage Dr SE  
Calgary, AB T2H 2Y1

**Messages:** 403.252.5424  
**Email:** office@fairviewcommunity.ca  
**Website:** www.fairviewcommunity.ca

## EDITORIAL CONTENT DEADLINE

10<sup>th</sup> of each month for  
the next month's  
issue  
news@fairviewcommunity.ca

## BOARD BITS & BUSINESS

We hope you are all having a wonderful summer!

Flavelle Road held a block party on June 18 in conjunction with Neighbour Day in Calgary. The magic show was a big hit and a special thanks to the firemen from Station 14 for coming by and making our day even better.

Watch our website or subscribe to our e-mailing list for updates on the September Family Festival & Film Night.



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## UPCOMING EVENTS



### Fairview Community Association Board Meeting

Board meetings are scheduled for the second Tuesday of each month. Meetings for the summer are cancelled. Next meeting will be in September. Please contact our Secretary at secretary@fairviewcommunity.ca if you wish to attend- all members are encouraged and welcome to do so.

### Fairview Family Festival & Film Night Friday, September 9

Mark your calendar for our annual and very popular Fairview Family Festival and Film Night coming up in September. The evening will be full of fun and capped off with another great recently released motion picture. And this year we will be co-hosting an event with In-Definite Arts with movie-themed art on display in their gallery prior to our Festival! Full details coming in September's newsletter.

### Got an idea for a Community event?

Contact any Board member, or our Secretary, to be put on the agenda at any Board meeting.

### DEERFOOT MEADOWS MEDICAL CLINIC 403.251.2690 - 7979 11 Street SE, inside Wal-Mart

Dr. Rachele de Gracia accepting patients in October 2016. Please call to book your spot!

Short wait times. Accepting patients.  
We offer highest standards of care for our 45,000 patients.

Open late and open weekends  
Please call to see your doctor today



## SCHOOL INFORMATION

### Calgary Board of Education

403-294-8255  
www.cbe.ab.ca

### Acadia School

9603 - 5 Street SE  
403-777-8440  
schools.cbe.ab.ca/b300

### Fairview School

7840 Fairmount Drive SE  
403-777-7900  
schools.cbe.ab.ca/b633

### Juno Beach Academy

315 - 86 Avenue SE  
403-777-7210  
schools.cbe.ab.ca/b872

### Le Roi Daniels School

47 Fyffe Road SE  
403-777-6420  
schools.cbe.ab.ca/b320

### Lord Beaverbrook High

9019 Fairmount Drive SE  
403-259-5585  
schools.cbe.ab.ca/b850

### Sam Livingston School

12011 Bonaventure Dr. SE  
403-777-6890  
schools.cbe.ab.ca/b354

### Willow Park School

343 Willow Park Drive SE  
403-777-6900  
schools.cbe.ab.ca/b331/

### David Thompson School

9320 Arbour Crescent SE  
403-777-7470  
schools.cbe.ab.ca/b641



### OTHER SCHOOL INFORMATION

#### Alberta Education

780-644-5752  
education.alberta.ca/  
apps/schoolsdir/

#### Calgary Catholic School District

403-500-2000  
www.cssd.ab.ca

#### Bishop Grandin

111 Haddon Road SW  
Phone: 403-500-2047  
www.cssd.ab.ca/bishop  
grandin

#### St. Cecilia

610 Agate Cres. SE  
Phone: 403-500-2040  
www.cssd.ab.ca/  
stcecilia/

#### St. Matthew

416 - 83 Avenue SE  
Phone: 403-500-2030  
www.cssd.ab.ca/  
stmatthew/

Submit your school news  
to news@fairview  
community.ca.

## PRE-SCHOOL, PLAYGROUPS, CHILD CARE INFORMATION



### PRE-SCHOOLS

#### Active Learning Programs Ltd.

1401 Acadia Dr. SE  
Phone: 403-473-0600  
Ages 19months to 5 years  
Regular, Advanced, Bilingual  
Before & After School Care  
www.activelearningprograms.ca

#### Haysboro Community Centre

1204-89th Ave SW  
P: 403-253-1563  
Parent run, 3/4 yr olds  
www.haysboro.org/haysboro-  
pre-school/

#### Mapleridge Cooperative Preschool

600 Acadia Drive SE  
P: 403-278-9594  
Ages 3 & 4  
www.mapleridgepreschool.com

#### Willow Park Preschool

680 Acadia Drive SE  
Phone 403-271-7016  
Ages 3 & 4  
www.willowparkpreschool.com/

### Kingsland Community Preschool

505 78 Ave. SW  
403-258-1308  
Ages 3 & 4  
www.kingslandcommunitypreschool.com

### PLAYGROUPS

#### Acadia & Fairview Families

240-90th AVE. SE  
Free, Tuesdays 9:30-11am  
www.facebook.com/  
groups/135018999849983/

#### Haysboro Community Centre

1204-89th Ave SW  
P: 403-253-1563  
Tot Time, Mondays 9-11am  
www.haysboro.org/

#### Southwest Communities

**Resource Centre -Parent Talk**  
#42, 2580 Southland Drive SW  
P: 403-238-9222, info@swcrc.ca  
Thursday mornings, 10:30am-12pm.

#### Southland Leisure Centre

2000 Southland Drive SW  
P: 403-648-6550  
Drop-in/Registered Ages 2-4  
www.calgary.ca/CSPS/Recreation/  
Pages/Leisure-centres/Southland.aspx

#### McDougall United Church

8516 Athabasca Street S.E  
Heritage Time-Out  
Wednesdays 9-11am  
timeoutheritage@gmail.com

### CHILD CARE

#### Acadia & Fairview Families

240-90th AVE. SE  
Free, Tuesdays 9:30am-11:00am  
www.facebook.com/  
groups/135018999849983/

#### Jackie's Day Home

Private day home  
P: 403-831-4419  
Email: jackieboechler@icloud.com

#### Calgary AfterSchool

Opportunities for children and  
youth ages 6 to 16, Monday to  
Friday, between 3 and 6 pm. Visit  
www.calgary.ca/afterschool.

**www.DaycareIQ.com** is a Calgary  
based website that helps parents  
find child care in their community.

Your listing could be here! Email  
news@fairviewcommunity.ca

Fairview Community Association  
makes no representations about  
the suitability, reliability, timeliness,  
and accuracy of the playgroups,  
pre-schools and/or childcare pro-  
vided and we do not assume any  
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reliability of this information. The  
Fairview Community Association  
does not assume and expressly dis-  
claims any liability that may result  
from the use of this information.



## MCDOUGALL FALL FEST

Sunday September 11, 2016  
Kick off Sunday worship at 10:00 AM

JOIN US for Fun 11:30 AM-1:00PM

Bouncy House • Carnival Games  
Face Painting • Variety show on  
outdoor stage • Contests • BBQ

**McDougall United Church**  
8516 Athabasca Street SE

BRAIN  
GAMES

# SUDOKU

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	5				9	3		
9								8
		8	4				9	
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7	3			2				
1			5	9				7

FIND SOLUTION ON PAGE17



# Insects & Technology

### Fleas Knees

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas. This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A manufacturer has produced a near-perfect rubber with 98 percent resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.

Discovery Magazine



### MEMBERSHIP

Your community association is a group of volunteers who work to make your community a great place to live for residents of all ages. You can become involved with your community association in two important ways:

**a) Become a member** – when you purchase a membership in your community association, your dues are used to offer you and your neighbours many programs and activities.

**b) Become a volunteer** – Community Associations rely on volunteers to make things happen. There are many ways you can volunteer to make your community a more enjoyable place to live. At the same time you will make new friends and learn skills.

### A GOOD REASON TO JOIN TODAY!

**Home and Auto Insurance Discounts** - Membership does have its benefits. Toole Peet Insurance will provide special group rates for all community association members. Call Normand at 245-1177 for your quote today.

Membership forms and payment can be dropped off at the Fairview Arena mail slot, mailed to Box 78053, 383 Heritage Dr SE, Calgary, AB T2H 2Y1 or purchased online at [www.fairviewcommunity.ca](http://www.fairviewcommunity.ca).

Complete the below form and include with your payment:



**March 1, 2016 to February 28, 2017**

Membership Fee: \$15 per Family (Up to two registered adults and any number of children under the age of 18 living at the same residence). Please make cheques payable to: Fairview Community Association.

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

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

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I am interested in volunteering:  Yes  No

I am interested in receiving updates by email:  Yes  No

### NEED A HANDYMAN?

- 30 years Construction and Renovation experience
- Fairview resident for over 20 years
- Seniors discount available
- Landscaping services also available

Contact Greg at (403) 861-0577 for more information



## Mayfair Taxi

Download our APP TODAY!

@ [www.mayfairtaxi.com](http://www.mayfairtaxi.com)

403 255-6555 / 403 221-8294

## SENIOR'S RESOURCES

Who to call?	There are many resources and services for seniors in Calgary
403-287-3510	Outreach services (for adults 65+) for South communities
403-705-3246	The Kerby Centre can provide information on a range of services from grocery delivery, housing, counselling, disability services, to home care
403-264-7700	24-Hour Seniors' Help Line – There is always someone to take calls from concerned citizens who have identified seniors they believe are at risk or could use a helping hand
2-1-1	Information and referral to Calgary area community, government and social services
1-877-644-9992	Alberta Seniors Info Line
<a href="http://www.seniors.alberta.ca">www.seniors.alberta.ca</a>	Senior resources, information and groups in the Calgary area

*Copies of the Seniors Directory of Services are available at your local library, local grocery stores or the Community & Neighbourhood Services South Area office (502 Heritage Drive SW).*



### Cedarbrae Senior Go-Getters

Flr 2-4885 Hubalta Rd SE  
Phone: 403-288-3371  
55+, Hours: 12:00-2:30 pm  
Wheelchair accessible

### Know Your Neighbour Club

1-10601 Southport Rd SW  
Phone: 403-225-2362  
Email [hcdoug@telus.net](mailto:hcdoug@telus.net)  
55+, Wheelchair accessible

### Forge Senior Citizens Club

Flr 2-4885 Hubalta Rd SE  
Phone: 403-288-3371  
55+, Hours: 12-2:30pm, Wheelchair accessible

### McDougall United Church - Heritage Time Out

8516 Athabasca St SE, P: 403-252-1620

All ages. Wednesdays 9-11am, Drop-in and enjoy quilting, knitting, card making, and more! For more information, email [timeouteritage@gmail.com](mailto:timeouteritage@gmail.com).

### Haysboro Senior Resources Group

Dorothy  
P: (403) 255-7438 [d.block@shaw.ca](mailto:d.block@shaw.ca)  
Meets monthly, speakers, information sessions, entertainment, and usually one bus trip.

### South Fish Creek 50+ Drop In

100-333 Shawville Blvd SE, P: 403-201-8652  
Email: [sonya@sfcra.com](mailto:sonya@sfcra.com) [www.sfcra.com](http://www.sfcra.com)  
Fri: 9am-12:00pm, Wheelchair accessible.

If you would like your group or event listed, please email us at [news@fairviewcommunity.ca](mailto:news@fairviewcommunity.ca).

### Calgary FLC Seniors Club

Trico Wellness Centre, 11150 Bonaventure Dr SE  
Hugh Phelan  
403-271-8389, [www.flcseniors.ca](http://www.flcseniors.ca)  
55+, Email [flcmembership@yahoo.ca](mailto:flcmembership@yahoo.ca)

### Heritage Seniors

703 Heritage Dr. S.W.  
Info: 403-236-7018  
50+ Wheelchair accessible, 4 days per week, various activities  
Email [ekozbial@telusplanet.net](mailto:ekozbial@telusplanet.net)

### Calgary Music Makers

Fairview Baptist Church 230-78 Ave SE  
P: 403-245-4115 or 403-201-9138  
[emarwood@gmail.com](mailto:emarwood@gmail.com)  
[www.calgarymusicmakers.ca](http://www.calgarymusicmakers.ca)  
50+ Choir, Mixed voices. 9:30am Thursday practices

### Inglewood Silver Threads Association

1311 9 Ave SE  
Phone: 403-264-1006  
55+, Hours: 9:30 am-2:00 pm, Wheelchair accessible,  
Email: [silthreads@canada.com](mailto:silthreads@canada.com)

## RELIGIOUS ACTIVITIES

### Fairview Baptist Church

230 – 78 Ave SE – P: 403-252-1704

Visit [www.fairviewbaptistchurch.ca](http://www.fairviewbaptistchurch.ca)

E-mail [info@fairviewbaptistchurch.ca](mailto:info@fairviewbaptistchurch.ca)

Camp affiliation: [whisperingpinesbiblecamp.com](http://whisperingpinesbiblecamp.com)

Fairview Baptist Church welcomes you to a traditional morning worship service Sundays at 11am. Sunday school at 9:30am. Sunday Evening service at 6pm

### Do You Love to Sing?

Sing With the Calgary Music Makers Seniors! Everyone's Welcome. Rehearsals are at 9:15 am, every Thursday morning at the Fairview Baptist Church, 230 78th Ave SE. For more information, call 403-245-4115 or 403-201-9138 or email [emarwood@gmail.com](mailto:emarwood@gmail.com).

### McDougall United Church

8516 Athabasca Street SE – P 403-252-1620

[www.mcdougalluc-calgary.net](http://www.mcdougalluc-calgary.net)

Services held every Sunday beginning at 9:50am

**Heritage Time-Out:** Wednesdays, 9-11 am. Enjoy quilting, knitting, card making, and more! Register to come

## SIGN UP FALL LEAGUES STARTING IN SEPTEMBER

YOUTH - ADULT - SENIOR

[www.kidsbowlfree.com/Toppler](http://www.kidsbowlfree.com/Toppler)



16 Lanes | 5 Pin Bowling

**GLOW BOWL**

Friday - Saturday - Sunday

7640 Fairmount Drive SE

Call for reservations 403-255-0101

Licensed Facility

each week or just drop-in. Baby sitting for tots and special rates for seniors. For more info email [timeoutheritage@gmail.com](mailto:timeoutheritage@gmail.com)

### St. Andrews Presbyterian Church

703 Heritage Drive SE – P: 403-255-0001

Our regular hours of Sunday worship are 9:30 A.M. and 11:15 A.M. Child care for infants up to three years old is available at both Sunday morning services. Parking can be found in our own lot, at the YMCA next door, or on neighbouring streets.

St. Andrew's hosts the **Southern Sudan Christian Church**. This worship community meets on Sunday afternoons at 1:30 P. M. for services in the Nuer language. St. Andrew's endeavours to be a community supporting these people within our midst.

### The Church of Jesus Christ of Latter Day Saints

940 Acadia Drive SE, Phone: 403-720-8066

Sacrament Services are Sundays at 9am & 1pm

### Lighthouse Church

9827E Horton Road SW

P. 403-640-2099

[www.calgarylighthouse.com](http://www.calgarylighthouse.com)

[frank@calgarylighthouse.com](mailto:frank@calgarylighthouse.com)

Interdenominational - Charismatic Worship, Sunday Worship at 10:30 am at, Staff Pastor: Frank Amantea

**The Four12 Youth Centre** is a free weekly drop-in event for youth aged 13-17 in the Calgary communities of Hayboro, Willow Park, Acadia, Fairview and Southwood. The Youth Centre offers video games, board games, monitored internet stations, movies on the big-screen, foosball and air hockey. Open every Friday from 7-10pm, to youth of any background, culture or belief system. Contact us or email [Four12@calgarylighthouse.com](mailto:Four12@calgarylighthouse.com).

### Calgary World Harvest

680 Acadia Drive SE – P: 403-873-1329

[www.calgaryworldharvest.com](http://www.calgaryworldharvest.com)

"A place where you're not an accident waiting to happen, but a destiny waiting to be fulfilled"

Meets every Sunday 11am.

### Balm of Gilead Evangelistic Ministries

2, 7640 Fairmount Drive SE - P: 403-453-0447

[www.greater-works.org](http://www.greater-works.org)

[info@greater-works.org](mailto:info@greater-works.org)

Services: Evenings 7-9pm, Sunday 10am – noon, First Friday of the month all night prayer service 9pm – 1am.

Email us at [news@fairviewcommunity.ca](mailto:news@fairviewcommunity.ca) to include your news and events!



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](http://www.tricocentre.ca) to find out more.

### August 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 (more than 55 in the summer months), use the gymnasium, skate, or play shinny, plus with a membership 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.)

### Pool Grand Opening

This month we're excited to announce the re-opening of our pool (anticipated project completion of Aug 15, 2016). Once open, the pool will be available for members and patrons to drop-in and enjoy. Programmed swim lessons will begin in September.

At a projected cost of over 4.25 million (provided through government grants and lifecycle and reserve funds), aquatic centre improvements include: Myrtha pool liner (one of 2 in Alberta to have this technology), pool deck tile replacement, hot tub with expanded capacity, new play spray features, re-gelling of the waterslide, ceiling tiles to reduce sound reverberation, replacement of upper windows to energy efficient, glare-resistant panes and replacement of lighting to energy-efficient LED fixtures.

### Summer Fun for Children & Youth

Summer Day Camps: Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care. See the Summer Program Guide or check [www.tricocentre.ca](http://www.tricocentre.ca) for all the details.

Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm), Drop-In Craft (2 yrs and up, Tuesdays, 5-6:30pm) Drop-In Dodgeball (15 yrs +, Wednesday, 7:15-8:15pm.) Check the Summer 2016 Program Guide for details.

### Fall/Winter Program Guide and Registration

Member registration begins August 2 and 3 (ongoing.) General Public: August 4 and ongoing. Trico has something for everyone! Swimming lessons, skating lessons, adult fitness, older adult fitness and wellness, parent & tot, preschool, children & youth. Lots of new programs; see [www.tricocentre.ca](http://www.tricocentre.ca) for a pdf of the Fall/Winter Program Guide or pick up a copy at Trico Centre.

### New for Fall: Adults

Ballet Barre Blast: A unique blend of dance, Pilates, yoga, and cardio moves—it's a kick for the midline, glutes, and legs. Myofascial Stretch and Release: Maximize your mobility and reduce pain. Also new is The Focus Series - Goal-focused small groups that are affordable and fun! Groups include fat burning, healthy back & joints, basics, power lifting and strength training.

### New for Fall: Tots/Preschoolers

Combo classes: Art N' Gymnastics (4-6 yrs), Funky Fridays (3-5 yrs) - Each week focuses on a different theme inspired by science experiments, music, cooking, crafts, or sports, and includes a supervised dip in the pool for the last half hour. Kangaroos and Crocodiles (3-5 yrs.) Get ready, get wet...go! This program starts in the gym with games, sports, songs, and tons of fun—and finishes up with a swim lesson!

### New for Fall: Youth

Hip Hop (6-10 yrs) learn how to Hip Hop to the beat in this grooving dance class. Gym n' Swim Fridays (6-10 yrs & 10-14 yrs): This high-energy program starts with active games and play in the gym and ends with free water play in the pool! Perfect fun for Friday!

*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](http://www.tricocentre.ca) to find out more.*

## Active Learning

Programs Ltd.



French Immersion Preschool and B & A care for Sam Livingston, Lake Bonavista and Alice M Curtis Schools

Beautiful Acadia location Opening Soon

403.473.0600 | [www.activelearningprograms.ca](http://www.activelearningprograms.ca)



## IN & AROUND CALGARY

### EMS: Accidental Poisoning

Alberta Health Services, EMS, would like to remind parents of precautions they can take to prevent accidental poisoning emergencies in their home. The ingestion of prescription or over-the-counter medications is the leading cause of accidental poisoning in children. Just small amounts of adult medications can be seriously harmful or even fatal to your child if swallowed. Other causes of poisoning are household cleaning products, dishwasher tablets, or personal care items, such as mouthwash or nail polish.

#### Medication storage

- Store all medications in a locked container and place in an area inaccessible to children.
- Keep medications in their original child-resistant packaging.
- Do not mix multiple medications inside one bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

#### Safety tips

- Ensure visitors to your home keep their personal belongings out of children's reach as they may contain unsafe items.
- Take extra precautions with medicines that appeal to children such as chewable vitamins, or flavored cough and cold syrups.
- Properly dispose of any medications or toxic household products no longer in use.

#### Prevention

- Store household products, car supplies, and cosmetics in cupboards or drawers that can be locked.
- Apply child safety latches to drawers and cabinets if they are within a child's reach.
- Know and label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness when ingested.
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.
- In case of a poisoning emergency, call 9-1-1.
- Provide the name of the product ingested or, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



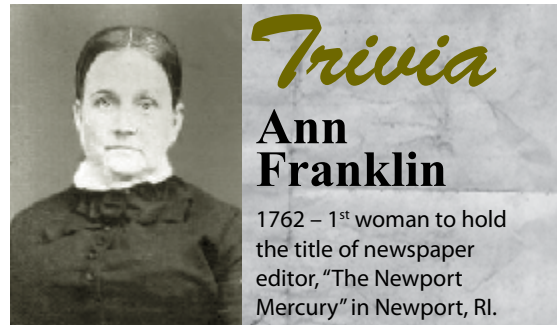
### Chip in "Fore" Communities on August 12!

Support Calgary's community associations by joining the Federation of Calgary Communities on Friday, August 12 at the Canal at Delacour Golf Club for their 4th Annual Chip in Fore Communities Golf Tournament, presented by Save-on-Foods!

One of the most affordable golf tournaments in the city, at only \$160 for an individual or \$600 for a four-some, Chip in Fore Communities includes lunch, a round of golf with a power cart, a delicious dinner, amazing prizes, and most importantly, a day of fun!

This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.

Visit [calgarycommunities.com](http://calgarycommunities.com) for more information or to register today!



## BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Fairview. 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."

**PLUMBING PARAMEDICS:** For all your plumbing needs! Receive \$25.00 off any plumbing or heating repair over \$200.00. BBB Accredited Business. Better Plumbers. Better Care. Call today! 403-452-2911 [www.plumbingparamedics.ca](http://www.plumbingparamedics.ca).

**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.

**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](http://www.communitymediation.ca), 403-269-2707.

**EASTCAAN CONTRACTING LTD.:** Family run renovation company specializing in interior alterations, kitchens, bathrooms, basements and additions. We provide superior workmanship, quality and service. Fully licensed and insured, A+ BBB rating. Numerous references available. Call for a complimentary renovation consultation and let us make your dream renovation a reality! [www.eastcaan.ca](http://www.eastcaan.ca), 403-700-5073.

**TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM?** Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332.

**HARDING'S SERVICES:** offers "Peace of Mind Solutions" for all of your painting, cleaning, window washing, ceiling texturing and renovations needs. Please call us today for your free estimate at 403-254-4726 or visit our website at [www.hardingsservices.com](http://www.hardingsservices.com).

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## IN & AROUND SCHOOLS

### Mapleridge Cooperative Preschool

As we begin another exciting school year, we extend a big welcome to both new and returning students. Our wonderful teacher, Mrs. Killam, is looking forward to her 35th year with Mapleridge Cooperative Preschool!

September is a month of getting acquainted with the new students, rekindling old friendships and making new ones, and establishing preschool routines. Mapleridge Cooperative Preschool has a bright and cheerful atmosphere that creates a wonderful environment for learning, playing and having fun.

Parents please mark your calendar for the Parent Orientation Night: Thursday, September 6th at 7:00 pm at the preschool.



# IN & AROUND CALGARY

## Southland Leisure Centre

2000 Southland Drive SW

See [calgary.ca/leisurecentres](http://calgary.ca/leisurecentres) for schedules and more information.

**Fall 2016** - look for our program guide online and on stands early Aug [www.calgary.ca/recreation](http://www.calgary.ca/recreation)

**NEW** "Did you know Southland Leisure Centre has a Proshop? We have a great selection of swimsuits for all ages. Proshop sharpens skates using the Blackstone Stealth Skate Sharpening machine, CHECK US Out"

**Wednesday Soccer Drop-in.** Age: All ages  
Soccer in the gymnasium. Develop foot skills, practice drills or play a game. Nets and standards are available. Please supply your own soccer ball.

**Drop-in Climbing and Gymnastics.** There's so much to do at Southland Leisure Centre! Come have some fun and unique experiences in our rock wall climbing and

gymnastics gym drop-in times. All equipment is provided and instructors are present to guide you.

**Drop-in Badminton and Basketball.**

Please see [calgary.ca/recreation](http://calgary.ca/recreation) or contact 311 for the latest schedules as cancellations may be in effect for special events or holiday hours.

**SOUTHLAND LEISURE CENTRE PLAYSCHOOL**

Phone: 403-648-6582

Southland Leisure Centre's Playschool is recreation-based and includes educational activities which allows children to learn through play. Playschool programs are for two to four year olds from September to June. Registration is ongoing throughout the year, based on availability. Spaces are still available for the 2 1/2 and 4 year old programs for the 2016 to 2017 school year.

**NEW** Prepare your preschooler for an active social experience where children are encouraged to play and learn through games, song, exploration, and art.

This flexible Playschool option allows you to choose from one day a week or all five, just pay for the day/classes you choose at the time of registration and you can add day/classes throughout the year as you require. Registration is ongoing and in-person.

Age: 3Y-5Y

Sep 12 - Dec 31, (Jun 14/2017), M - F, 12:30pm -03:00pm, \$20

**Every Sunday, 8 am to noon. Family Swim.** It's a designated family swim time. Come enjoy our waterpark, including a trip or two to the AquaPlay structure. Be prepared to get wet! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies.

*Thinking of Buying or Selling?*  
*Get expert advice, contact Larry*

**Plant Trivia**  
The oldest living thing in existence is not a giant redwood, but a bristlecone pine in the White Mountains of California, dated to be aged 4,600 years old.

## IMPORTANT NUMBERS

<b>ALL EMERGENCY CALLS</b>	<b>911</b>
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
<b>HOSPITALS / URGENT CARE</b>	
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
<b>OTHER</b>	
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 - 1<sup>st</sup> of each month for the next month's publication**

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

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

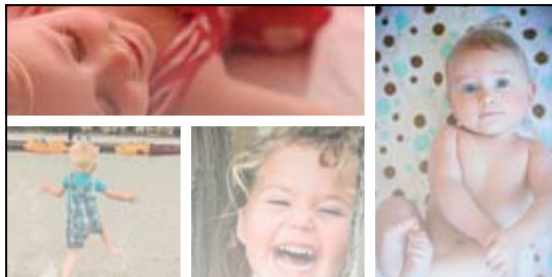
## BRAIN GAMES SUDOKU

6	7	1	9	3	8	2	4	5
4	2	3	1	5	6	7	8	9
5	8	9	2	4	7	1	3	6
2	5	7	6	8	9	3	1	4
9	1	4	3	7	5	6	2	8
3	6	8	4	1	2	5	9	7
8	9	2	7	6	1	4	5	3
7	3	5	8	2	4	9	6	1
1	4	6	5	9	3	8	7	2

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then decide.  
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1. **#1 IN TOTAL HOMES LISTED** in Fairview/Acadia since 1992.

2. **A FREE MARKET EVALUATION** during my job interview with you, which includes a list price and sold price analysis.

3. **PRESIDENTS AWARD WINNER** for 2015 and **TOP 10 REALTOR** at MaxWell South Star Realty.

4. **TOP SELLING RESIDENTIAL REALTOR SINCE 1992**. I know both sales and construction to provide you with complete Real Estate guidance.

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