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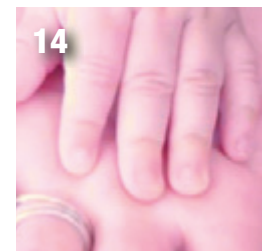
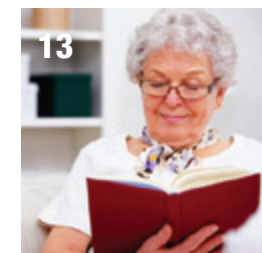


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CONTENTS

- 9 MCKENZIE AREA DAYHOMES
- 10 MTC EVENTS
- 12 MTC SOCIAL GROUPS
- 13 MT BOOK CLUB: WANT TO JOIN A NEW SENIOR WOMEN'S BOOK CLUB?
- 14 RESIDENT PERSPECTIVES: FOSTERING POTENTIAL AND WELL-BEING
- 16 OCTOBER AT TRICO CENTRE
- 18 SOUTH HEALTH CAMPUS (SHC) WELLNESS CENTRE
- 20 AT A GLANCE
- 24 FRIENDS OF FISH CREEK: OCTOBER IN FISH CREEK
- 30 CALGARY WILDLIFE: AMERICAN KESTREL
- 34 MLA RIC MCIVER'S REPORT



CALLING LOCAL PHOTOGRAPHERS

SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF THIS NEWSLETTER

Please submit your best captioned photos with your name for the photo credit and mention what community you're from.

Send to news@great-news.ca.

If you'd like to see your work on our social media channels—Twitter and Facebook—submit your social media information as well.



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Editorial Submissions

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All advertisements and editorial content must be submitted by the 1st of the month for the following month's publication.

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PUBLISHING

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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 any advertisements should not be considered an endorsement of any goods or services.

Welcome to McKenzie Towne!

Visit www.mtcouncil.com
for all the information you need!



MCKENZIE TOWNE COUNCIL

40 McKenzie Towne Blvd SE
Calgary, Alberta, T2Z 4X5

Phone: 403-781-6612 • Fax: 403-930-1551

E-mail: inquiries@mtcouncil.com

Hall Hours

Monday – Saturday	9:00 am - 9:00 pm
Sunday	10:30 am - 6:00 pm
Holidays	10:30 am - 6:00 pm

Office Hours

Monday – Friday	9:00 am - 5:00 pm
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New Resident?

If you are a new resident, we'd like to meet you! Please visit McKenzie Towne Hall for a tour and to get your Resident ID card. To update your contact information, please call 403-781-6612 or email inquiries@mtcouncil.com.

McKenzie Towne Council provides residents with recreation classes & social programs for all ages, as well as offers drop-in gym times, community updates, rental space, community events and maintenance.



Respect your Neighbours!

In order to keep your community looking tidy and show respect for your neighbours, please ensure your collection bins are not visible from the road on non pick up days.

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MCKENZIE TOWNE COMMUNITY ASSOCIATION

40 McKenzie Towne Blvd S.E.
Calgary, AB T2Z 4X5
feedback@mckenziestowneca.com
www.mckenziestowneca.com

ELECTED OFFICIALS



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



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Calgary-Hays
255, 11488 - 24 Street SE
Calgary, AB Canada T2Z 4C9
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Tom Kmiec, M.P.
Calgary-Shepard
Suite 1220, 2784 Glenmore Trail SE
Calgary, AB, Canada T2C 2E6
Phone: 403-974-1285
24/7 Line : 1-855-852-5710
Email: tom.kmiec@parl.gc.ca

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



Book McKenzie Towne Hall Today

Home to all occasions.

Visit www.mtcouncil.com/rentals for details.

McKenzie Towne Hall is the perfect place to host any occasion like your Halloween or Christmas parties. We have four exciting birthday packages for your child and rooms for meetings, team building, or other special events. It is also a perfect spot for your fall or winter wedding. We have great rates. Residents pay only \$850. And Non-Residents pay \$1000. There is a banquet hall, multipurpose rooms and a gymnasium able to hold up to 125 people. For information and to book, call 403-781-6612 Ext. 4 or email csr@mtcouncil.com.



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Have your family’s story featured in our newsletters and receive a complimentary photoshoot!



Email MT@great-news.ca to have your family featured in the next edition.

MTC DROP-IN GYM TIMES



There are a variety of drop in sports and gym times for youth, adults and families to participate in:

Pickleball

Monday: 12:00 pm – 2:00 pm

Wednesday: 12:00 – 2:00 pm

Pickleball is for all ages. Equipment is supplied – or feel free to bring your own. A game mixed between tennis and badminton that is low impact. The game is played on the badminton net court with four players. It is a great game to socialize and get a workout at the same time!

Adult drop-in times: 6:30-8:30 pm on Tuesdays & Fridays (Basketball), 7:00-8:30 Wednesdays (Badminton), & 7:00-8:30 Saturdays (Floor Hockey)

Youth drop-in times: are scheduled for afterschool use Monday to Friday, 3:00 - 4:30 pm.

Parent & Child drop-in times: 4:45 pm - 6:00 pm from Monday-Thursday, 4:30-6:30 on Fridays, 6:00 - 7:00 pm on Saturdays, and 3:30 - 5:00 pm on Sundays.

Non-scheduled drop-in gym: There are times from 9:00 am - 3:00 pm Monday - Friday when the gym is not in use. Please call 403-781-6612 in advance to confirm gym usage, and if available, feel free to stop by during those times. Non-residents must be a guest of a resident and pay \$2. Maximum 2 adult guests per resident.

For gymnasium availability and schedule changes, visit www.mtcouncil.com.



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EVENTS



McKenzie Market

October 14, 2017 11:00 am – 2:00 pm

Location: Towne Hall

Clean your closet, give back to the community and pick-up a couple new nifty things at McKenzie Market! Book your table and get rid of those toys that your kids no longer play with or clothes they have out grown? With your support, we know we will have hundreds of toys and clothing items for sale. We're now expanding the sale to include adult clothing as well. This year, we will have a few local businesses collecting items for people in need. To book a table, please visit mtcouncil.com



Halloween Spooktacular

October 24, 2017 4:00 pm – 8:30 pm

Location: Towne Hall

Fly on a broom or float like a ghost, just don't be tardy for our Halloween party! McKenzie Towne Council is hosting our Halloween Spooktacular for ghosts and ghouls 12 and under! There will be games, crafts, and treat bags for all who attend. You must RSVP to attend this event. Free for residents. Non-residents are welcome for \$2. Everyone is encouraged to bring a food-bank donation.

Visit www.mtcouncil.com for event information.



Hills, Hills, Hills!

In Alberta, there are several towns that include the word "hill" in their name, including Two Hills, Three Hills, Round Hill, Rolling Hill, and Hairy Hill. That's a lot of hills for the prairie!

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Social Groups

AT MCKENZIE TOWNE HALL

All social groups are FREE for residents of McKenzie Towne. Non-residents must be a guest of a McKenzie Towne resident and are charged \$2.00. For McKenzie Towne social group information, contact rec@mtcouncil.com or call 403-781-6612 ext. 3. McKenzie Towne Hall is located at 40 McKenzie Towne Blvd. SE.

Please refer to www.mtcouncil.com regularly for updates and schedule changes to social groups.

Evening Walking Group – NEW!

Mondays: 6:00 pm – Meet outside McKenzie Towne Hall.
(All ages are welcome)

Walking Group

Tuesday & Thursday: 9:30 am - 11:00 am (gymnasium);
11:00 am - 12:00 pm (coffee & cards)

ALL AGES ARE WELCOME TO JOIN! Walk indoors in our gymnasium. See familiar faces and some new ones too!

Bridge

Monday: 1:00 pm - 4:00 pm
FREE FOR EVERYONE. Come play some cards. A group dedicated to playing bridge welcoming every skill level. Drop-in for some fun and games around the card table. Coffee is provided.

Open Gym

Monday: 9:30 am – 11:30 am
We welcome you to play in our gym at McKenzie Towne Hall. FREE for McKenzie Towne Residents. Non-residents must be a GUEST of a Resident and pay \$2/child to drop-in. Only 2 adult guests per Resident (parents are FREE).

Drop-In Playgroup

Wednesday: 9:30 am - 11:30 am

We invite you to bring your toddler to play in our gym full of exciting toys, to have a good time and meet other families in the community! FREE for McKenzie Towne Residents. Non-residents must be a GUEST of a Resident and pay \$2/child to drop-in. Only 2 adult guests per Resident (parents are FREE).



Did you know that your restaurant can put a menu in our newsletter?



Turn local residents into local customers.
Contact us:
403-263-3044
sales@great-news.ca



87 Monthly Community Newsletters
391,000 Households

MTC RECREATION



Recreation takes place at McKenzie Towne Hall, 40 McKenzie Towne Blvd. SE. For McKenzie Towne recreation information, visit www.mtcouncil.com, contact rec@mtcouncil.com or call 403-781-6612 ext. 3.

Fall registration is open until October 21st!

Fall classes begin September 11th and run until December 2nd. For more information go to mtcouncil.com.

Register online at mtcouncil.com

Mad Science – Discovery Lab: October 18th | 5:45 – 6:45 pm | Age 6-10 | 8 weeks - Description is online at mtcouncil.com/recreation/classes



Need a fitness fix? We offer Drop-in Passes!

View online at: www.mtcouncil.com/passes
Unable to commit a full class season? We have 1 and 6-time drop-in passes available for purchase at the hall. Resident 1-time passes are \$13 and 6-time passes are \$64. Non-Resident 1-time passes are \$15 and 6-time passes are \$76. Passes are for adult classes only and are non-transferrable between individuals and seasons.



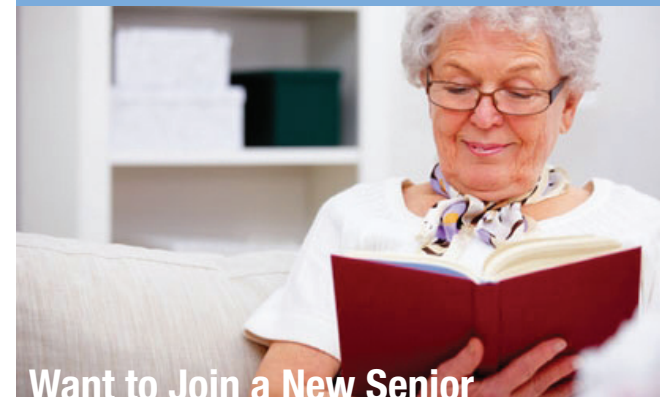


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safetysync.com



MT BOOK CLUB



Want to Join a New Senior Women's Book Club?

Anyone interested in participating in a new book club in McKenzie Towne for senior women, please contact Mary Ann at 403-271-8373 or g.mab@me.com. Monthly, we will discuss the book we have just read, share a beverage and some snacks then decide what book to read before the next get together. A suggestion is that we could take turns meeting at each other's homes.

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Uncial Calligraphy	Wed's in Oct (6:30-8:30pm)	4 for \$100
Intro to Drawing Manga	Sat, Oct 14 (1-4pm)	\$65
Venetian Plaster	Sat-Sun, Oct 28-29	\$275

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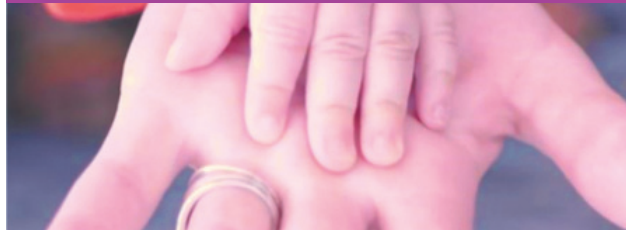
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RESIDENT PERSPECTIVES



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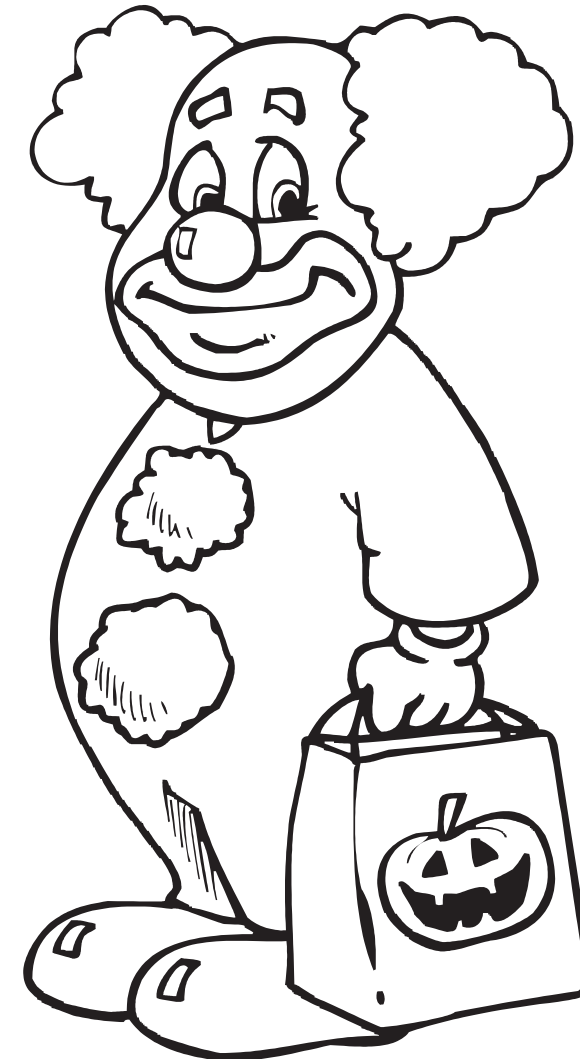
Any number of social issues can leave children and youth unable to live at home. Enter Mark and Nancy, foster parents who have cared for more than 65 children in their home over the past 15 years. Children in their care have stayed for a few days, up to a few years, depending on the circumstances, with Nancy and Mark providing each child with support until they are able to return home, are adopted, go live with family, or an alternative permanency plan is in place.

These experiences have proved rewarding not just for Nancy and Mark but for their whole family. "Each of these children have become a member of our family," says Nancy. To this day they have a number of their foster children come back to visit as adults.

Over the years, Nancy's philosophy and reasons for wanting to help have remained the same: "Mark and I believe it takes a village to raise a child and we just want to do our part." Time and again, Nancy has seen that the more individuals who support a child and contribute healthy experiences, the more these children have thrived, preparing them to make a positive impact on the next generation. Even though the youth and children in her care have come and gone, Nancy feels that the connections formed last a lifetime. "I have often said that when a child leaves, they leave a bit of themselves with us, and take a bit of us with them." Now that seems like a fair trade.

The third week of October each year is Foster Family Appreciation Week: a week dedicated to celebrating the commitment of individuals, like Mark and Nancy, who open their hearts and homes to children in need.

Tenchoe Dorjee works with community to share the positive impact of Foster Care in supporting vulnerable children and youth in Calgary and area.



October at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, 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. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

Adults

- Register now for adult fitness starting in November: Cardio Kickboxing, Fitness Sampler for Beginners, Myofascial Stretch & Release, Ballet Barre Blast, Buti Yoga, Cardio Dance and Yoga Sampler for Beginners.
- More than 70 drop-in fitness classes every week – including aquafitness in our pool. Included with your monthly continuous pass, drop-in fee for non-passholders. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- October's Wellness Event is Video Spin Party.

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.
- Li'l Spooks Halloween Party, Tuesday, October 31 from 2:30 to 4:00pm. Costume party! Complete with games, face painting and treats. Passholders \$15 per family, General Public \$20 per family.
- 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 fun activities including leisure skate, youth shinny, and stick & puck.

Fall Wellness Challenge

- #TRICOTOUGH

Our Fall Wellness Challenge will get you in shape and help you find balance. Visit the fitness desk for more information.



Are you looking for Adventure?

Then, Scouting is the place for you!



We are a volunteer organization for youth aged 5-26 years. If you are interested in volunteering or registering your child, please visit our website at myscouts.ca for information and group locations.

We are an inclusive organization and financial assistance is available.

Helpdesk toll free number: 1-888-855-3336

DOLLARS & SENSE

Helping Canadians with Disabilities Save

By Suzanne Smith-Demers – Consultant

Thousands of Canadians have opened a Registered Disability Savings Plan (RDSP) since the program was introduced in 2008. Thousands more who qualify have not. Here's what you need to know.

- An RDSP is a federal government savings program that encourages savings for the long-term financial security of an individual who is eligible for the Disability Tax Credit (DTC).
- Contributions can be made by anyone authorized by the holder of the plan up to maximum lifetime contributions of \$200,000 per beneficiary. Any investment growth and income generated will accumulate on a tax-deferred basis.
- The Canada Disability Savings Grants (CDSG) provide matching grants of up to 300% of contributions, based on the amount contributed and the family income of the beneficiary. The maximum lifetime grants available are \$70,000.
- The Canada Disability Savings Bond (CDSB) is available to low and modest income Canadians irrespective of plan contributions. The maximum annual bond is \$1,000 per year, to a lifetime maximum of \$20,000.
- When money is paid from an RDSP to the beneficiary, it does not affect the eligibility for federal or provincial social assistance programs (in most provinces). Furthermore, savings within the RDSP will not affect Alberta asset tested benefit programs such as AISH (Assured Income for the Severely Handicapped).

RDSPs are intended for long term savings and certain penalties can occur if the funds are used early in the beneficiary's life. It is important to work with an adviser who is well versed in the program to ensure that you understand the implications to your unique situation.

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BEFORE



AFTER



BEFORE



AFTER



BEFORE



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South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health education programs. Full program information can be viewed in the Fall Program Guide. See below for some of the programs happening in October 2017. Registration information and program guide can be found at www.ahs.ca/shcwellness or call 403-956-3939.

South Health Campus YMCA Sports Court is open for community use

Did you know YMCA Calgary operates fitness facilities here at South Health Campus? For more information call the South Health Campus YMCA at 403-956-3900.

EMOTIONAL WELL BEING:

Meditation Drop-in

Every Tuesday 5:00-5:45pm

Drumming Up Wellness

Every Friday 1:30-2:30pm

Mindfulness Practice Sessions

October 6 12:15-1:15pm

Laugh until it Helps! Building

Resilience Through Humor

October 3 6:00-8:00pm

Happiness Basics

4- Week Series starts October 4

5:30-7:30pm

EMPLOYMENT:

Assured Income for the Severely

Handicapped (AISH) Workshop

October 5 1:00-2:30pm

Money Matters

7-Week Series starts October 5

6:00-8:00pm

Career Planning Workshop

3 - Week Series starts October 14

9:00am-4:00pm

HEALTH MANAGEMENT

COPD Breathing Matters

4-Week Series starts October 11

10:00-11:30am

Harm Reduction Saved My Life:

Overdose Prevention & Response

October 12 2:00-3:30pm

Heart Healthy Cooking and Living

October 12 2:00-3:00pm

Eating Well with Fatty Liver Disease

October 11 1:00-3:30pm

Living Well on Prednisone:

Nutrition & Side Effects

October 31 10:00am-12:00pm

CAREGIVER / FAMILY SUPPORT & SUPPORT GROUPS

Family Peer Support

October 10, 24 5:45-8:00pm

Understanding Dementia & How to Care for Those with it

October 19 1:00-2:30pm

SupportWorks

Wednesdays 6:00-8:00pm

Alcoholics Anonymous

Wednesdays 8:00-9:00pm

Narcotics Anonymous

Thursdays: 8:15-9:15pm

Saturdays: 6:30-8:00pm

Sundays: 7:00-8:00pm

Smart Recovery:

Sundays: 3:00-4:30pm

PARENTS/PARENTS TO BE

Mealtime Struggles to Mealtime Success

October 2 6:00-8:00pm

Baby and You for Moms

4-week Series Begins October 4

1:30-3:30pm

HeartMath® for Parents

2-Week Series Begins October 5

6:00-7:30pm

Parent Effectiveness Training: A Neuro-development Approach

4-Week Series Begins October 17

6:00-9:00pm

Story Time & Play Date

October 20 10:00-11:30am

FOOD, NUTRITION & COOKING

I Know I Should Eat Healthy, but How?

October 16 1:00-3:30pm

Healthy Cooking: Basics and Techniques (hands on)

October 19 5:00-7:00pm

The Truth about What Works in Weight Management

October 23 1:00-3:30pm

Managing Emotional Eating

3-Week Series Begins October 31

1:00-3:30pm

ATCO Blue Flame Kitchen (Demo or Hands-on): (Note: Fees apply.)

Hand Pies Around the World

October 14 10:00-11:30am

Oktober Feast

October 26 7:00-8:00pm

EnergizeNutrition.ca (Demo): (Note: Fees apply.)

Today's Dinner, Tomorrow's Lunch: Meals for Busy People - October 25 5:30-7:00pm

PoppyInnovations.ca (Hands On):

(Note: Fees apply.)

Fermented Beverages - October 30

6:30-8:00pm



Re-elect Mary Martin

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- Director, Alberta School Boards Association (2010-2011)
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- Alberta Representative, National Committee on Student Health (2012-2013)
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- Chair, Metro School Boards Group (2012-2014)
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- President, Alberta School Boards Association (2017 -present)

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I am asking for your vote on October 16th

Please feel free to contact me at: marylrmartin@gmail.com

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HIGHER STATES: GLENBOW MUSEUM, OCT. 7, 2017 – JAN. 7, 2018

Over 60 works of art make up this exhibition that shows another side of one of Canada's greatest artists. From mountains to states of mind, Lawren Harris aimed to always go higher. After his soaring depictions of mountains and icebergs made him famous and became quintessential Canadiana, the iconic landscape painter and member of the Group of Seven turned to abstraction, seeking to find or create "the spiritual in art." More info glenbow.org.



DOWNTON ABBEY ROAD – JUBILATIONS DINNER THEATRE,

NOV. 3, 2017 – FEB. 4, 2018

The Crawley family is all abuzz with anticipation for Lady Mary's birthday celebration, the problem with Downton is that everyone has a dark secret. With more drama than you can shake a 20th century riding stick at, this show will make your family look normal. And it's all set to the music of the most British rock band to ever cross the pond—The Beatles. More info jubilations.ca.



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YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Peace by Piece Christmas Marketplace – Cormack Hall, 903 75 Ave S.W., Nov. 4

This Christmas market comes just in time to beat the crowds and find interesting gifts to cross off your list this year. Made-by-hand items, home décor, beauty products, tasty treats, paper and fiber arts, hand-made jewellery, and wearables will be on offer. Doors open at 10 am and admission is free. More info facebook.com/peacebypiecemarketplace.

A Night of Chicago Jazz featuring Ramsey Lewis – Jack Singer Concert Hall, Nov. 17

Ramsey Lewis is a jazz legend. The iconic jazz star is known for his light swinging jazz that never fails to set the mood, dabbling and shifting through genres and sound through his 50-year career. This prolific artist has recorded over 80 albums, and notably sat in on Earth, Wind & Fire's Sun Goddess. Joined by jazz singer Ann Hampton Callaway and trumpet player Marquis Hill, Lewis will take you on a night of jazz to remember. More info artscommons.ca.

Moscow Ballet's Great Russian Nutcracker – Jack Singer Concert Hall, Nov. 18

Marking the 25th Anniversary tour, Moscow Ballet's Great Russian Nutcracker features over-the-top production and world class Russian artists. Larger than life puppets, nesting dolls and gloriously hand-crafted costumes bring the Christmas spirit to life. More info artscommons.ca.

Murder Mystery Dinner Theatre: Clue: Murder is NOT a Game! – Fort Calgary, Nov. 17

Murder mystery dinners are an interactive evening featuring fabulous food and entertainment. In the billiards room with the candlestick? In the dining room with the revolver? You are called to Fort Calgary Mansion as a potential witness to the murder of Mr. Boddy. Join Colonel Dijon, Ms. Starlet, Ms. Partridge and Dr. Peach for a full investigation. 18+, 1930s attire (or business casual) encouraged. More info fortcalgary.com.

Professional Bull Riders at the Agrium Western Event Centre, Stampede Park – Nov. 24 & 25

Now slated for an additional night, this event aims to thrill. Featuring Canada's elite cowboys, alongside riders from up to five other countries, squaring off against the rankest bucking bulls from both Canada and the States. Fans will witness exhilarating 8-second rides and wrecks throughout the action-packed event as the PBR's courageous cowboys face off against their 2,000-pound opponents. More info pbrcanada.com.

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Halloween Hazards! Keeping Your Pet Safe



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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 some sweet treats!

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. 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.** Many pets may react to the doorbell more than knocking.
- 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. Be careful with Fido's costume.** 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!

TAKE ON WELLNESS



5 Simple Ways to Ease Migraine Pain

by Dr. Alma Nenshi, Family Chiropractor

Most people associate migraine headaches with intense throbbing head pain lasting several hours to days, and sometimes accompanied by nausea, vomiting, visual disturbances, vertigo and sensitivity to lights, scents and sounds. Migraines are actually the result of increased electrical activity in the brain. Neurologically, they uniquely affect sensory perception and motor control of the body and can include a variety of symptoms that may or may not even include a headache.

So, what are some common stresses that trigger migraine headaches?

- Neurological stresses like excessive sensory stimulation from glare from the sun, loud noises, certain scents (whether pleasant or unpleasant), neck or head traumas, infections, intense physical exertion and chronic poor posture. Calgarians in particular are prone to headaches when their body can't adapt to the pressure changes from the Chinook winds.
- Chemical stresses include food triggers like red wine, caffeine, aged cheeses, chocolate, monosodium glutamate (MSG), dyes, pickled or fermented foods and nitrates found in deli meats. Skipping meals, fasting and hormone fluctuations may also cause migraines, as do certain medications such as acetaminophen, aspirin, non-steroidal anti-inflammatory drugs (NSAIDS), codeine, hydrocodone and birth control medications, just to name a few.
- Emotional Stress - Did you know over 90 percent of all chronic health challenges including cardiovascular disease, strokes, cancer, hormone imbalances, weight problems, accelerated aging, diabetes and neuro-degenerative diseases, are all related to the inability to deal with stress? Both getting too much or too little sleep can also trigger migraines.

Migraines need to be properly diagnosed by a health care professional. If you ever feel like you are experiencing the worst

headache of your life, it may be a medical emergency. Don't take any chances, contact 9-1-1 immediately.

Here are 5 easy ways to help you manage migraine symptoms at home:

- 1. Turn off your electronics!** Constant, chronic low levels of electromagnetic stress impact brain and nervous system function. Migraine patients will find much relief from completely powering down their electronic devices (cell phones, computers, lights) and relaxing in a dark and cool room.
- 2. Drink some water!** Staying hydrated has many health benefits, and for migraine sufferers, it can mean the difference between a manageable headache and a debilitating episode. Drink half your weight in ounces of water and non-caffeinated beverages everyday and don't forget to add an extra 2 cups of water for every cup of coffee you drink (yes this goes for decaf too!)
- 3. Smell some peppermint.** Whether it's candy, essential oil or a peppermint teabag, a little at the start of your migraine will go a long way in helping to ease your symptoms.
- 4. Ice versus heat.** Use heat to relax tense muscles in the early stages of your migraine before the throbbing starts. For a full-blown migraine, choose icing the affected areas for no more than 10 minutes at a time. Anything longer may trigger a reflex reaction that may increase the throbbing pain.
- 5. And now the best kept secret of all,** when you have a full-blown migraine, soak your hands in hot water! This simple action will trigger your nervous system to direct blood away from your core, thereby easing the pressure and throbbing symptoms in your head and buy you time to get to your chiropractor for a proper assessment and treatment to ease your pain.



FRIENDS of Fish Creek

October in Fish Creek!

Renew Your Commitment to Fish Creek Provincial Park! Membership Shows You Care

The Friends would like to thank you for your role in helping us reach our 25th year of bringing the park and community together! As we celebrate this milestone, we invite you to renew your commitment to Fish Creek for the 2017/18 year. Membership fees provide essential funding for us to develop programs, courses, events and activities to engage community members, strengthen our message of environmental stewardship and work to conserve Fish Creek Provincial Park. Members receive admission to educational talks, a discount on the popular birding courses, discounts at local businesses and *the Voice of the Friends* newsletter. We invite you to renew online at www.friendsoffishcreek.org/membership. Thank you again for your support.

Fish Creek Speaker Series Kananaskis Public Safety: Who We Are and What We Do

Presented by Kananaskis Public Safety Specialists
Thursday, October 26, 2017 – 7:00 pm – 8:00 pm
Fish Creek Environmental Learning Centre, Shannon Terrace, 13931 Woodpath Rd. SW
Kananaskis Public Safety is a division of Alberta Parks that provides emergency mountain rescue services to the Kananaskis Region. We specialize in avalanche, high angle, water, and high mountain emergency response, and regularly team up with Conservation Officers to offer a complete rescue service. Kananaskis Public Safety Specialists are professionally trained guides who have devoted our lives to mountain travel. We have combined the guiding skills and experiences with rescue skills to become experts in Mountain Rescue. Learn more about

this exciting career field on October 26. Free to Friends members and \$5 for non-members. For more information visit www.friendsoffishcreek.org/event/kps

Limited Edition 25th Anniversary Signature Image Artwork Now on Sale!

As a part of the Friends' 25th Anniversary celebrations, local artist and Master Pointillist, Jim Pescott, created a beautiful original painting entitled *Autumn Colour—Fish Creek Provincial Park*. There are only 25 limited edition prints available and each one is numbered and signed by Jim, and come with a certificate of authenticity, making each print truly one of a kind! We also have smaller "open edition" prints (not numbered or signed by the artist) for sale. Please drop by the office to see the paintings or purchase this artwork through the online store www.friendsoffishcreek.org/store

ReWilding Through Restoration

ReWilding Through Restoration is a program that encourages the regeneration of natural ecosystems within Fish Creek, allowing current and future generations of Albertans to reconnect with, and wonder at, Alberta's natural beauty. This program involves the planting of poplars and other native vegetation along the banks of Fish Creek in areas that have become degraded by human activity. Friends of Fish Creek volunteers take part in the planting, maintenance and monitoring of the ReWilding Through Restoration sites until the sites are fully established. This important program is only possible with the hands-on support of volunteers and through donations that allow us to purchase the necessary supplies and equipment. It costs only \$15 to ReWild 1m2 of the Park. Together, ReWilding is possible! To support ReWilding Through Restoration, visit www.friendsoffishcreek.org/rewild

ReWilding through Restoration Guided Walk with Drew McKibben

Saturday, October 7, 1:00 pm - 3:00 pm
To register visit www.friendsoffishcreek.org/event/rewilding-walking-tour

25th Anniversary Brick Program

Celebrate the 25th anniversary of the Friends of Fish Creek by dedicating a brick! Show your support for the park by having a brick inscribed with a message, your name or the name of a loved one. There is a limited number of bricks available. Get yours today! For more information contact the Friends or visit www.friendsoffishcreek.org/brick

McKenzie Towne



Last 12 Months McKenzie Towne

MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
August 2017	\$392,900	\$385,000
July 2017	\$409,900	\$400,000
June 2017	\$404,950	\$399,750
May 2017	\$425,000	\$420,000
April 2017	\$429,450	\$417,250
March 2017	\$414,900	\$407,000
February 2017	\$399,900	\$399,000
January 2017	\$408,000	\$392,000
December 2016	\$419,900	\$408,000
November 2016	\$392,400	\$386,000
October 2016	\$389,900	\$387,000
September 2016	\$399,900	\$395,000

Last 12 Months McKenzie Towne

MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
August 2017	20	18
July 2017	28	23
June 2017	36	30
May 2017	34	23
April 2017	29	26
March 2017	32	27
February 2017	13	10
January 2017	20	12
December 2016	8	11
November 2016	13	10
October 2016	16	18
September 2016	25	25

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



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Ask Charles

My townhouse is listed for sale. There was a showing earlier today, and I found out those “buyers” just viewed my home to see it as a comparable for their own listing. Is that allowed?

The short answer is, no, it shouldn't be.

When you list your property for sale, you expect that showings of your property are to potential buyers. Unless a buyer or the buyer's representative discloses it to you beforehand, any other reason for a showing is dishonest through omission.

Real estate professionals have a requirement to be honest with their clients and with third-parties. That means that a buyer's real estate professional has to be honest with you and your real estate professional.

It is reasonable for you to expect that buyers booking a viewing of your property are doing so with the potential for purchasing the property. If their reason is different, then it is reasonable for you to expect them, and their agent, to be up front about it.

No one wants to have to keep their house in show-home-ready condition, and vacate the premises for a showing unless there is real potential the buyers are interested in buying. This may be particularly true if you have a young family and leaving at the spur of the moment for last-minute showings or showings at bedtime are particularly inconvenient.

There are also things you can do – and discuss with your agent – to lower the likelihood of showings for ulterior purposes. You can ask your agent to not allow viewings from people who don't appear to be serious buyers. For example, this may mean your agent asks buyer's agents to only bring buyers who are pre-approved for a mortgage.

As the seller, you control the process buyers must go through to view your property. If you want to set specific times during which viewings are allowed, you can. If you want to only admit buyers who are pre-approved, you can. Ensure your agent writes those instructions in the listing.

Remember, though, sometimes buyers come when you're least expecting it – and any attempt to reduce showings or limit availability for showings may be detrimental to your listing.

“Ask Charles” is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

CCSD BOARD OF TRUSTEES

Website: www.ccsd.ab.ca/board-of-trustees • Email: trustees@ccsd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

Did you know that one of the primary roles of a school board trustee is to act as an advocate for students? An advocate is defined as someone who publicly supports or recommends a particular cause or policy. School board trustees act as advocates for students and education in some of the following ways.

Advocating for important education issues. There are core provincial educational standards and funding formulas common to all school boards, but our local school board decides how to best meet local education needs. It's also our board's responsibility to lobby the province and others who need to know about our community's educational interests and concerns. We don't have the power to tax local communities, but we do decide within certain parameters how the money gets spent. We also make decisions on the direction and quality of local education, independent of the provincial government.

Advocating for schools where students live. We also advocate for supports and funding to meet the needs of the students we serve. Capital funds are for building schools, modernizing schools and adding or relocating portable classrooms. School boards submit three-year capital plans. To qualify for capital funding, we must meet eligibility criteria.

Advocating for open communication with the public. Trustees are responsible to voters in the communities they serve. This accountability includes ensuring that the public is aware of what the board does, the jurisdiction's accomplishments in education, and that good public education is crucial to the economic and social health of a community.

Advocating for students, in partnership with parents. It is essential that school boards partner with parents to ensure children are provided with the best possible educational opportunities. We believe in the importance of the parental voice and we involve our parents and school communities by informing them and working with them on important areas of advocacy, such as we did with the Municipal Government Act. We also encourage all parents/legal guardians to play an active role with their child's School Council.

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Make an Informed Choice

On October 16, Calgarians will cast votes to elect their mayor, city councillors, and school board trustees. To help you get to know the candidates better, Calgary Public Library has invited all candidates to respond to a few questions about the Library, books, and reading. Visit calgarylibrary.ca/election to read candidates' answers. Arm yourself with the information you need to make an informed choice that will help create a strong, vibrant Calgary.

Forest Lawn Library Nature Playground

Calgary Public Library's first outdoor Early Learning Centre is now open at Forest Lawn Library! The nature playground is designed to help Calgary's kids learn and develop foundational skills through play. It's a fully accessible space with special features and movable elements to encourage creative play and exploration.

Early Learning Centres at Calgary Public Library are vibrant and interactive spaces for children ages zero to five to engage in play-based learning. Check out the new Early Learning Centre inside Saddle Towne Library, and visit Early Learning Centres at Central, Fish Creek, Shawnessy, Quarry Park, and Village Square Libraries.

Free Access to Newspapers and Magazines

Did you know your Calgary Public Library card gives you free access to thousands of newspapers and magazines? Read more than 7,000 publications from 120 countries in their image-rich original layout at calgarylibrary.ca/resource/www-pressreader/ or by using the **PressReader** app when visiting any of our Library locations.

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You Have Opinions, We Want to Hear Them, Join Calgary's Online Panel, Citizens' View



You're invited to join more than 2,000 people that have signed up for Citizens' View, Calgary's online panel. Citizensview.ca makes it easier for Calgarians to share their input anytime, anywhere through online surveys and discussions.

As Citizens' View continues to grow, The City is working to make sure that they hear from people of all ages and areas of Calgary.

"Creating an even better Calgary takes all of us—not just government," said Mayor Nenshi. "Citizens are the key to improving our communities and creating the best programs and services for our city. Calgarians are the experts in their lives and I encourage them to share their thoughts about life in Calgary by signing-up at citizensview.ca."

The City hopes to attract more than 4,000 people that reflect Calgary's diverse population. Members can expect to receive surveys once or twice a month, join online discussions, and receive information on City events and service improvements.

Calgarians 18 years and older can sign-up for the Citizen's View at citizensviewcalgary.ca.

SAFE & SOUND

Halloween Safety

Alberta Health Services EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31st approaches. Take some time to review these simple tips and reminders to help ensure your Halloween is a fun and safe night for everyone.

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.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.
- 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.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- 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.
- 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.



American Kestrel: Small Acrobatic Gliders

Article by Katie Fisher Photo by Andrea Hunt

Gliding to the left and right, the American Kestrel keeps a sharp eye on the earth below for flickering blades of grass or the rustling of bushes. A member of the raptor family, the American Kestrel is easy to identify because it is the smallest of the North American falcons and the most colourful. Male and female Kestrels are dressed in a rusty red but only the males are garnished with a brilliant slate blue on their head and wings. They are easily spotted in open grassland areas, such as meadows and farmer's fields. They also can be seen in city areas and suburbs.

Fun Facts:

- These raptors rely on abandoned Woodpecker holes, tree hollows and other empty cavities that are found in the environment to make their home.

- Your backyard could become a suitable home for the Kestrel but it won't be in a regular birdhouse. A nesting box, nailed to a tree, high above the yard and away from sources of noise could provide a suitable home for a feathered family.
- They may repay you by keeping pesky rodents out of your yard!
- Like many raptors, the American Kestrel hunts for insects such as grasshoppers, beetles and spiders as well as small vertebrate prey such as mice, voles, shrews, songbirds and occasionally, frogs, snakes and small lizards.
- Some brave Kestrels have been spotted preying on larger creatures, such as red squirrels.
- One characteristic that gives the American Kestrel the upper hand on small prey is their ability to see ultraviolet light. This feature gives them the power to see urine trails created by small rodents and other creatures, leading them to their next meal.
- This raptor can also be the hunted: as the smallest falcon, they become easy prey to other raptors, such as Barn Owls, Goshawks and Red-tailed Hawks. Large reptiles such as rat snakes and corn snakes will also take Kestrels as prey.

When you are out on your next walk, keep an eye to the sky, you may just see the Kestrel gliding through the air or perched on a light post or telephone post. If you come across an injured American Kestrel, or any other wildlife in distress, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.



If You Walk It, Then You Better Put a Leash On It

by Shalane Friesen, Environmental Educator for Alberta Parks and proud puppy owner

Walking your dog in Fish Creek Provincial Park has physical and psychological health benefits for you and your canine companion. In fact, recent studies show that families that own dogs are more likely to be engaged in physical activity together, increasing youth fitness and maintaining mobility for later in life. To ensure a pleasant park experience for all visitors, please keep your pet on-leash and under control at all times.

By keeping your dog under control, you can avoid costly visits to the vet. Off-leash dogs are more likely to encounter and harass wildlife in the park, and wild animals will defend themselves. When threatened, porcupine will shed barbed quills on contact and these are painful and expensive to remove. Coyotes may stalk small dogs or attack large breeds if they perceive your dog as a threat. Finally, skunks will try to deter your dog from attacking, and it is a smell your dog (and you!) will never forget. Wildlife generally keep their distance from humans, and by keeping your dog under control and on-leash, you can protect your pet from wildlife interactions.

By law, you must have your pet on-leash and all waste must be disposed of in the garbage bins. Always remember your doggy bags and deposit them in the garbage, not on the trails. Fines for violating these regulations range from \$115 to \$2,000. Off-leash pets may annoy or disturb other park users in their activities; if you wish to lose the leash, there are over 150 off-leash dog parks in Calgary. But, for a relaxing and peaceful walk with your dog, nothing beats a stroll through Fish Creek Provincial Park.

STAR NIGHT

A FREE Family event – No registration necessary

Date: **Saturday, October 14, 2017**

Time: 7:00 p.m. – 10:00 p.m.

Location: Fish Creek Environmental Learning Centre, 13931 Woodpath Road SW (Access from 37 St SW and 130 Ave SW, west end of Fish Creek Provincial Park)

Come and enjoy:

- viewing the night sky through telescopes
- guided night walks
- indoor activities and displays
- learning about local night creatures

For more information contact **Shalane Friesen** at 403-297-7926 or fishcreek.education@gov.ab.ca.

Event runs regardless of the weather, cloudy or clear.

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BRAIN GAMES SUDOKU

					5	8		
		5		9	1	7	3	
7		9						
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		2	9					

FIND SOLUTION ON PAGE 33

Follow these three steps for collecting and setting out yard waste for pick-up



1. Fill your green cart with leaves and other yard waste like old annuals, vegetable plants, pine cones, etc.
2. If your green cart is full, use paper yard waste bags. Be sure the bags are rolled up and can be easily lifted.
3. Set extra yard waste bags at least 30 cm (1 ft.) to the side of your cart.

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BRAIN GAMES SUDOKU

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



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The kids are back in school, the leaves are falling off the trees and football is back on TV! In the spirit of thanks-giving, I want to express my thanks to all those who reached out and met with me this past summer to let me know about the issues that matter to them. As we start a new session at the legislature in Edmonton I will take those concerns, insights and experiences with me. As you may have heard, the Wildrose and Progressive Conservative parties voted in favour of Unity this past July. This means when the new session starts this month at the Legislature, Her Majesty's loyal opposition will be formed by the United Conservative Party. As a member of the United Conservative Party caucus I am going to continue holding the NDP to account.

City of Calgary Municipal Election


The City of Calgary will be holding a municipal election on October 16th, 2017. As the former Alderman for Ward 12 I want to wish all candidates the best of luck. I encourage everyone who is able to get out, meet the candidates and vote for the person who you feel will best represent you at City Hall.

Scrolls

Birthday Scrolls are available to constituents celebrating their 65+ birthday, in five-year intervals. Anniversary scrolls are available to constituents celebrating their 25+ Anniversary, in five-year intervals.

Keeping in Contact

Please continue to stay in touch with me on issues that affect you and your family. As your MLA, I am your voice in the Alberta Legislature and I am here to help you. My newsletter is written a few weeks ahead of publication, so if you are looking for updated information, or have any questions for me or any concerns that you want to share, I would like to hear them. I also look forward to attending your events in the Calgary-Hays area. Please contact me or my assistants, Tannis Turner and Tyler van Vliet, at the Calgary-Hays Constituency Office. Call 403-215-4380 or email ric.mciver@assembly.ab.ca so if you are looking for updated information, or have any questions for me or any concerns that you want to share, I would like to hear them. I also look forward to attending your events in the Calgary-Hays area. Please contact me or my assistants, Tannis Turner and Brodie Parker, at the Calgary-Hays Constituency Office. Call 403-215-4380 or email ric.mciver@assembly.ab.ca



Letter to the editor

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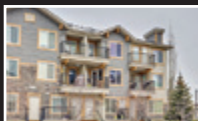
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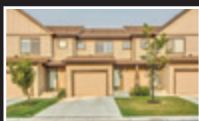
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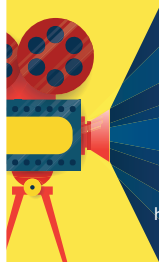


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