

OCTOBER 2016

YOUR OFFICIAL COMMUNITY NEWSLETTER

your **NEW BRIGHTON** buzz

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New Brighton Community Association
2 New Brighton Drive SE Calgary, Alberta T2Z 4B2
Phone 403.781.6613 | general.nbca@gmail.com
www.newbrightonca.com

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NEW BRIGHTON COMMUNITY ASSOCIATION CONTACT LIST

Mailing Address: c/o New Brighton Club, 2 New Brighton Dr. SE, Calgary, Alberta T2Z 4B2 • www.newbrightonca.com

EXECUTIVE		
Acting President	Amy Gregson	general.nbca@gmail.com
Vice President	Sidra Barkat	
Secretary	VACANT	
Treasurer	Carol Wellens	
BOARD OF DIRECTORS		
Memberships Director	Cathy Eastman	members.nbca@gmail.com
Communications Director	Alanna Creagh	communications.nbca@gmail.com
BOARD COMMITTEES & SPECIAL GROUPS		
School Committee	Ryan Thompson	info@newbrightonschool.com
SECRS Representative	VACANT	

CALL FOR VOLUNTEERS

We need your help! Volunteering has many benefits and only takes a few hours per month. We have a variety of positions available but would also love to hear a few more voices around the table. We generally meet on the third Thursday of each month at 7:00pm at the Clubhouse. However, please check our Facebook or Twitter for more current information.



NEW BRIGHTON RESIDENTS ASSOCIATION
www.newbrighton-connect.com

New Brighton Residents Association

2 New Brighton Drive SE • 403.781.6613

CONTACT US AT:

General Manager

Jeanna Schmidt • gm.newbrighton@shaw.ca

Parks and Amenities Supervisor

John Riess • parks.newbrighton@shaw.ca

Recreation Manager

Tanya Hinchelwood • pc.newbrighton@shaw.ca

Customer Service Supervisor

Clare Lovely • newbrightonclub@shaw.ca

CONTACT INFO

Park Hours:

Open daily: 9am – 10pm

Office Hours:

Monday-Sunday: 9:00am – 9:00pm
 closed for lunch daily 12:30-1:00pm

Phone: 403-781-6613

Fax: 403-781-6611

www.newbrighton-connect.com



NEW BRIGHTON CLUB

2 New Brighton Drive SE, Calgary, AB T2Z 4B2 • www.newbrighton-connect.com

Open 9:00 am - 10:00pm Monday to Sunday

Where Friends and Neighbours Gather

The New Brighton Club is a year round recreational facility, consisting of a 6500 square foot building which is used for private rentals, programs, and special events! Also on site are 2 tennis courts, a beach volleyball court, basketball courts, a playground, a splash park, and a hockey rink. Members can gain access to these facilities using their issued membership card, and can also sign in up to 5 guests/household each visit.

If you are looking for a great venue for your upcoming special event, look no further! The New Brighton Residents Association has 3 spacious rooms available for rent, any day and time of the week... one of these three comfortable rooms will be sure to meet your needs!

Banquet Room: This stunning and newly renovated 1450 square foot Banquet Room is perfect for larger parties such as weddings, birthday parties, baby showers and anniversaries.

sary parties. With a little creativity, the possibilities are endless! This room can comfortably accommodate up to 110 people seated with remaining space for a small dance floor.

Studio Room: Accommodating up to 35 people seated, the Studio Room is 462 square feet, making it the perfect venue for smaller gatherings, such as: wedding/baby showers, birthday parties, information sessions, and meetings of all types!

Board Room: The saying that "great things come in small packages" is an understatement to describe this room. Although, it is the smallest of the three, our warmly decorated Board Room is the perfect venue for corporate meetings, trainings, and seminars. Containing, a large hardwood banquet table and reclining leather chairs, the board room will comfortably host between 8-15 people.

We provide the tables, chairs, and the room... now you just have to bring the smiling guests! Additionally, the New Brighton Club also has a kitchen available for use during all rentals. A complete list of our rental rates is available on the right of this page, please contact our Administrative Coordinator for all rental inquiries, by calling 403-781-6613, ext 2 or by emailing: newbrightonclub@shaw.ca. We look forward to hosting your next event soon!

Rental Rates:

\$25.50/HR. SECURITY CHARGE AFTER 10PM

BANQUET ROOM	
1300 sqft	\$135 security charge flat rate
Residents	\$75 per hour or a day rate of \$600 from 9:00am to 1:00 am
Non-Residents	\$85 per hour or a day rate of \$800 from 9:00 am to 1:00 am
STUDIO ROOM	
Residents	\$40 per hour
Non-Residents	\$50 per hour
BOARD ROOM	
Residents	\$30 per hour
Non-Residents	\$35 per hour

A security deposit of \$500 is required for all rentals, in the form of a post-dated cheque for the date of the scheduled rental.

FIND IT FAST!

NEW BRIGHTON RESIDENTS ASSOCIATION (RENTING/PROGRAMS)

C/O New Brighton Club
 2 New Brighton Drive SE, Calgary, Alberta T2Z 4B2
 Phone: (403) 781-6613, Fax: (403) 781-6611
www.newbrighton-connect.com

NEW BRIGHTON COMMUNITY ASSOCIATION (COMMUNITY ISSUES/SCHOOL BUILDING)

c/o New Brighton Club
 2 New Brighton Drive SE, Calgary, Alberta T2Z 4B2
 Email: general.nbca@gmail.com
 Website: www.newbrightonca.com

Like us on Facebook



The New Brighton Club

To stay with the latest "happenings" at the New Brighton Residents Association, please sign up for our bi-weekly e-Newsletter on www.newbrighton-connect.com.

communications.nbca@gmail.com
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1st
 of each month
 for the next
 month's
 issue

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NEW BRIGHTON RESIDENTS ASSOCIATION

Fall into Fun with our Programs

Get back into your routine with NBRA Programs!

It's time to get back to school, back to work, and back to your routine! We can help! The New Brighton Club has the perfect fall programs lined up to help you stick to that routine.

Session 1 for fall programs is currently in progress with spaces still available! Or register for session 2 starting the first week of November. Join your old favourites: yoga, Tai Chi, Zumba, Little Ninjas, Junior Artist or spice things up with one of our new additions.

Dance and Play (2-3yrs): Moms, dads, grandmas and care givers of all kinds can come to rock with their tots! Through simple dances, songs, games and movement exercises children and parents will love to do together!

Mom and Babe Salsa (0+): Let's dance together! Feel the beat of the music, swing those hips and get your sweat on all while cuddling your baby in a carrier (or sling as long as baby is supported). No experience necessary – all you need is your baby, carrier or sling, and water bottle. Get ready to have fun!

Crafty Tots (1-4yrs): Let the imagination run wild and explore the creative possibilities with various mediums. Each project is designed to include an introduction to the basic art concepts without losing the fun element in the process. It will assist in the development of motor

skills, sense of balance and control on the movement. We will introduce students to color theory, shapes, and patterns as a step towards the preschool readiness.

Little Dragons (6-10yrs): Introducing our Little Dragons program! This class will help our Little Ninjas take the next step with their skill development. Focusing on true martial arts, with proper kicking, punching and self-defence techniques. Improve your balance, coordination, flexibility, strength and endurance while developing and expanding your skills!

Barre (16+): Spice up your fitness routine with this combination of yoga, pilates and ballet! Barre is a low impact, energizing and effective workout that is perfect for everyone! This class will tone and define your muscles while using isometric movements that allows you to build long, lean muscles and improve posture and flexibility.

High Fitness (16+): HIGH Fitness is a hardcore fun fitness class that incorporates interval training with music you love, and intense easy-to-follow fitness choreography. It combines FUN (music) with INTENSITY (interval, plyometrics, and cardio) with CONSISTENCY (each song has specific simple moves). HIGH Fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks.

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NEW BRIGHTON RESIDENTS ASSOCIATION



To the Core (16+): To the Core provides you the opportunity to focus on engaging, activating, and exercising your mid-section! This 45 minute class focuses on challenging your core by using body resistant movements, small weights and Pilates based work. Great for everyone and no experience is required.

For complete details and to browse the wide variety of this season's program selections please visit www.newbrighton-connect.com. It's so easy to register, simply call 403-781-6613, click on our website (listed above), or visit one of our friendly staff members at 2 New Brighton Drive. Programs which do not meet the minimum numbers of registrants will be cancelled, so what are you waiting for?

Need a little flexibility in your fitness routine?

Need that extra little push? Want to spend time with like-minded individuals and start seeing results? Need a little more variety and flexibility in your fitness schedule? Purchasing an **"Adult Program Punch Pass"** can help you with all your goals! This pass is available for both residents and non-residents so it's the perfect opportunity to bring your friends or meet new friends along the way. Valid for the **full year**, it allows you to attend **10 class of your choice for only \$125!** Punch Passes will be available for purchase **in person** only at our customer service desk in the New Brighton Club.

Gift certificates

Want to get a friend involved? We have gift certificates available in the main office in all denominations.

Fall Fun in the NBRA Park

It's fall again! This means change in the weather, falling of the leaves and falling back into your routine, including fun at the New Brighton Park!

Gather up your family and friends and enjoy the fantastic tennis courts, volleyball courts, basketball arena, ball hockey arena, playground and Pleasure Park!

Each household may bring up to 5 guests per visit. If you are bringing guests, please be sure to sign your guests in with the main office upon arrival.

If you wish to bring more than 5 guests, it is not a problem; however, you will be required to complete a Park Guest List. The Park Guest List can be found on our website: www.newbrighton-connect.com or you can collect a form from the office. The NBRA requires all completed forms to be received in the office at least one week before your event date. The General Manager must approve all Park Guest Lists.

Once approved, a Park Guest List permits residents to bring between 6-20 people. Celebrate the change in seasons with us and get the most out of fall!

Have your membership card?

All residents ages 12+ must have their membership card to have access to the New Brighton Club. All children under the age of 12 must be accompanied by a parent or guardian. The NBRA must see a copy of the **CERTIFICATE OF TITLE**, and a piece of ID showing proof of residency, in order to receive your card. Certificate of Titles can be obtained from any registry if the original cannot be located. The NBRA can also obtain a copy of your title for you at a cost of \$20.00, just come during office hours 9am—4pm weekdays for this service. Lost your card? We can replace it for just \$10 in the main office.

To ensure only New Brighton residents in good standing and their signed in guests are using the NBRA facility, our customer service representatives will conduct numerous card checks daily. All residents in the park must present their cards as proof of residency. All guests must be signed in at the office upon arrival to obtain a confirmation stamp. If you can't provide a card for more than three visits a new card must be purchased within the main office.

NEW BRIGHTON RESIDENTS ASSOCIATION

Upcoming Special Events

Our 2016/2017 Events are posted on our website (www.newbrighton-connect.com) and Facebook page (www.facebook.com/NewBrightonClub), so be sure to RSVP and save your space for all NBRA events today!

Thanks to our sponsors!

What a fun filled day! The NBRA is extremely grateful to have such an amazing community! We would like to extend a big thank you to everyone who joined us September 10 for our **Harvest Fest** event! We hope you had just as much fun as we did!

To our **amazing sponsors** thank you so much! The day would not have been such a success without your continued support! We can't thank you enough for all that you do!

Todd Purcell of Dominion Lending, **Trevor Morrison** of Morrison Realty, **Naiad Irrigation Systems**, **Morrison Homes**, **First Calgary Financial**, **ATB Financial**, **Brookfield Residential**, **Perogy Boyz** and **Springfree Trampolines**. You all made this a day to remember!



Spook Up Your Home Contest

Judged October 26 at 7pm

The NBRA is looking for the spookiest home in New Brighton again! Celebrate this Halloween season by showing the community your most terrifying decorations and haunting effects.

Submit a picture of your home including your address for our judges to check out in person to pc.newbrightonatshaw.ca before the cut off on October 25, 2016

Prizes will be awarded for the 3 most creative and spooky homes in New Brighton

Monster Mash Dance (ages 12-17)

Saturday, October 29 at 7-10pm

Tweens and teens who are looking for a thrilling night are invited to join us for our Monster Mash Dance Party. Grab your costume and friends for the spookiest party in town! So come haunt our halls! Doors open at 7pm, pop and snacks available for a \$1 each. This dance is free for residents (we will require membership cards at the door), \$2 for non-residents, payable at the door. Prizes will be awarded for the best costume. ***This event is open to everyone however we do require RSVP to ensure we have enough supplies for everyone.***

A Halloween Spooktacular

Monday, October 31 at 5-8pm

Something's brewing inside the Clubhouse this "All Hallows Eve." Join us, if you dare, for the spookiest night of the year! Tricks and treats will be supplied to all our Halloween decked out little ones, including pumpkin carving and a photo booth to help capture all the haunting memories of the night. ***Please note this event is for residents and their guests only and we do require RSVP to ensure we have enough supplies for everyone.***

Christmas Market

Saturday, November 19 at 10-3pm

Make it a holiday to remember by joining us for our Annual Christmas Market and browse the booths of local artists, craft makers and home based businesses! You are sure to find that perfect unique gift, addition(s) to your holiday decor, or leave with ideas to make this year the best yet!

Admission is free for shoppers, however in the spirit of the season we ask you bring a non-perishable item to be donated to the Calgary Food Bank and help those in need this year.

Calling all Volunteers

We are always looking for great volunteers like you! Interested in getting involved in one of our spectacular events? Please contact pc.newbrightonatshaw.ca call 403-781-6613 or visit our website www.newbrighton-connect.com for more details!

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NEW BRIGHTON RESIDENTS ASSOCIATION

Sponsorship Opportunities

Would you like to get involved in the community?

Have your company logo and presence in the foreground of everyone's mind attending NBRA events.

We have a variety of sponsorship opportunities available! If you are interested in becoming a valued sponsor please let us know! Email pc.newbrighton@shaw.ca or call 403-781-6613 extension 1.

Upcoming Workshops Canvas Creations

Friday, September 30 at 6:30pm – 9pm: Res: \$25 / Non-Res: \$35

Come for a relaxing evening of creativity! Learn the technique behind different painting styles and get in touch with your inner artist while visiting with friends! Create your masterpiece from start to finish and take it home to show off your new skills. Drinks will be available for the duration of the workshop. *additional cost for drinks*

Halloween Baking (1-12yrs)

Saturday, October 29 at 10am-12pm: Res: \$35 / Non-Res: \$50

Treat your taste buds with some spooky goodies this Halloween! This workshop is designed for mom and tots, as well as children ages 12, creating season inspired treats that whole family will enjoy! Children under the age of 5 need parental supervision.

Clubhouse Activities

Storytime

Every second Monday from 10:45-11:15am
October 14 (special date due to Thanksgiving) and 24

The book truck will be on site from 10am to 12pm

Spend the morning with the Calgary Public Library, hearing stories and singing songs the whole family can enjoy! Great for ages 0-5years!!

Mommy and Me Meet Up

Every Tuesday from 10-11:30am, \$2 drop in or \$55 for the year!

Bring your little ones and join us for a fun morning of activity, stimulation, and socialization. Kids will enjoy games and toys, while parents will enjoy coffee, snacks, and great company!



New Brighton's Seniors Club

Every Thursday from 10:30am-12:00pm

The New Brighton Club is excited to offer our new and improved Seniors Club! We will be offering a variety of different activities including crafts, games, great conversation and so much more. Spend your time enjoying new activities, meeting new friends, and exploring everything that New Brighton has to offer!

Under 18 Club (12-17 yrs)

Friday October 7, 6:30pm -9pm (\$2 drop in, includes snacks)

We are excited to offer Tween/Teen Nights! Bring your friends and enjoy a new activity every month. Join us for a fun night of friendly competition, games and of course lots of laughs! For only \$2 you can enjoy snacks, karaoke, Minute to Win It, Amazing Races and so much more! Be sure to check our website and Facebook page for each month's activity guide and you won't be disappointed! This is a perfect place for you and your friends to hang out. October's theme will be **A Murder Mystery!**

Movie in the Club

Friday October 28, 7pm -9pm \$5 per family (2 adults and 3 kids)

Join us for an exciting evening of family fun! Indulge in popcorn, pop, and the hit movie all for the low price of \$5! We offer a cozy space for the kids to get comfortable and plenty of seating for parents to sit back and relax. Check out our website at www.newbrighton-connect.com.

NEW BRIGHTON RESIDENTS ASSOCIATION

com and browse under "News and Events" to find the movie of the month. Spend a great evening with your family and most importantly, enjoy the show!

Around the Clubhouse and Community Thank you to everyone who attended our AGM

Held on September 22, 2016! We feel so lucky to have such a supportive community!

We would like to extend a big welcome to our new and returning board of director members!!

Community Christmas Lights

Once again, the New Brighton Residents Association will be lighting up the community with a special seasonal light display! Located on New Brighton Gate the display will be lit as usual on November 1, 2016. Please take special note that the lights will be turned off on the evening of November 10 and not relit until November 12, 2016 in respect for our veterans. The beautiful light display within the New Brighton Park and Clubhouse will begin on December 1, 2016 through until January 3, 2016! This is the third year in which the NBRA will be transitioning the seasonal light display to New Brighton's theme colour of purple, therefore even more gorgeous lights and decorations can be expected!

Looking for New Ways to Promote your Business?

The New Brighton Residents Association has launched advertising information for upcoming events, programs and local businesses on the monitor located in our skate change room. This fantastic marketing opportunity would provide businesses the ability to reach 700 people on average a week, for as little as \$15 a month. We have a variety of sizing options available! For more information and to get your business recognized in the clubhouse please contact our Recreation Assistant at 403-781-6613 ext. 1 or via email at recassist.newbrighton@gmail.com

Good Food Boxes

Don't forget to order your next Good Food Box before the cut-off date, which is **noon on October 11, 2016**.



The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost.

Box Options:

- Small Box: \$25, 20-25lbs of fruits and vegetables
- Medium Box: \$30, 30-35lbs of fruits and vegetables
- Large Box: \$35, 40-45lbs of fruits and vegetables

Interested in getting a box? Visit us in the main office to place your order!

A Special Space for Your Special Event!

Looking to plan your next event? The New Brighton Club has rental space available to make that next special event a fantastic celebration! Our banquet room, studio room and/or board room could be just what you need to make your next event a truly memorable one! Check out our availability by calling 403-781-6613 ext. 2, to see if we can help make your event dreams a reality.

Want to stay connected?

We always have new and exciting things to share! Connect with us on Facebook, Instagram, Twitter and by joining our mass email and keep up to date on all the latest and greatest news, events and what's happening in the clubhouse and community.

To join our mass email, visit us at www.newbrighton-connect.com and click the Newsletter sign up button on the right hand side of the page.



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New Brighton Real Estate Update

Last 12 Months New Brighton
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$449,000.00	\$435,000.00
July 2016	\$449,900.00	\$435,000.00
June 2016	\$468,500.00	\$455,000.00
May 2016	\$461,950.00	\$454,000.00
April 2016	\$442,450.00	\$432,000.00
March 2016	\$459,500.00	\$444,000.00
February 2016	\$459,900.00	\$440,000.00
January 2016	\$446,950.00	\$440,500.00
December 2015	\$450,500.00	\$439,500.00
November 2015	\$447,900.00	\$437,500.00
October 2015	\$458,786.00	\$447,500.00
September 2015	\$462,400.00	\$453,500.00

Last 12 Months New Brighton
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2016	24	17
July 2016	26	17
June 2016	22	21
May 2016	25	22
April 2016	35	20
March 2016	21	25
February 2016	29	23
January 2016	29	10
December 2015	10	16
November 2015	13	23
October 2015	33	23
September 2015	27	22

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



SUPPORT NEW BRIGHTON COMMUNITY ASSOCIATION

Purchase your membership today!

The difference between a Community Association and a Residents Association is:

COMMUNITY ASSOCIATION

- Annual fee is voluntary
- Made up of Resident volunteers who live in the Community
- LOBBY FOR SCHOOLS IN THIS COMMUNITY
- Act as a political voice and advocate in civic matters
- Manages and directs community sporting leagues
- Works with Block Watch to make our community safer
- Provides articles for the monthly Community Association newsletter, the New Brighton Buzz
- Responsible for working with the City on a wide variety of community issues such as traffic calming, playground zones, city park issues, etc.

RESIDENTS ASSOCIATION

- Annual fee is mandatory through an encumbrance filed on each property in New Brighton
- Created and managed by the Developer until the community is substantially built out, fees go towards the operations and maintenance of the land and amenities (assets) that are owned by the Residents Association such as the Club, 3+ acre park (that includes the water splash park, tennis courts, hockey rink), entry features and pond fountains, for the lasting enjoyment of its membership, the property owners. Coordinates a wide variety of programs and events, at the Club and in the park, to residents in the community.

Because You Value Your Community

Be sure to Renew or Purchase your New Brighton Community Membership (NBCA)

Benefit from sports, activities and partner discounts at Trico Centre for Family Wellness - Secure a vote at public meetings, or make a difference by joining the Board - and more! Please fill out the membership request form below and send it to your NBCA today!

Please select the type of membership you that you would like to purchase:
____ Family (\$20.00) or ____ Individual / Senior (\$15.00)

Name(s): _____ Date: _____

Address: _____ Postal Code: _____

Email Address: _____ Phone number: _____

Please mail or drop off this form and your payment (cash, cheque or money order) to the following address:

New Brighton Community Association

C/O New Brighton Club
2 New Brighton Drive SE
Calgary, Alberta T2Z 4B2

Contact your New Brighton Community Association Board at general.nbca@gmail.com

visit our website: www.newbrightonca.com



South Health Campus (SHC) Wellness Centre

Let us help you build better health this fall!

October is BUSY in the Wellness Centre - there is something for everyone! Here are a few of our FREE programs this month. See additional programs, details and registration information in our Fall Program Guide at www.ahs.ca/shcwellness or call 403-956-3939.

Emotional Well Being

Mindfulness Session

October 7 12:00-1:00pm

October 27 6:30-7:30pm

HeartMath

October 21 1:00-3:30pm

October 24 6:00-8:30pm

NEW! Understanding the Experience of Grief

October 3 6:00-8:00pm

Happiness Basics

4 week series Begins October 5 4:30-6:30pm

NEW! Conflict Resolution

October 6 6:30-8:30pm

Meditation Drop-in

Every Tuesday 5:00-5:45pm

Drumming Up Wellness

Every Friday 1:30-2:30pm

Employment, Computer & Social Media Skills

NEW! Introduction to Web-Based Email

October 21 10:00am-12:00pm

Interview Skills

2-part series begins October 8 9:00am-4:00pm

Health Management

NEW! Getting Ahead of Your Headaches

October 11 7:00-8:00pm

October 27 1:00-2:00pm

Eating Well with Fatty Liver Disease

October 12 5:30-8:00pm

Living Well on Prednisone: Nutrition & Side Effects

October 13 2:00-4:00pm

Art Therapy with Heart: Creative Drawing & Scratchboard

October 26 10:00am-12:00pm

Caregiver Support

Let's talk about Driving

October 20 7:00-8:00pm

Parents

Fuelled to Move

4-week series (14-17 year olds)

Begins October 1

12:00-1:30pm

Nutrition for New Moms

October 6 1:00-3:00pm

NEW! Sleep Solutions

October 6 6:00-7:30pm

Mealtime Struggles to Mealtime Success

October 13 6:00-8:00pm

Story Time & Play Date

October 14 or 28 10:30am-12:00pm

Food, Nutrition & Cooking

I know I Should Eat Healthy But How?

October 1 9:00-11:30am

Healthy Cooking Basics & Techniques

October 4 10:30am-12:30pm

The Truth About What Works in Weight Management

October 1 1:00-3:30pm

Fermented Food- Sauerkraut

October 19 6:30-7:30pm

Dietitians in the Kitchen: Fall Favorites!

October 20 12:00-12:30pm

Top 5 Tips to Reduce Calories

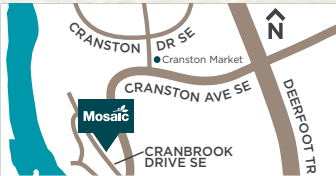
October 26 6:00-8:30pm

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



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New Website Helps Parents Manage Common Childhood Illnesses

Your toddler wakes up in the middle of the night with the sniffles, a cough and a fever. Your 5- year-old comes home from school with a red rash on their arm. Your 10-year old is hit in the head during gym class. Having a sick or injured child can be scary and not knowing how to best manage a child's illness can be daunting. Now, a new resource to help parents manage common childhood illnesses that don't require treatment in an Emergency Department (ED) is available online. Developed by a team of Emergency Department doctors and clinicians from both Alberta Children's Hospital and Stollery Children's Hospital, the HEAL (Health Education and Learning) website aims to provide families across Alberta with easily accessible and reliable information about common minor illness in children.

"We know that it can be scary when your child is sick. The good news is that there are times kids don't need Emergency Department treatment and can be taken care of safely at home," says Dr. Shirmea Doshi, Alberta Children's Hospital Emergency Department physician.

"While children with certain illnesses such as cough, fever, or earaches may feel very uncomfortable, they are sometimes best cared for at home. The HEAL website provides parents and caregivers with credible information regarding common childhood illnesses we see in Alberta, as well as practical advice to care for their child with confidence, or help articulate their concerns to a health care provider."

Information on croup, cough, common colds, ear pain, nosebleeds, head injuries, vomiting and diarrhea, fever, febrile seizures and rashes is available on the site, including a detailed description of the illness, symptoms, treatment, and when to seek medical attention.

The HEAL website also contains videos, created by Mount Royal University students, about the staff your child will see while in the Emergency Department, as well as what to expect when coming to the hospital to

make both patients and parents more comfortable with their hospital experience.

Work on the project began five years ago when several Alberta Children's Hospital physicians and clinicians noticed the same common illnesses and injuries re-appearing in the Emergency Department.

"The health concerns featured on the website are based on the 10 most common minor illnesses and injuries seen in our pediatric Emergency Departments in Alberta that can be managed in the home environment", says Stephen Page, Registered Nurse and HEAL Project Coordinator. This resource is designed to address the concerns and questions most often raised by families in the ED."

The new website is also connected with the AHS Know Your Options campaign that helps educate Albertans about the various health care options in their communities and provide accurate information on how to get the right care, in the right place for you and your family.

"The HEAL website is a tool to help families better understand common things that make kids feel unwell, and empower them with information on what can be done to care for their child at home.

HEAL is not intended to replace medical advice or care and if families are ever worried or unsure of how sick their child is, we encourage them to be seen by their family doctor, walk-in clinic, or if necessary, call 911 or go to the Emergency Department," says Doshi.

The website has been reviewed by staff and families to ensure it is user-friendly, understandable, and easy to navigate. The information is also available in a mobile-friendly format so parents and families can access it from any device.

To access HEAL, go to <http://www.ahs.ca/heal>



Name	Age	Contact	Course
Victoria	13	403-697-3282	Yes
Maia	13	403-474-5102	Yes
Aya	13	587-349-3788	Yes
Karina	13	403-454-1185	Yes
Takira	13	587-777-3266	Yes
Cassidy	13	403-671-0064	Yes
Hannah	13	403-207-1794	Yes
Aya	13	587-893-3788	Yes
Cate	14	403-720-8180	Yes
Shion	14	403-970-1891	Yes
Jordyn	15	587-893-2450	Yes
Emily	15	403-437-0956	Yes
Izzy	15	587-350-2080	Yes
Armeen	15	587-707-1456	Yes
Tyra	15	403-604-0013	Yes
Hala	15	403-455-5004	Yes
Kaitlyn	16	302-726-0000	Yes
Danielle	16	403-455-4609	Yes
Kiana	16	403-809-4973	Yes
Andrea	17	403-714-3930	No
Shannen	17	403-919-7200	Yes
Lauren	18	403-305-0526	Yes
Kristy	20	587-432-1616	Yes
Jessica	21	403-808-7353	Yes
Nicole	24	403-909-1115	No
Pia Ginelle	24	778-227-6330	No
Rayna	25	403-809-6986	Yes
Katie	26	403-560-3042	No
Breanna	27	403-862-8392	Yes
Sheree	28	403-422-0740	No
Ifeoma	31	587-229-0333	Yes
Paula	32	587-899-3250	No
Carla	33	403-681-9299	No
Maricel	40	587-435-3382	Yes
Seema	42	587-892-9970	Yes
Rhem	42	403-606-5551	No

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Start Fall Off On The Right Foot

By Paula Trotter

The Canadian Cancer Society, Alberta/NWT Division

Fall sees adults getting back to their regular routines at work – routines that often involve a lot of sitting.

Canadian adults are sedentary for nearly 70 per cent of their waking hours. More of us work at a desk and choose activities that involve a lot of sitting, like watching TV and playing games.

The problem with sedentary behavior is that it contributes to weight gain – and being overweight and obese increases your risk of developing cancer.

Research has shown that just 30 minutes of moderate daily activity can protect you against colorectal, breast and uterine cancers.

It's important to note, however, that you can still be at an increased risk of developing cancer even if you do exercise regularly, but then spend the rest of your day sitting.

That's why you should take frequent, short breaks from sitting – standing or moving for just two to three minutes at a time can be beneficial.

Here are some Canadian Cancer Society tips to help you move more and sit less, both at home and your workplace:

- If you haven't been physically active for quite a while, ask your doctor to suggest activities that suit your age, fitness level, and general health, as well as any activities you should avoid.
- Take hourly breaks from sitting at work. Set an alarm, then stand up and stretch.
- Walk around or stand while you're talking on the phone at work.
- Start an activity club at work. It can be as simple as going for a walk over the lunch hour.
- Schedule your activities. Pick a time and place, and invite a friend who can help keep you on track.
- Turn physical activity into a social event. Go to the park with a group of friends and a Frisbee. Invite the neighbours and their kids over to play ball hockey or basketball. And don't just watch your kids play – join them in games of tag or soccer.
- Swap 30 minutes of television for a 30-minute walk each day.
- Walk or ride your bike to work; if you live too far to be an active commuter, choose to park a few blocks away and walk the rest of the way to your office.

For more cancer prevention tips, please visit the Canadian Cancer Society online at cancer.ca/prevention.

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CALGARY PUBLIC LIBRARY

Bill's Book Café
It's the creation of a literary landmark. Join us for the launch of Bill's Book Café with Bill Ptacek, CEO, Calgary Public Library, and a local luminary. Participants are encouraged to read the featured book and come prepared for a rich and lively conversation. Watch for Bill's Book Café at your community library, but feel free to come to them all!
The first event features South East Calgary Communities Local Luminary Tom Huffaker, VP Public & Government Affairs, Imperial Oil and President, Imperial Oil Foundation, who selected the first featured book: A River Runs Through It, and Other Stories by Norman Maclean.
Quarry Park Library
Friday, October 28 | 7:00 pm

Author In Residence
Get inspired with the Library's Micheline Maylor!
Life Is Strange & Other Brave Leaps In Poetic Impressionism
Poetry is non-linear in nature; its insights come in flashes. Learn methods for building meaning in poetry using leaps and pattern rather than linearity. Implicit examples from poets John Wall Barger, Selima Hill, and Don Coles.
Central | Wednesday, October 5 | 6:30 pm
Improve Your Style & Find Your Voice
Improve your writing at the sentence and line level by learning the eight parts of speech and how best to craft them, as well as self-editing techniques. Every kind of writing will benefit.
Louise Riley | Tuesday, October 25 | 6:30 pm

Understanding Teens & Understanding Aging
Understanding Teens and Understanding Aging are two important series presented by the Library in partnership with Alberta Health Services. For full details, check the September-October Library Connect, available in libraries and at calgarylibrary.ca.

CALGARY

WILDLIFE

The Brown Creeper

By J.G. Turner
Photo credit: David Mitchell

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

Fun Facts:

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

tree trunk), peanuts and bread crusts. During the winter, they will also eat seeds.

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

BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 33

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IN & AROUND CALGARY

Alberta Health Services: EMS

Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31st approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Costumes

- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

October Fire Prevention Week. October 9-15th

Your Calgary Fire Department wants you to make time to ensure that your family is safe from fires.

Don't wait, check the date!

If a fire occurs in your home, we, as firefighters know firsthand that only a WORKING smoke alarm can alert you. Smoke alarms that are older than 10 years old may not work when you need them most, so check the date on the unit, if it is older than 10 years old, replace it!

If there is no date, and it appears to be older than 10 years old, replace it.(even if it is hard wired)

Other simple reminders:

- check every detector monthly by pushing the test button
- change the battery annually (some now have ten year batteries)
- you need to be able to hear the beep when you sleep
- you should have a smoke alarm on every level of your home
- many smoke alarms will "chirp" when the battery is low or when the alarm has reached its lifespan

If the alarm does go off, your family can initiate your home escape plan. For additional information on escape plans, visit Calgary.ca/CSPS/Fire

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



Fire Safety Tips with Flint
<https://youtu.be/CbE3tCBzeY0>



DID YOU KNOW: that the first arriving Captain at a building fire may have to make up to 200 decisions in the first 5 minutes? The decisions start even before the fire engine leaves the fire hall!

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HALLOWEEN HAZARDS!

Keeping your Pet Safe

Happy October!

It's hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy the occasional mini chocolate bar!

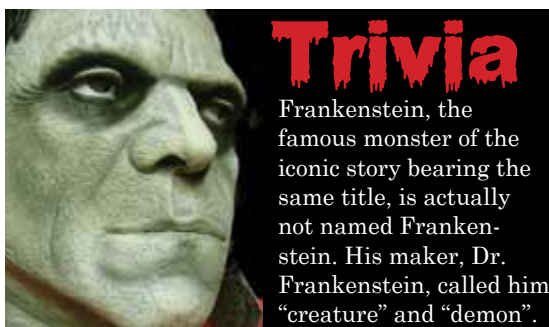
While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. Just as families must take safety precautions to ensure a safe and happy Halloween for children, pet owners should be mindful of safety during the festivities. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

1. Keep candy out of reach of pets! Chocolate, artificial sweeteners and certain types of nuts are toxic to animals.
2. Set up a safe space! Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
3. Leave Fido at home. Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.
4. Put a sign on the door asking trick or treaters to knock, especially if your pet reacts to the doorbell!
5. Be cautious with your costume, especially if your pet is easily frightened. Consider setting your pet up in a safe space before getting changed into your festive duds.
6. If your pet is dressing up, choose a costume that does

not restrict your pet's airway or movement. Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.

7. Do not allow your cats to roam. A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.
8. Looking for more tools to help a stressed out pet at Halloween? Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!



CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

It's October, and students are settled into the school year. The mornings are colder, the leaves are falling and we start to think about the Thanksgiving holiday and reflect on all that we are grateful for.

We have much to be thankful for this year. We are grateful that we live in a city that highly values education. We see this through the increasing number of families choosing Calgary Board of Education schools for their children each year. We also see the value placed on public education by the City of Calgary and our communities, who provide tremendous support for our students. Your support helps our students succeed, and for you, we are grateful.

We are grateful for our employees. Nearly 14,000 people from all across the city of Calgary choose to work with the CBE and their efforts and passion make a difference in the lives of our students every day. Some are faces you see in our schools, and some work behind the scenes, but each employee contributes to our success.

We are grateful for our families and communities. By getting involved in school councils, volunteering in

classrooms, supporting schools with their fundraisers and projects and sharing your experiences you make our school system better.

We are grateful for our students. Their commitment, excitement and energy fuels our system. They are the reason we are here. Every day, we see our students learn, grow and challenge themselves and others. Our students inspire us and help us realize how much the work we all do to make this world a better place truly matters.

As community members, parents and educators, we have a chance every day to make a real difference in a child's life. We have a chance to engage children and encourage their lifelong learning. The moments we get to spend with our children and students matter. For that, we are grateful.

If you are interested in learning more about how the Board of Trustees advocate to protect public education and student success, we'd love to speak with you. Contact us at boardoftrustees@cbe.ab.ca.

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

As Calgary Catholic School District (CCSD) trustees, we believe in nurturing Catholic education at all of our schools. As such, a central part of our role is ensuring that our rich backdrop of faith is front and centre in all facets of education within our district. To create this context for our community, a faith theme is chosen annually to guide us through the school year.

This theme strengthens our faith; it supports our words and actions in our school communities, in the decisions we make and our actions at all levels - from the board, to senior administration, to the classroom. It creates a common direction and focus for our district.

Last year marked the completion of our three-year faith theme, "Do justice, love kindness and walk humbly with God" (Micah 6:8). During these past three years, we have seen our CCSD community demonstrate faith through social justice, kindness and humility in everyday interactions and in major initiatives that show compassion and support for those in need.

This past year we saw the devastation of the wildfires in Fort McMurray and in true CCSD fashion, our community rallied together to welcome students into our schools and support families by raising over \$155,000 for our "Walk Humbly with Fort Mac" fundraiser. This is not new to us in CCSD, as giving of ourselves and serving others is the fiber of our faith and who we are.

For the 2016-2017 school year, we are supported by the foundation of the past three-year faith theme while we embrace our new faith theme, "Be merciful, just as your Father is merciful". (Luke 6:36). We are called to continue to give of ourselves to others, support those in need, show kindness and most of all to be merciful to ourselves and others.

As stewards of Catholic education in Alberta, and CCSD in particular, your Board of Trustees supports the integration of this important new faith theme into every aspect of our school communities' lives.

We look forward to further exploring our faith theme of mercy with our Calgary Catholic community throughout this school year.



October 8 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

October 15 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

October 22 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

October 30 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

October at Trico Centre

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

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

Price Freeze

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

Adults

- Register now for adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEPI3Y.
- More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- October Wellness Workshops include: Foam Roller Workshop, Mindful Relaxation Intro Workshop, and Straighten Up (free info session followed by a 4-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.
- Li'l Spooks Halloween Party, Sunday, October 30 from 4:30 to 7:30pm. Join us for games, activities, and wave pool fun. Members \$15 per family, Non-Members \$20 per family.
- **NEW: Get Certified: October certification classes include CPRC/AED original and recert, First Aid/CPR Full original and recert.**
- Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.
- Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, youth shinny, and stick & puck.





Pet Pointers

By Dr. Sara E. Wick BSc., MSc. (Zoology), DVM

While most of us humans are pretty excited to get the kids back to school and get back into our normal routines this fall, there may be a member of your family that is less than enthused about the transition. Canine separation anxiety can range in severity from mild anxiety with no destruction to a condition that results in extreme home destruction, soiling and loud vocalization sure to disturb your neighbours.

Separation anxiety can put a lot of strain on the relationship you have with your pet. I have first hand experience with this one and it's challenging! The following are signs of separation anxiety; destructive or anxious behaviour when left alone, hyper-attachment to you or others in the house (your constant shadow), soiling or destruction aimed at the exit of the house, or if there is high pitched vocalization involved (a distress call).

Dogs diagnosed with separation anxiety can be helped with behaviour modification training. Severe cases may require medication to help ramp down the anxiety while training is occurring or even long term. Some simple things you can try at home if your beloved family member misses you a bit too much during the day include the following:

1. Discourage hyper-attachment by not always petting your dog when they seek your attention. Make attention on YOUR terms when they aren't seeking it. When hanging out together, try to keep more than a meter between you at times and encourage them to entertain themselves with interactive toys (peanut butter filled Kongs are great for this). It sounds like tough love but it's teaching your pet to be self confident.
2. Try to help them relax when you are away by turning on the TV or radio and consider using a pheromone collar or diffuser.
3. Try to make your exit less predictable or noticeable. Believe it or not, everything you do before leaving the house is well noted by Fido. From your last sip of coffee, to turning off the lights and picking up your keys, these are all cues that have taught him/her that you are leaving them. Each move escalates that feeling of dread. Solve this problem by doing these random behaviours multiple times a day when you are home, randomly. You can also leave the house, lock the door for a few seconds and then return immediately. Doing this repeatedly and excessively will teach your pup that these cues aren't so import.

Most importantly, chat to your veterinarian if you are battling canine separation anxiety. It helps to have a pro on your side.





Family money – a financial checklist for families

Suzanne Smith-Demers – Consultant

Raising children is definitely a joy — it's also expensive. That is why it's important to have a financial plan in place for the many stages of a client's life.

Pre-baby

- Research all available employee and government parental benefits so you'll know what your income is likely to be while you're away from work.
- Review your current financial plan(s) and determine what you want to save in advance of having a child and what your family budget will be when your new addition arrives.
- Arrange for a last will and testament or update your most recent will to be sure it includes your wishes for your child(ren) (and any future children) education, care and inheritance. Name a guardian for minor children in the event of your death.

Infant and Toddler (0-5)

- Register your child for all government benefits.
- Open an RESP to receive government grants which can provide a \$500/year increase on the money you save.

The early years (5-10)

- Open a savings account for your child.

- Save the receipts from daycare and extra-curricular programs because they may be eligible for the child care expense deduction.

Adolescent and Teenager (11-19)

- Talk to your kids about earning, saving and spending wisely.
- Help them to divide their income into areas like current spending and savings for their goals.
- Teach them about loans and good and bad forms of debt.

Young adult (20-25)

- Discuss budgets and options for how to purchase of their first home.
- Talk with them about savings plans like TFSA's and RRSP's.
- Encourage them to work with a professional to file proper tax returns.

Life can bring joy and happiness along with change and challenges; preparing your children to become financially independent is a great way to help them succeed.

BUSINESS CLASSIFIEDS

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

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

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

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

CERTIFIED MASTER ELECTRICIAN: Terry Raabis, CME, Big Sky Ventures. Call: 587-228-9371, or e-mail: braabis@shaw.ca. Home reno's re-wiring, troubleshooting, tune-ups, hot tub installs, fire alarms, smoke and CO2 detectors, breaker panel upgrades and much more! Fully licensed and insured, senior's discount, customer satisfaction guaranteed. 24 hour emergency service.

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, 403-269-2707.

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

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

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



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

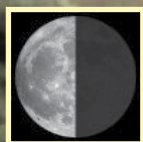
OCTOBER MOON CALENDAR



First
Quarter
Oct 8



Full
Moon
Oct 15



Last
Quarter
Oct 22



New
Moon
Oct 30

COUNCILLOR, WARD 12
SHANE KEATING



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

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

Ward 12 Welcomes New Schools

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

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

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

2016 Civic Census

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

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

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

IMPORTANT NUMBERS

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

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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

BRAIN GAMES SUDOKU

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

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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
403.210.7044 or perryr@ucalgary.ca

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



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